

USAF SPECIAL WARFARE BASIC MILITARY TRAINING PREPARATION MANUAL

Strength and Conditioning



Physical Training Program

OBJECTIVE: To educate Special Warfare (SW) candidates on foundational physical fitness principles and to achievement of passing score on initial Physical Ability Stamina Test (PAST) test.

Introduction

This program is designed for SW candidates to begin the transition from the civilian world to the Special Warfare military culture of continual physical readiness. If candidates faithfully follow this program – to the best of their ability – in its entirety – they should be able to navigate the turbulence of basic training and develop the ability to fly over the physical bench marks as well as withstand the rigors of the pipeline preparation program. You should report to Basic Military Training (BMT) with the ability to excel on the PAST, be an adequate swimmer (able to swim 500m in 15:00) as well as have the ability to ruck for two (2) hours with twenty (20) pounds in your ruck sack (back pack). It is of high importance to complete the swim and ruck training in this program as these events prepare you for test standards and add an extra layer of protection from injuries. Trust the process. Follow the process. The more fit you are, the easier it is to focus on the task at hand. The workout provided will assist in preparing you mentally and physically to withstand the training pipeline.

How to Use This Manual

This introduction section will teach candidates how to properly read, understand and implement the information. Though not mandatory, it is recommended that candidates read and follow this manual to prepare for the SW career field. The intent of this manual is to guide candidates through physical preparation for Basic Training, Special Warfare Candidates course and Assessment and Selection while decreasing the likelihood of overtraining and injury before selection begins.

Start with week one – day one. In order to be optimally prepared, we recommend candidates have a minimum of 8 – 12 weeks of preparation. Our experience has shown that less preparation leads to increased chances of injury and setbacks. Candidates will be asked about their physical preparation for the course. Candidates should be prepared to honestly answer questions about their physical preparation history.

Section 1: Warm-Up or Preparation for Exercise:

Warm-up is critical. Candidates must warm-up to prepare for the workout, help prevent injury and activate muscles. The dynamic warm-ups in this program use a dynamic stretch, mostly in a walking or ballistic manner where you move the limb through the range of motion to prepare the muscle for exercise. It is recommended to complete dynamic stretching in the warm-up, while static stretching is preferred in cool-down post workout. Static stretching is when you hold a stretch for a longer period of time, 20-30 seconds or more.

Warm-Up - The exercises are listed on the left and the repetitions (reps) or distance (Reps/Distance) is listed on right. Start at the top of the exercise list and perform the exercise for the prescribed time, distance, or a number of repetitions. Warm-up 1 is to be completed in weeks 1-4 and again during weeks 9-12. Warm-up 2 is to be completed in weeks 5-8 and weeks 13-16.

Warm-up 1

Weeks 1-4 and Weeks 9-12	
Exercise	Reps/Distance
Glute Bridges (hold for 3 seconds)	10
Y's - shoulders	10
T's - shoulders	10
W's - shoulders	10
Front Plank	30 sec
Side Plank (Left and Right)	30 sec each
Quadruped	10 each
Quadruped Forward Knee Circles	10 each
Leg Cradle	10 yds
Lunge with Twist	10 yds
Lateral Lunge	10 yds
Forward Skip	10 each
Lateral Shuffle (Left and Right)	10 yds each
Carioca (Left and Right)	10 yds each

Warm-up 2

Weeks 5-8 and Weeks 13-16	
Exercise	Reps/Distance
Foot on Bench Quad Stretch 1/2 Kneel	30 Sec each
Scap Push-Ups	10
Arm Circles	20 sec
Front Plank	20 sec
Side Plank (Left and Right)	20 sec each
Knee Hug	10 yds
Lunge and Reach	10 yds
Air Squat Body Weight	10
High Knees	10 yds
Side Shuffle Right & Left	10 yds
Carioca Right & Left	10 yds

Warm Up Menus

Strength & Conditioning I			Run Warm Ups		
Med Ball or 10 lb Plate		REPS	In Place Movements		REPS
1	RDL + Press	8	1	BW Squat	8
2	Behind Head Good Morning	8	2	Reverse Lunge & Reach	6e
3	Overhead Curtsey Lunge	4e	3	Lateral Lunge	6e
4	Hug or Straight Arm Squat	8	4	Worlds Greatest Stretch	5e
5	Squat & Overhead Raise	8	5	Side Plank + Hip Abduction	8e
6	Single Leg RDL	6e	6	Side to Side SQ	8e
7	Glute Bridge (On Ball)	16	Dynamic Movements		Distance
8	Single Leg Glute Bridge	8e	1	Knee Hugs	15 yds
9	Overhead Split Squat	4e	2	Hip Tugs	15 yds
10	Wide Stance Squat	8e	3	Hamstring Sweeps	15 yds
11	Diagonal Chop and Lift	5e	4	Quad March	15 yds
12	Trunk Twist	8e	5	Reverse Airplane	15 yds
13	Chest Press Outs	8	6	Drum Major March	15 yds
14	Chest Overhead Press Ups	8	7	Skips	15 yds
15	Bentover Pull to Chest	4e	8	Heel to Butt Kicks	15 yds
16	Toe Out Heel Raise	8	9	Backward Run	15 yds
17	Toe In Heel Raise	8	10	Tall Shuffle	15 yds
18	Scapular W's Against Gravity	8	11	High Knee Carioca	15 yds

**** Warm up menus that can be substituted for warm-up exercises in Warm-up 1 or 2***

Section 2: Weight Room Workout

Day 1	Exercise	Sets	Reps	wt/reps
1	Squat	4	8	
	Rest 1 Min Between Squat Sets			
2a	Good Morning or RDL's	3	8	
2b	Leg Curls	3	8	
	Rest 1 Min Between Combo Sets			
3a	Dumbbell Overhead Shoulder Press	4	8	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
	Rest 1 Min Between Combo Sets			
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
	Rest 1 Min Between Combo Sets			
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
6	Energy System Development	Reps	Distance	Time
	6 reps 80 yd Tempo Runs	6	80	

All workouts should focus on the proper form and technique before ever increasing weight. The key is posture first, pattern of movement second and then power/load when learning new movements.

The example above is for a “Day 1” workout of Week 1. To the right of this program there is an area to record the weight used for each exercise. On the left side of the sheet there are numbers and letters (1A, 1B, 2A, 2B...). These numbers group the exercises in the order they should be completed.

Day 1	Exercise	Sets	Reps	wt/reps
1	Squat	4	8	
	Rest 1 Min Between Squat Sets			
2a	Good Morning or RDL's	3	8	
2b	Leg Curls	3	8	
	Rest 1 Min Between Combo Sets			
3a	Dumbbell Overhead Shoulder Press	4	8	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
	Rest 1 Min Between Combo Sets			
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
	Rest 1 Min Between Combo Sets			
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
6	Energy System Development	Reps	Distance	Time
	6 reps 80 yd Tempo Runs	6	80	

For the above example candidates will complete 1A “Squat” for 10 repetitions, rest 1 min then complete 3 more sets of squats with proper rest between sets. The start with 1 set of 2a “Good Morning’s or RDL” for 8 repetitions followed immediately by 2b “Leg Curls” for 8 repetitions. At this point candidates will rest one (1) minute before repeating the same combination/superset two more times – for a total of 3 sets. After the third set of this combined set they will move to the next section of the workout. Record the weight in the chart to track progress. Dumbbell weights should be written as single dumbbell weight even if both are used.

Section 3: Regeneration/Cool Down

Recovery/regeneration is important to achieve optimal performance and mitigate injury. All exercise reps in the regeneration/cool down are for a MINIMUM number of repetitions or time. The more the tissue is tight, or in the case of using the foam roller, the more it is uncomfortable -- the more important it becomes to be doing these exercises. Discomfort is not pain – pain means seek medical consultation.

Section 4: Energy Systems Development / RUCK

Energy System Development (ESD) is all-inclusive of activities with a fitness or work capacity focus, like running, biking, circuits, swimming or rowing. For running events, wear appropriate running shoes to improve efficiency, mechanics, and minimize the risk of injury. The same with rucking.

The human body has three energy systems. The difference in the systems is the power output. The shorter the time, the higher power output, the longer the time the less power available. A 40 yard sprint will be very fast but only last a few seconds. An 800 yard sprint (two times around a track) would take about 3:00 minutes or more to complete. A mile (4 laps around a track) would take about 7:00 minutes or more for a successful candidate. The higher the intensity you are working the shorter amount of time you can work. In this program you will train all three energy systems.

Rucking- This is as simple as walking around with a backpack or weight vest on a hike or as difficult as moving quickly while wearing all your military gear over rugged terrain. The verb “to ruck” means getting your gear from A to B in a backpack. You will train with a ruck walking briskly with a light load of 10-25 pounds.

RUCK TECHNIQUE

- Weight of body must be kept directly over feet, the sole of the shoe must be placed flat on ground by taking reduced strides at a steady pace. Do not over stride.
- When walking cross-country, step over/around obstacles; never step on them.
- When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.
- When descending steep slopes, keep the back straight and knees bent to take the shock of each step. Do not lock knees.
- Practice walking at a quick, but manageable pace. Do not run with a rucksack as injuries may occur.

Section 6: Exercise and Activity Descriptions

The movements and exercises are simple and extremely basic – but quite effective. If you are still confused be sure to ask a qualified professional, strength and conditioning coach at your high school, a certified trainer and of course your Special Warfare Field Developer for assistance.

This program only works – if you do – consistently.

Warm-up 1

Weeks 1-4 and Weeks 9-12	
Exercise	Reps/Distance
Glute Bridges (hold for 3 seconds)	10
Y's - shoulders	10
T's - shoulders	10
W's - shoulders	10
Front Plank	30 sec
Side Plank (Left and Right)	30 sec each
Quadruped	10 each
Quadruped Forward Knee Circles	10 each
Leg Cradle	10 yds
Lunge with Twist	10 yds
Lateral Lunge	10 yds
Forward Skip	10 each
Lateral Shuffle (Left and Right)	10 yds each
Carioca (Left and Right)	10 yds each

Warm-up 2

Weeks 5-8 and Weeks 13-16	
Exercise	Reps/Distance
Foot on Bench Quad Stretch 1/2 Kneel	30 Sec each
Scap Push-Ups	10
Arm Circles	20 sec
Front Plank	20 sec
Side Plank (Left and Right)	20 sec each
Knee Hug	10 yds
Lunge and Reach	10 yds
Air Squat Body Weight	10
High Knees	10 yds
Side Shuffle Right & Left	10 yds
Carioca Right & Left	10 yds

Alternate Warm Up Menus

Strength & Conditioning I			Run Warm Ups		
Med Ball or 10 lb Plate		REPS	In Place Movements		REPS
1	RDL + Press	8	1	BW Squat	8
2	Behind Head Good Morning	8	2	Reverse Lunge & Reach	6e
3	Overhead Curtsey Lunge	4e	3	Lateral Lunge	6e
4	Hug or Straight Arm Squat	8	4	Worlds Greatest Stretch	5e
5	Squat & Overhead Raise	8	5	Side Plank + Hip Abduction	8e
6	Single Leg RDL	6e	6	Side to Side SQ	8e
7	Glute Bridge (On Ball)	16	Dynamic Movements		Distance
8	Single Leg Glute Bridge	8e	1	Knee Hugs	15 yds
9	Overhead Split Squat	4e	2	Hip Tugs	15 yds
10	Wide Stance Squat	8e	3	Hamstring Sweeps	15 yds
11	Diagonal Chop and Lift	5e	4	Quad March	15 yds
12	Trunk Twist	8e	5	Reverse Airplane	15 yds
13	Chest Press Outs	8	6	Drum Major March	15 yds
14	Chest Overhead Press Ups	8	7	Skips	15 yds
15	Bentover Pull to Chest	4e	8	Heel to Butt Kicks	15 yds
16	Toe Out Heel Raise	8	9	Backward Run	15 yds
17	Toe In Heel Raise	8	10	Tall Shuffle	15 yds
18	Scapular W's Against Gravity	8	11	High Knee Carioca	15 yds

Post Work-Out Regeneration/Cool-Down

All Time/Reps are a Minimum Standard

Foam Roll/Stick/Trigger Point	REPS	In Place Movements	REPS
Tennis Ball to Bottom of Foot	30 sec each	Toe Pull	30 sec each
Foam Roll Calves	30 sec each	Wall Calf Stretch	30 sec each
Stick or Barbell to Hamstring	30 sec each	Band Hamstring Stretch	30 sec each
Foam Roll Quadriceps	30 sec each	Figure 4 Crossover Stretch	30 sec each
Foam Roll IT Band	30 sec each	IT Band Stretch	30 sec each
Foam Roll Glutes	30 sec each	Foot on Bench Quad Stretch 1/2 Kneeling	30 sec each
Tennis Ball to TFL	30 sec each	Prayer Stretch	30 sec
Foam Roll T-Spine	30 sec	Hurdler Stretch	30 sec each
T-Spine Fulcrum with Foam Roller	x12	Sleeper Stretch	30 sec each
Foam Roll Lats	30 sec each		
Tennis Ball to Pec Minor	30 sec each		
Tennis Ball to Posterior Shoulder	30 sec each		
Hydro			
Contrast Hot/Cold Shower or Bath	2 Min Hot 2 Min Cold		
Ice Bath	5 Min		
Hot Tub	5 Min		

SW Pre Accession Adaptation Week 1

Day 1	Exercise	Sets	Reps	wt/reps
1	Squats	4	8	
	Rest 1 Min Between Squat Sets			
2a	Good Morning or RDL's	3	8	
2b	Leg Curls	3	8	
	Rest 1 Min Between Combo Sets			
3a	Dumbbell Overhead Shoulder Press	4	8	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
	Rest 1 Min Between Combo Sets			
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
	Rest 1 Min Between Combo Sets			
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
6	Energy System Development	Reps	Distance	Time
	6 reps 80 yd Tempo Runs	6	480	

Day 2	SWIM 1			
Day 3	Exercise	Sets	Reps	wt/reps
1a	Lunge (Dumbbell)	3	8	
1b	Dumbbell RDL's	3	5	
1c	Single Leg Glute Bridge (Bodyweight/BW)	3	6	
	Rest 1 Min Between Combo Sets			
2a	Dumbbell Bench Press	3	10	
2b	Bar/Dumbbell Bent Over Rows	3	10	
	Rest 1 Min Between Combo Sets			
3a	Bar/Dumbbell Standing Shrugs	3	15	
3b	Squat Jumps (BW)	3	8	
3c	2-Way Dumbbell Raise (Side & Bent over)	3	8	
	Rest 1 Min Between Combo Sets			
4a	Front Plank Holds	2		30 sec
4b	Side Plank	2	12	
4c	Mountain Climbers	2	30	
4d	Energy System Development	Reps	Distance	Time
	Bike or Rower	1		30 min

Day 4	SWIM 2			
Day 5	Exercise	Sets	Reps	wt/reps
1a	Timed Push Ups (4 sec down, 4 sec up)	3	12	
1b	1 Arm Dumbbell Row	3	8	
1c	Cable Low Row to Chin	3	10	
	Rest 1 Min Between Combo Sets			
2a	Squats (Use Dumbbell)	4	10	
2b	Weight Hip Glute Bridge	3	6	
2c	Leg Curls	3	10	
	Rest 1 Min Between Combo Sets			
3a	Tricep Press Down (4 sec down, 4 sec up)	3	12	
3b	Biceps Curls (4 sec down, 4 sec up)	3	12	
4	Bent Over Shoulder Raises w/ Dumbbells	3	8	
5a	Standing Pallof Press + ISO Hold	3	10	10 sec
5b	Seated Over Top Russian Twist	3	20	
	Energy System Development	Reps	Distance	Time
	2 Mile LSD + 1 x 400 meter run	1	3600	

Day 6	Ruck 1			
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SW Pre Accession Adaptation Week 2

Day 1	Exercise	Sets	Reps	wt/reps
1	Bar or Dumbbell Squats	4	12	
Rest 1 Min Between Goblet Squat Sets				
2a	Bar or Dumbbell Good Morning or RDL's	3	8	
2b	Leg Curls	3	10	
Rest 1 Min Between Combo Sets				
3a	Dumbbell Overhead Press	4	10	
3b	Alt Grip Pull Ups Use Bands if needed	4	10	
3c	Cable Low Rows to Chin	3	5	
Rest 1 Min Between Combo Sets				
4a	Dips	3	12	
4b	Alt Dumbbell Curls	3	12	
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
Energy System Development		Reps	Distance	Time
8 reps 80 yd Tempo Runs		8	640	

Day 2	SWIM 3			
Day 3	Exercise	Sets	Reps	wt/reps
1a	Lunge (Dumbbells)	3	10	
1b	Dumbbell RDL's	3	6	
1c	Single Leg Glute Bridge (Bodyweight)	3	8	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Bench Press	4	8	
2b	Bent Over Dumbbell Rows	4	10	
Rest 1 Min Between Combo Sets				
3a	Dumbbell Standing Shrugs	3	15	
3b	Squat Jumps (Bodyweight)	3	10	
3c	2 way Dumbbell Raise (Side & Bentover)	3	10	
Rest 1 Min Between Combo Sets				
4a	Front Plank ISO Holds	2		30 sec
4b	Side Plank	2	12	
4c	Mountain Climbers	2	30	
Energy System Development		Reps	Distance	Time
Bike or Rower		1		30 min

Day 4	Swim 4			
Day 5	Exercise	Sets	Reps	wt/reps
1a	Timed Push Ups (4 sec down, 4 sec up)	4	12	
1b	1 Arm Dumbbell Row	3	8	
1c	Cable Row to Chin	3	12	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Squats	4	12	
2b	Dumbbell Hip Glute Bridge	4	10	
2c	Leg Curls	3	8	
Rest 1 Min Between Combo Sets				
3a	Tricep Press Down (4 sec down, 4 sec up)	3	12	
3b	Biceps Curls (4 sec down, 4 sec up)	3	12	
4	Bent Over Shoulder Raises Dumbbells	3	8	
5a	Standing Palof Press + ISO Hold	3	10	10 sec
5b	Seated Russian Twist	3	20	
Energy System Development		Reps	Distance	Time
2 Mile LSD + 1 x 400 meter run		1	3600	

Day 6	Ruck 2			
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SW Pre Accession Adaptation Week 3

Day 1	Exercise	Sets	Reps	wt/reps
1	Squats	5	10	
Rest 1 Min Between Goblet Squat Sets				
2a	Good Morning or RDL's	4	8	
2b	Leg Curls	4	8	
Rest 1 Min Between Combo Sets				
3a	Single Arm DB Press	3	8	
3b	Alt Grip Pull Ups Use Bands if needed	3	12	
Rest 1 Min Between Combo Sets				
4a	Push Ups	3	8	
4b	Barbell Row	3	8	
Rest 1 Min Between Combo Sets				
5a	Dips	3	12	
5b	Alt Dumbbell Curls	3	12	
6a	Mountain Climbers	3	20	
6b	Lying Leg Lifts	3	20	
Rest 1 Min After Each Exercise				
7	Energy System Development	Reps	Distance	Time
	10 reps 80 yd Tempo Runs	10	80	

Day 2	SWIM 5			
Day 3	Exercise	Sets	Reps	wt/reps
1a	Lunge (Dumbbells)	4	8	
1b	Dumbbell RDL's	4	5	
1c	Single Leg Glute Bridge (BW)	3	8	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Bench Press	4	8	
2b	Bent Over Dumbbell Rows	4	10	
Rest 1 Min Between Combo Sets				
3a	Standing Dumbbell Shrugs	3	15	
3b	Squat Jumps (Bodyweight)	3	10	
3c	2 way DB Raise (Side & Bent Over)	3	10	
Rest 1 Min Between Combo Sets				
4a	Front Plank ISO Holds	2		30 sec
4b	Side Plank	2	12	
4c	Mountain Climbers	2	30	
4d	Energy System Development	Reps	Distance	Time
	Bike or Rower	1		35 min

Day 4	SWIM 6			
Day 5	Exercise	Sets	Reps	wt/reps
1a	Timed Push Ups (4 sec down, 4 sec up)	4	15	
1b	1 Arm Dumbbell Row	3	10	
1c	Cable Row to Chin	3	16	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Squats	4	15	
2b	Weight Hip Glute Bridge	4	12	
2c	Leg Curls	3	8	
Rest 1 Min Between Combo Sets				
3a	Tricep Press Down (4 sec down, 4 sec up)	3	15	
3b	Biceps Curls (4 sec down, 4 sec up)	3	15	
4	Bent Over Shoulder Raises Dumbbells	3	10	
5a	Standing Palof Press + ISO Hold	3	10	10 sec
5b	Seated Over Top Russian Twist	3	20	
Rest 1 Min Between Combo Sets				
Energy System Development				
	2 Mile LSD + 1 x 400 meter run	1	3600	

Day 6	Ruck 3			
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SW Pre Accession Adaptation Week 4

Day 1	Exercise	Sets	Reps	wt/reps
1	Lunges Dumbbells	4	6	
Rest 1 Min Between Goblet Squat Sets				
2a	Dumbbells Good Morning	3	5	
2b	Leg Curls	3	8	
Rest 1 Min Between Combo Sets				
3a	Single Arm Dumbbell Overhead Press	3	8	
3b	Alt Grip Pull Ups Use Bands if needed	3	12	
Rest 1 Min Between Combo Sets				
4a	Dips	3	12	
4b	Alt DB Curls	3	12	
5a	Mountain Climbers	3	20	
5b	Lying Leg Lifts	3	20	
Energy System Development		Reps	Distance	Time
8 reps 80 yd Tempo Runs		8	480	

Day 2	SWIM 7			
Day 3	Exercise	Sets	Reps	wt/reps
1a	Lunge (Dumbbells)	4	5	
1b	DB RDL's	3	5	
1c	Single Leg Glute Bridge (Bodyweight)	1	8	
Rest 1 Min Between Combo Sets				
2a	Single Arm Dumbbell Bench Press	3	8	
2b	Bent Over Barbell Row	3	8	
Rest 1 Min Between Combo Sets				
3a	Standing Dumbbell Shrugs	3	15	
3b	Squat Jumps (Bodyweight)	3	10	
3c	2 way Dumbbell Raise (Side & Bent Over)	3	10	
Rest 1 Min Between Combo Sets				
4a	Front Plank ISO Holds	2		30 sec
4b	Side Plank	2	12	
4c	Mountain Climbers	2	30	
Energy System Development		Reps	Distance	Time
Bike or Rower		1		40 min

Day 4	Swim 8			
Day 5	Exercise	Sets	Reps	wt/reps
1a	Timed Push Ups (5 sec down, 4 sec up)	3	10	
1b	1 Arm Dumbbell Row Wide Elbow	3	8	
1c	Cable Row to Chin	1	20	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Squats	4	8	
2b	Dumbbell Hip Glute Bridge	4	10	
Rest 1 Min Between Combo Sets				
3a	Tricep Press Down (4 sec down, 4 sec up)	3	10	
3b	Biceps Curls (4 sec down, 4 sec up)	3	10	
4	Bent Over Shoulder Raises Dumbbells	3	8	
5a	Standing Palof Press + ISO Hold	3	10	10 sec
5b	Seated Russian Twist	3	20	
Energy System Development		Reps	Distance	Time
2.5 Mile LSD		1	4000	

Day 6	Ruck 4			
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SW Pre Accession Recovery I Week - 5

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
1	Pull Ups (Max effort in 2:00)	1		8 reps
2	Push Ups (Max effort in 2:00)	1		40 reps
3	Sit Ups (Max effort in 2:00)	1		50 reps
4	1.5 Mile Timed Run	1		10:20
	Rest 5 min after the run, repeat the max cal's			
5	Pull Ups (Max effort in 2:00)	1		8 reps
6	Push Ups (Max effort in 2:00)	1		40 reps
7	Sit Ups (Max effort in 2:00)	1		50 reps
8	500 meter swim	1	500	15:00

Day 3

SWIM 9

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	1	20	
1b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	1	20	
2b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	1	20	
3b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	1	10	
5b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	1	12	
6b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	1	15	
7b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	1	12	
8b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
9a	Flutterkicks	2	30	
9b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
10a	Mountain Climbers	1	30	
10b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			

Day 5

Ruck 6

SW Pre Accession General Strength Week 6

Day 1	Exercise	Sets	Reps	wt/reps
1a	Barbell Back Squats	2	8	
		1	6	
1b	Dumbbells RDL's + Up Right Row	3	8	
	Rest 90 sec between combo sets			
2a	Barbell Shoulder Press Over Head	4	8	
2b	Pull Ups	1	8	
	(If able add weight)	1	7	
	(If need use assistance)	1	6	
		1	5	
	Rest 60 sec between combo sets			
3a	Bent Over Dumbbell Raise	2	8	
3b	Standing Shoulder Shrugs (Barbell)	3	12	
4a	Bicycle Crunch	2	20	
4b	Lying Leg Lifts	2	20	
4c	Flutter Kicks	2	20	
	Rest 60 sec between combo sets			
5	Energy System Development	Reps	Distance	Time
	6 x 300 meter Runs (2-3 min rest between)	6	1800	

Day 2	Exercise	Sets	Reps	wt/reps
1a	Dumbbell Lunge	3	6	
1b	Good Morning or RDL (Bar or Dumbbells)	3	6	
	Rest 1 Min Between Combo Sets			
	Dumbbell Bench Press	1	12	
	Dumbbell Bench Press (next set)	1	8	
	Dumbbell Bench Press (last 2 sets)	3	6	
2b	Horizontal Pull Ups	3	10	
	Rest 1 Min Between Combo Sets			
3a	V Sit Ups with weight plate in hands	2	8	
3b	Squat Jumps (Bodyweight or Dumbbells)	2	6	
3c	Lunge Jumps	1	6	
	Rest 1 Min Between Combo Sets			
4a	Plank Holds	2		30 sec
4b	Side Plank Hold	2		30 sec
4c	Mountain Climbers	2	30	
5	Energy System Development	Reps	Distance	Time
	Bike Sprint Intervals	8		16:00
	15 sec sprint / 90 sec easy			

Day 3 SWIM 10

Day 4	Exercise	Sets	Reps	wt/reps
1	Dead Lifts (Trap or Straight Bar)	1	12	
	Dead Lifts (Trap or Straight Bar)	1	6	
	Dead Lifts (Trap or Straight Bar)	3	8	
	Rest 2 Min Between Dead Lift Sets			
2a	Barbell Shoulder Shrugs	3	12	
2b	Dumbbell Shoulder Raise (Side and Bent Over)	3	8	
	Rest 1 Min Between Combo Sets			
3	Bent Over Barbell Rows	4	8	
	Rest 2 Min Between DB Row Sets			
4a	Superman Opposite Arm and Leg Reach	3	8	
4b	Standing Palof Press + ISO Hold	3	10	10 sec
4c	Seated Russian Twist (Weight Plate)	3	20	
5	Energy System Development	Reps	Distance	Time
	2 sets of 6 x 60 yd tempo runs	12	720	

SW Pre Accession General Strength Week 6 - continued

Day 5		Exercise	Sets	Reps	wt/reps
1a		Push Ups (4 sec down, 4 sec up)	3	12	
1b		Cable Row to Chin	3	10	
Rest 1 Min Between Combo Sets					
2a		Goblet Squats	4	10	
2b		Squat Jumps	3	5	
Rest 1 Min Between Combo Sets					
3a		Weighted Glute Bridge (Dumbbell on Hips)	1	12	
			3	8	
3b		Leg Curls	3	8	
Rest 1 Min Between Combo Sets					
4a		Tricep Press Down (4 sec down, 4 sec up)	3	10	
4b		Biceps Curls (4 sec down, 4 sec up)	3	10	
		8 count Body Builders	3	15	
5		Energy System Development	Reps	Distance	Time
		2 Mile LSD	1	3600	

Day 6

Swim 11

SW Pre Accession General Strength Week 7

Day 1		Exercise	Sets	Reps	wt/reps
1a	Barbell Back Squats	1	12		
	Barbell Back Squats	3	8		
1b	Barbell RDL's + Shrug	3	8		
Rest 90 sec between combo sets					
2a	Dumbbell Incline Press	3	10		
2b	Cable Trainer Rows to Chest	3	10		
2c	Cable Trainer Rows to Face	3	10		
Rest 60 sec between combo sets					
3a	Bent Over Dumbbell Raise	3	8		
3b	Alt Dumbbell Curls	3	10		
4a	Bicycle Crunch	2	25		
4b	Lying Leg Lifts	2	20		
4c	Flutter Kicks	2	22		
Rest 60 sec between combo sets					
6	Energy System Development		Reps	Distance	Time
	6 x 400 meter Runs (2-3 min rest between)		6	2400	

Day 2		Exercise	Sets	Reps	wt/reps
1a	Rt & Lft Lunge + 1 Squat Combo (volume Doub		3	5	
1b	Bar or Dumbbell Good Morning or RDL		3	10	
Rest 1 Min Between Combo Sets					
2a	Dumbbell Bench Press		1	12	
	Dumbbell Bench Press		1	8	
	Dumbbell Bench Press		4	6	
2b	DB 1 Arm Rows		5	6	
Rest 1 Min Between Combo Sets					
3a	V Up Sit Ups w/Weight Plate		2	8	
3b	Squat Jumps (Bodyweight or Dumbbell)		2	6	
3c	Lunge Jumps		1	6	
Rest 1 Min Between Combo Sets					
4a	Front Plank ISO Holds		2		30 sec
4b	Side Planks		2		30 sec
4c	Mountain Climbers		2	30	
4d	Energy System Development		Reps	Distance	Time
	Bike Sprint Intervals		8		16:00
	15 sec sprint / 90 sec easy				

Day 3 SWIM 12

Day 4		Exercise	Sets	Reps	wt/reps
1	Trap Bar or Straight Bar Dead Lifts	1	12		
	Trap Bar or Straight Bar Dead Lifts	1	6		
	Working Sets--->	4	6		
Rest 2 Min Between Dead Lift Working Sets					
2a	Seated Dumbbell Shoulder Over Head Press	3	5		
2b	Pull Ups	1	9		
	(If able add weight)	1	8		
	(If needed use assistance)	1	8		
		1	7		
Rest 90 Sec Between Combo Sets					
2a	Barbell Shoulder Shrugs	3	12		
2b	Dips	3	8-12		
2c	Standing Two Way Raise (Side & Bent Over)	3	8		
Rest 1 Min Between Combo Sets					
4a	Superman Opposite Arm and Leg Reach	3	8		
4b	Standing Palof Press + ISO Hold	3	10	10 sec	
4c	Seated Over Top Russian Twist	3	20		
Energy System Development			Reps	Distance	Time
2 sets of 8 x 60 vd tempo runs			16	960	

SW Pre Accession General Strength Week 7 - continued

Day 5		Exercise	Sets	Reps	wt/reps
1a		Push Ups (4 sec down, 4 sec up)	3	12	
1b		Cable Trainer Pull to Face	3	12	
Rest 1 Min Between Combo Sets					
2a		Dumbbell or Kettle Bell Goblet Squats	4	12	
2b		Squat Jumps	3	5	
Rest 1 Min Between Combo Sets					
3a		Weight Glute Bridge (Dumbbell on Hips)	1	12	
			4	8	
3b		Leg Curls	3	12	
Rest 1 Min Between Combo Sets					
4a		Tricep Press Down (4 sec down, 4 sec up)	3	10	
4b		Biceps Curls (4 sec down, 4 sec up)	3	10	
		8 count Body Builders	3	15	
Energy System Development			Reps	Distance	Time
		2.5 Mile LSD	1	4000	

Day 6	RUCK 7
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SW Pre Accession General Strength Week 8

Day 1	Exercise	Sets	Reps	wt/reps
1a	Lunges Dumbbells	3	5	
1b	Bar or Dumbbell Good Morning or RDL	4	8	
Rest 1 Min Between Combo Sets				
2a	Dumbbell Bench Press	1	12	
	Working Sets--->	1	6	
	Working Sets--->	4	8	
2b	Lat Pull Downs	5	10	
Rest 1 Min Between Combo Sets				
3a	Dumbbell Lunges	3	6	
3b	Squat Jumps	2	6	
3c	Leg Curls	3	12	
Rest 1 Min Between Combo Sets				
4a	Plank ISO Holds	2		30 sec
4b	Side Planks	2	16	
4c	Mountain Climbers	2	30	
Energy System Development		Reps	Distance	Time
5	3 x 600 + 300 meter Runs	3	2700	
Take 3-4 min rest between sets 1-2 min between 600 & 300 meter runs				

Day 2	Exercise	Sets	Reps	wt/reps
1a	Barbell Back Squats	1	12	
	Working Sets--->	4	8	
1b	Dumbbell RDL's + Up Right Row	4	6	
Rest 90 sec between combo sets				
2a	Dumbbell Shoulder Press	4	8	
2b	Pull Ups	1	10	
	(If able add weight)	2	8	
	(If need use assistance)	2	5	
Rest 60 sec between combo sets				
3a	Bent Over Dumbbell Raise	3	8	
3b	Alt Dumbbell Curls	3	10	
4a	Bicycle Crunch	2	30	
4b	Flutter Kicks	2	30	
Rest 60 sec between combo sets				
Energy System Development		Reps	Distance	Time
5	Bike Sprint Intervals	10		20:00
	15 sec sprint / 90 sec easy			

Day 3 SWIM 13

Day 4	Exercise	Sets	Reps	wt/reps
1	Trap Bar or Straight Bar Dead Lifts	1	12	
	Working Sets--->	1	6	
	Working Sets--->	4	8	
Rest 2 Min Between Dead Lift Working Sets				
2a	Dumbbell Incline Press	3	8	
2b	One Arm Dumbbell Rows	3	8	
Rest 2 Min Between Combo Sets				
3a	Barbell Shoulder Shrugs	3	12	
3b	Dips	3	8-12	
3c	Dumbbell Shoulder Raise (Side & Bent Ov	3	8	
Rest 1 Min Between Combo Sets				
4a	Rolling Planks (Front & Both Sides)	2		30 Sec.
4b	Standing Palof Press + ISO Hold	3	10	10 sec
4c	Seated Over Top Russian Twist	3	20	
Energy System Development		Reps	Distance	Time
5	2 sets of 6 x 60 yd tempo runs	16	720	

SW Pre Accession General Strength Week 8 - continued

Day 5	Exercise	Sets	Reps	wt/reps
1a	Dumbbell 1 Push Up + 2 Rows	3	5	
1b	Push Ups (4 sec down, 4 sec up)	3	8	
1c	Lat Pull Downs	3	8	
Rest 1 Min Between Combo Sets				
2a	Goblet Squats	4	12	
2b	Weight Glute Bridge (Dumbbell on Hips)	4	6	
Rest 1 Min Between Combo Sets				
3a	Leg Curls	3	8	
3b	Cable Trainer Row to Chin	3	12	
Rest 1 Min Between Combo Sets				
4a	Tricep Press Down (4 sec down, 4 sec up)	3	10	
4b	Biceps Curls (4 sec down, 4 sec up)	3	10	
4c	8 count Body Builders	3	10	
Energy System Development		Reps	Distance	Time
3 Mile LSD		1	4800	

Day 6	SWIM 14
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SW Pre Accession General Strength Week 9

Day 1				
	Exercise	Sets	Reps	wt/reps
1a	Step Ups (Dumbbell)	3	5	
Rest 1 Min Between Step Up Sets				
2a	Bar Bench Press	1	12	
	Working Sets--->	1	6	
	Working Sets--->	4	6	
2b	Pull Ups from DEAD HANG	6	4	
Rest 1 Min Between Combo Sets				
3b	Squat Jumps (Dumbbells)	3	5	
3c	Leg Curls	3	10	
Rest 1 Min Between Combo Sets				
4a	Plank ISO Holds	2		30 sec
4b	Side Planks	2		30 sec
4c	Mountain Climbers	2	30	

Energy System Development	Reps	Distance	Time
8 x 200 meter Runs (2-3 min rest between)	8	1600	

Day 2				
	Exercise	Sets	Reps	wt/reps
1a	Barbell Back Squats	1	12	
	Working Sets--->	3	6	
1b	Barbell RDL's	3	6	
Rest 90 sec between combo sets				
2a	Seated Dumbbell Shoulder Press	4	6	
2b	Pull Ups	1	10	
	(If able add weight)	1	8	
	(If need use assistance)	1	6	
Rest 60 sec between combo sets				
3a	Bent Over Shoulder Raise (Dumbbells)	3	8	
3b	Alternate Dumbbell Curls	3	10	
4a	Bicycle Crunch	2	30	
4a	Flutter Kicks	2	30	
Rest 60 sec between combo sets				
Energy System Development		Reps	Distance	Time
Bike Sprint Intervals		10		20:00
15 sec sprint / 90 sec easy				

Day 3 SWIM 15

Day 4				
	Exercise	Sets	Reps	wt/reps
1a	Trap Bar or Straight Bar Dead Lifts	1	8	
		1	4	
1b	Working Sets--->	4	6	
Rest 2 Min Between Dead Lift Working Sets				
	1 Arm Dumbbell Rows	1	8	
2b		2	6	
Rest 2 Min Between DB Row Sets				
3a	Barbell Shoulder Shrugs	3	12	
3b	Dips	3	8-12	
3c	Two Way Shoulder Raise (Side & Bent Over)	3	8	
Rest 1 Min Between Combo Sets				
4a	Rolling Planks (Front and Both Sides)	2		:30 ea.
4b	Standing Palof Press + ISO Hold	3	10	10 sec
4c	Seated Russian Twist	3	20	
Energy System Development		Reps	Distance	Time
8 x 60 yd tempo runs		8	480	

SW Pre Accession General Strength Week 9 - continued

Day 5	Exercise	Sets	Reps	wt/reps
1a	Dumbbell 1 Push Ups + 2 Rows	3	8	
1c	Seated Lat Pull Downs	3	8	
Rest 1 Min Between Combo Sets				
2a	Rt & Lft Lunge + 1 Squat Combo	3	5	
2b	Leg Curls	3	10	
Rest 1 Min Between Combo Sets				
4a	Tricep Press Down (4 sec down, 4 sec up)	3	10	
4b	Biceps Curls (4 sec down, 4 sec up)	3	10	
4c	8 count Body Builders	3	10	
Energy System Development		Reps	Distance	Time
3 Mile LSD		1	4800	

Day 6	RUCK 8
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SW Pre Accession Recovery II - Week 10

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
1	Pull Ups (Max effort in 2:00)	1		8 reps
2	Push Ups (Max effort in 2:00)	1		40 reps
3	Sit Ups (Max effort in 2:00)	1		50 reps
4	1.5 Mile Timed Run	1		10:20
	Rest 5 min after the run, repeat the max cal's			
5	Pull Ups (Max effort in 2:00)	1		8 reps
6	Push Ups (Max effort in 2:00)	1		40 reps
7	Sit Ups (Max effort in 2:00)	1		50 reps
8	500 meter swim	1	500	15:00

Day 3

SWIM 16

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	1	20	
1b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	1	20	
2b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	1	20	
3b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	1	10	
5b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	1	12	
6b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	1	15	
7b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	1	12	
8b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
9a	Flutterkicks	2	30	
9b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
10a	Mountain Climbers	1	30	
10b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			

Day 5

RUCK 9

SW Pre Accession Max Strength Week 11

Day 1		Exercise	Sets	Reps	wt/reps
1	✓	Trap Bar or Barbell Dead Lifts	1	8	
		Working Sets--->	1	4	
		Working Sets--->	3	4	
Rest 3 Min Between each working set					
2a		Standing Barbell Overhead Press	3	6	
2b		Pull Ups (Use wt if possible)	3	8	
		(bands to assist if necessary)			
Rest 90 sec between combo sets					
3a		Cable Trainer Torso Rotation (knees bent)	3	6	
3b		Box Jump ups or Squat Jumps (Bodyweight)	3	5	
4a		Side Planks - top leg lift one inch and hold	1		30 Sec.
4b		Front Planks Lift alternate foot lift one inch	1	30	
4c		Plank ISO Holds (30 sec Hold)	1	30	
Energy System Development			Reps	Distance	Time
5	✓	2 x 800 meters + 400 meters	2	1200	
6	✓	Run 1000 meters	1	1000	
Rest 3-4 min. Between sets, rest 2:00/3:00 between 800m & 400m runs					
Day 2		Exercise	Sets	Reps	wt/reps
1a		Lunge Dumbbells	3	6	
1b		Single Leg RDL Bar or Dumbbells	3	6	
Rest 2 Min Between each combo set					
2a		Bar Bench Press	1	12	
		Bar Bench Press	1	6	
		Bar Bench Press	3	5	
2b		Dumbbell Rows (Should be 40% of BP wt at least)	1	8	
		Dumbbell Rows	4	6	
Rest 2 Min Between each combo set					
3a		Leg Curls	3	10	
3b		Alt Dumbbell Curls	3	10	
4a		Bicycle Crunch	2	30	
4a		Flutter Kicks	2	30	
Energy System Development			Reps	Distance	Time
5	✓	Alternative Cardio	1		30-35 min
		Bike, Rower, elliptical, stepper			

Day 3

SWIM 17

SW Pre Accession Max Strength Week 11 - continued

Day 4		Exercise			
		Energy System Development Before Lifting	Reps	Distance	Time
		2 x 4 / 30 meter Accelerations	8	240	
1		Walk backwards down the hill slowly for recovery, Take 3 min between sets			
		Exercise	Sets	Reps	wt/reps
2		Bar Back Squats	1	8	
		Working Sets--->	1	4	
		Working Sets--->	3	5	
Rest 3 Min Between Squat Working Sets					
		Bar RDL's	1	8	
3		Working Sets--->	3	5	
Rest 2 Min Between DB Row Sets					
4a		Bar/Dumbbell Shoulder Shrugs	3	12	
4b		Dips	3	8-12	
4c		Standing DB Raise (Lateral/Bent Over - 8 ea.)	3	8	
Rest 1 Min Between Combo Sets					
4a		Standing Band/Cable Torso Rotations	2	12	
4b		Side Plank and Lift Top Leg to Front and Back	2	10	
4c		Supermans Opposite Arm and Leg	2	12	
Day 5		Exercise	Sets	Reps	wt/reps
1a		Bar/Dumbbell Step Ups	1	6	BW
		Working Sets--->	3	8	
		Dumbbell Glute Bridge	1	8	
1b		Working Sets--->	3	8	
Rest 2 Min between Combo Sets					
2a		Lat Pull Downs	4	8	
2b		Dumbbell Incline Press	1	8	
		Working Sets--->	4	8	
Rest 1 Min Between Combo Sets					
3a		Tricep Press Down (4 sec down, 4 sec up)	3	10	
3b		Biceps Curls (4 sec down, 4 sec up)	3	10	
3c		8 count Body Builders	3	10	
		Energy System Development	Reps	Distance	Time
		3 Mile LSD	1	4800	

Day 6

SWIM 18

SW Pre Accession Max Strength Week 12

Day 1	Exercise		Sets	Reps	wt/reps
1	1	Trap Bar/Bar Bell Dead Lifts	1	8	
		Working Sets--->	1	4	
		Working Sets--->	4	4	
	Rest 3 Min Between each working set				
	2a	Seated 1 Arm Dumbbell Overhead Press	3	6	
		Pull Ups (Use wt if possible)	1	10	
		(bands to assist if necessary)	3	8	
	Rest 90 sec between combo sets				
	3a	Cable Trainer Torso Rotations	3	8	
	3b	Box Jump ups or Squat Jumps	3	5	
	4a	Front Plank Alternate Foot Lift 1 Inch	2	12	
	4b	Lateral Plank Top Leg/Foot on a Bench	2		:15 Sec.
	4c	Super man Same Alternate Same Arm and Leg	2	30	
	Energy System Development		Reps	Distance	Time
3 x 600 + 300 meter runs		3	2700		
Run 1000 meters		1	1000		
Rest 3-4 min Between sets, rest 1:30-2:00 between 600m & 300m runs					

Day 2		Exercise	Sets	Reps	wt/reps
1	1a	Drop Step Lunge + Step Up	3	5	
	1b	Barbell Good Morning	3	8	
	Rest 2 Min Between each combo set				
	2a	Bench Press Bar	1	12	
		Working Sets--->	1	6	
		Working Sets--->	4	5	
	2b	Dumbbell 1 Arm Row (40% of BP wt at least)	1	8	
		Working Sets--->	5	6	
	Rest 2 Min Between each combo set				
	3a	Leg Curls	3	10	
	3b	Alt Dumbbell Curls	4	8	
	4a	Side Planks Top Leg Front to Back Swing	2	8	
	4a	Flutter Kicks	2	30	
	Energy System Development		Reps	Distance	Time
	5	Alternative Cardio	1		35-40 min
	Bike, Rower, elliptical, stepper				

Day 3

SWIM 19

SW Pre Accession Max Strength Week 12 - continued

Day 4		Exercise			
		Energy System Development Before Lifting	Reps	Distance	Time
✓	1	3 x 3 / 30 meter Hill Accelerations	9	30	
		Walk backward down hill slowly for recovery, Take 3 min between sets			
		Exercise	Sets	Reps	wt/reps
✓	2	Bar Back Squats	1	8	
		Working Sets--->	2	4	
		Working Sets--->	2	3	
		Rest 3 Min Between Squat Working Sets			
✓	3	Bar RDL's	1	8	
		Working Sets--->	4	6	
		Rest 2 Min Between DB Row Sets			
	4a	Bar/Dumbbell Shoulder Shrugs	3	12	
	4b	Dips	3	8-12	
	4c	Dumbbell Raise (Lateral/Bent Over-8 ea.)	3	8	
		Rest 1 Min Between Combo Sets			
	4a	Standing Band/Cable Rotations	2	12	
	4b	Side Plank and Lift Top Leg to Front and Back	2	10	5 sec
	4c	Supermans Opposite Arm and Leg	2	12	

Day 5		Exercise			
		Exercise	Sets	Reps	wt/reps
	1a	Dumbbell Step Ups	3	5	
		Dumbbell Lunge	3	5	
		Dumbbell Glute Bridge	1	8	
	1b	Working Sets--->	3	8	
		Rest 2 Min between Combo Sets			
	2a	Cable Trainer Low Rows	4	8	
	2b	Dumbbell Incline Press	1	8	
		Working Sets--->	4	6	
		Rest 1 Min Between Combo Sets			
	3a	Push Ups (5 sec down, 5 sec up)	3	8	
		Tricep Press Down (4 sec down, 4 sec up)	3	10	
	3b	Biceps Curls (4 sec down, 4 sec up)	3	10	
	3c	8 count Body Builders	3	10	
		Energy System Development	Reps	Distance	Time
✓	5	3.5 Mile LSD	1	5600	

SW Pre Accession Max Strength Week 13

Day 1		Exercise	Sets	Reps	wt/reps
1	1	Trap Bar/Barbell Dead Lifts	1	8	
		Working Sets--->	1	4	
		Working Sets--->	5	3	
	Rest 3 Min Between each working set				
	2a	Standing Bar Overhead Press	4	6	
		Pull Ups (Use wt if possible)	1	12	
		(bands to assist if necessary)	1	8	
		Working Sets--->	3	8	
	Rest 90 sec between combo sets				
	3a	Dumbbell Squat Jumps	3	8	
	3b	Box Jump Ups or Squat Jumps	3	5	
	4a	Front Plank Alternate Foot Lift 1 Inch	2	15	
	4b	Lateral Plank Top Leg/Foot on a Bench	2	30	
	4c	Super man Same Alternate Same Arm and Leg	2	40	
Energy System Development			Reps	Distance	Time
5 x 400m + 200m runs			5	3000	
Run 800 meters			1	800	
Rest 4-5 min Between sets, rest 2:00-2:30 between 400m & 200m runs					

Day 2		Exercise	Sets	Reps	wt/reps
1	1a	Dumbbell Reverse Lunge + Step Ups	3	5	
	1b	Bar Good Morning	3	8	
	Rest 2 Min Between each combo set				
	2a	Bench Press	1	12	
		Working Sets--->	1	6	
		Working Sets--->	4	4	
	2b	Dumbbell 1 Arm Rows (40% of BP wt at least)	1	8	
			4	6	
	Rest 2 Min Between each combo set				
	3a	Leg Curls	3	10	
	3b	Alt Dumbbell Curls	4	8	
	4a	Side Plank Top Leg/Foot on a Bench	2	8	
	4a	Flutter Kicks	2	30	
	Energy System Development			Reps	Distance
	5	Alternative Cardio	1		40-45 min
	Bike, Rower, elliptical, stepper				

Day 3 SWIM 20

SW Pre Accession Max Strength Week 13 - continued

Day 4		Exercise			
		<i>Energy System Development Before Lifting</i>	Reps	Distance	Time
		3 x 4 / 30 meter Hill Accelerations	12	360	
1		Walk backward down hill slowly for recovery, Take 3 min between sets			
		Exercise	Sets	Reps	wt/reps
2		Bar Back Squats	1	8	
		Working Sets--->	2	4	
		Working Sets--->	2	4	
		Rest 3 Min Between Squat Working Sets			
		Bar RDL's	1	8	
3		Working Sets--->	4	6	
		Rest 2 Min Between DB Row Sets			
4a		Bar/Dumbbell Shoulder Shrugs	3	12	
4b		Dips	3	8-12	
4c		DB Shoulder Raise (Lateral/Bent Over - 8 ea.)	3	8	
		Rest 1 Min Between Combo Sets			
4a		Standing Band/Cable Rotations	2	12	
4b		Side Plank and Lift Top Leg to Front and Back	2	10	5 sec
4c		Supermans Opposite Arm and Leg	2	12	

Day 5		Exercise	Sets	Reps	wt/reps
1a		Dumbbell Step Ups	3	6	
		Dumbbell Forward Lunge	3	6	
		Dumbbell Glute Bridge	1	8	
1b		Working Sets--->	4	8	
		Rest 2 Min between Combo Sets			
2a		Horizontal Pull Ups	4	10	
2b		Dumbbell Bench Press	1	8	
		Working Sets--->	3	5	
		Rest 1 Min Between Combo Sets			
3a		Push Ups (5 sec down, 5 sec up)	4	10	
		Tricep Press Down (4 sec down, 4 sec up)	3	10	
3b		Biceps Curls (4 sec down, 4 sec up)	3	10	
3c		8 count Body Builders	3	10	
		Energy System Development	Reps	Distance	Time
5		4 Mile LSD	1	6400	

Day 6	SWIM 21
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SW Pre Accession Max Strength Week 14

Day 1		Exercise	Sets	Reps	wt/reps
1	1	Trap Bar/Straight Bar Dead Lifts	1	8	
		Working Sets--->	1	4	
		Working Sets--->	3	3	
	Rest 3 Min Between each working set				
	2a	Dumbbell Overhead Shoulder Press	3	5	
		Pull Ups (Use wt if possible)	1	8	
		(bands to assist if necessary)	1	8	
	2b	Working Sets--->	1	8	
		Rest 90 sec between combo sets			
		3a DB Squat Jumps	3	8	
2	3b	Box Jump Ups or Squat Jumps	3	5	
		4a Front Plank Alternate Foot Lift 1 Inch	2	15	
	4b	Lateral Plank Top Leg/Foot on a Bench	2	30	
		4c Super man Same Alternate Same Arm and Leg	2	40	
		Energy System Development	Reps	Distance	Time
		6 x 400 meter runs	6	2400	
		Rest 3-4 min between each 400m run			

Day 2	Exercise		Sets	Reps	wt/reps
1	1a	Dumbbell Drop Step Lunge + Step Ups	3	4	
	1b	Bar Good Morning	3	5	
	Rest 2 Min Between each combo set				
	2a	Bench Press	1	8	
		Working Sets--->	1	5	
		Working Sets--->	3	3	
	2b	Dumbbell 1 Arm Rows (40% of BP wt at least)	1	8	
		Working Sets--->	3	6	
	Rest 2 Min Between each combo set				
	3a	Leg Curls	3	10	
	3b	Alt Dumbbell Curls	4	8	
	4a	Side Planks Top Leg/Foot on a Bench	2	8	
	4a	Flutter Kicks	2	30	
	Energy System Development		Reps	Distance	Time
	5	Alternative Cardio	1		30 min
		Bike, Rower, elliptical, stepper			

Day 3

SWIM 22

SW Pre Accession Max Strength Week 14 - continued

Day 4		Exercise			
		<i>Energy System Development Before Lifting</i>	Reps	Distance	Time
		2 x 4 / 30 meter Hill Accelerations	8	30	
1		Walk backwards down the hill slowly for recovery, Take 3 min between sets			
		<i>Exercise</i>	Sets	Reps	wt/reps
2		Bar Back Squats	1	8	
		Working Sets--->	1	4	
		Working Sets--->	3	3	
Rest 3 Min Between Squat Working Sets					
		Bar RDL's	1	8	
3		Working Sets--->	3	5	
Rest 2 Min Between DB Row Sets					
4a		Dumbbell Shoulder Shrugs	3	12	
4b		Dips	3	8-12	
4c		Dumbbell Shoulder Raise (Lateral/Bentover-8)	3	8	
Rest 1 Min Between Combo Sets					
4a		Standing Band/Cable Rotations	2	12	
4b		Side Plank and Lift Top Leg to Front and Back	2	10	5 sec
4c		Supermans Opposite Arm and Leg	2	12	

Day 5		<i>Exercise</i>	Sets	Reps	wt/reps
1a		Dumbbell Step Ups	3	5	
		Dumbbell Glute Bridge	1	8	
1b		Working Sets--->	4	5	
Rest 2 Min between Combo Sets					
2a		Bent Over BarBell Rows	3	6	
2b		Push Ups (5 sec down, 5 sec up)	3	10	
Rest 1 Min Between Combo Sets					
3a			4	10	
		Tricep Press Down (4 sec down, 4 sec up)	3	10	
3b		Biceps Curls (4 sec down, 4 sec up)	3	10	
3c		8 count Body Builders	3	10	
		<i>Energy System Development</i>	Reps	Distance	Time
		2 Mile LSD	1	3200	

Day 6

Ruck 12

SW Pre Accession Recovery III - Week 15

Day 1

Rest and Recover

Day 2

	Exercise	Sets	Reps	Goal
	Past Test +			
	Perform the PAST, after 1.5 mile run repeat the cal's			
1	Pull Ups (Max effort in 2:00)	1		8 reps
2	Push Ups (Max effort in 2:00)	1		40 reps
3	Sit Ups (Max effort in 2:00)	1		50 reps
4	1.5 Mile Timed Run	1		10:20
	Rest 5 min after the run, repeat the max cal's			
5	Pull Ups (Max effort in 2:00)	1		8 reps
6	Push Ups (Max effort in 2:00)	1		40 reps
7	Sit Ups (Max effort in 2:00)	1		50 reps
8	500 meter swim	1	500	15:00

Day 3

SWIM 23

Day 4

Work Capacity Circuit

Day 4 is a work capacity circuit using a stationary bike or a 50-60 meter run between exercises. Perform the number of reps for an exercise and then get on the bike for a 30 sec high tempo bout of riding. Once the 30 sec is up rest for 1 min and move to the next exercise and repeat the process.

	Metabolic Circuit 1 time through	Sets	Reps	wt/reps
1a	Body Wt Squats	1	20	
1b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
2a	Push Ups	1	20	
2b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
3a	Plank Knees to elbows	1	20	
3b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
4a	Pull Ups	1	8-12	
4b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
5a	Reverse Lunge	1	10	
5b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
6a	Single Leg Glute Bridge (BW)	1	12	
6b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
7a	Close Grip Push Ups	1	15	
7b	Bike sprint 30 sec or run 50-60 meters	1	30 sec	
	Rest 1 Min Between Sets			
8a	Squat Jumps	1	12	

SW Pre Accession Recovery III - Week 16

Congratulations. You have almost completed a basic preparation program for the United States Air Force Special Warfare Candidate Course. By this time you should feel comfortable in the water and under a ruck. This week is a celebration of your work.

Day of Training 1 Ruck 13

Day of Training 3 Swim 24

Day of Training 5 Ruck 14

These components – the swim and the ruck – are the essential core physical abilities of a Special Warfare warrior. You must be able to get on target and to the rally point, be it land or water. Understand it is the process of training and education, like iron sharpens iron that creates the person worthy of donning the beret.

SW Pre Accession Developmental Swim Training

Swim Workout - Pool Intervals refer to the amount of time from the start of one repetition to the start of the next repetition. For example in pool session 1, 25 meter mixed drills. If you complete the first 25 m swim in 45 seconds, then you get 45 seconds of rest before beginning the next repetition. If the next repetition takes you 60 seconds to complete you only get 30 seconds of rest.

* If the intervals are too difficult you may add additional rest time at a rate of :15 seconds/100m.

1	Exercise	Reps	Interval/Time
	25 meter (m) Mixed Drills	16	1:30
	50 m Freestyle - focus on good technique	2	3:00
2	Exercise	Sets	Interval/Time
	25 m Mixed Drills	8	1:30
	50 m Freestyle - good technique	8	2:30
	50 m Freestyle - Max Effort	1	
3	Exercise	Sets	Interval/Time
	25 m Mixed Drills	6	1:30
	25 m Freestyle	24	1:00
	50 m Freestyle - good technique	1	
4	Exercise	Sets	Interval/Time
	25 m Mixed Drills	8	1:30
	75 m Freestyle	6	4:00
	50 m Freestyle - focus on good technique	1	
5	Exercise	Sets	Interval/Time
	25 m Mixed Drills	6	1:30
	75 m Freestyle	8	3:30
	50 m Freestyle - good technique	1	
6	Exercise	Sets	Interval/Time
	25 m Mixed Drills	4	1:30
	50 m Freestyle	12	2:00
	50 m Freestyle - good technique	1	
7	Exercise	Sets	Interval/Time
	25 m Mixed Drills	4	1:30
	75 m Freestyle	8	3:00
	50 m Freestyle - good technique	1	
8	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	250 m Freestyle	2	8:00
	50 m Freestyle focus on good technique	1	
9	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	5	3:30
	25 m Freestyle focus on good technique	4	
10	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	75 m Freestyle	12	2:30
	25 m Freestyle focus on good technique	4	
11	Exercise	Sets	Interval/Time
	50 m Freestyle	4	
	100 m Freestyle	8	2:30
	25 m Mixed Drills	4	
12	Exercise	Sets	Interval/Time
	50 m Freestyle	4	1:30
	150 Freestyle	5	4:00
	25 m Freestyle focus on good technique	4	
13	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	8	2:30
	25 m Freestyle focus on good technique	4	

SW Pre Accession Developmental Swim Training- continued

14	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	300 m Freestyle	2	6:30
	25 m Freestyle focus on good technique	8	
15	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	4	2:30
	5 Min rest		
	100 m Freestyle	4	2:15
	25 m Freestyle focus on good technique	8	
16	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	500 m Freestyle	1	13:00
	25 m Freestyle	8	1:00
17	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	300 m Freestyle	2	6:30
	25 m Freestyle focus on good technique	8	
18	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	200 m Freestyle	2	4:00
	25 m Freestyle	8	1:00
19	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	150 m Freestyle	5	3:00
	25 m Freestyle	8	1:00
20	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	1	30 sec rest
	200 m Freestyle	1	30 sec rest
	300 m Freestyle	1	30 sec rest
	200 m Freestyle	1	30 sec rest
	100 m Freestyle - FAST	1	
	25 m Freestyle	8	1:00
21	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	200 m Freestyle	5	4:00
	25 m Mixed Drills	8	1:00
22	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	8	1:50
	25 m Freestyle focus on good technique	8	
23	Exercise	Sets	Interval/Time
	50 m Freestyle	2	
	100 m Freestyle	2	2:30
	25 m Freestyle focus on good technique	8	
24	Exercise	Sets	Interval/Time
	SWIM TEST		
	50 m Freestyle	2	
	500 m Freestyle (as fast as possible)	8	15:00 Max
	25 m Freestyle focus on good technique	8	

Ruck Program

SW Pre Accession Developmental Ruck Training

Ruck Workout - Use this if you need to load yourself more than walk fast			
Week	Ruck Workout		
	<i>Distance</i>	Load/lbs	Pace/Mile
1	3 mile	10	16:00
2	3 mile	10	16:00
3	3 mile	15	16:00
4	3 mile	15	16:00
RECOVERY WEEK			
6	3 mile	20	15:00
7	3 mile	20	15:00
8	3 mile	20	15:00
9	3 mile	25	16:00
RECOVERY WEEK			
11	4 Mile	25	15:00
12	4 Mile	25	15:00
13	4 Mile	30	15:00
14	4 Mile	30	15:00

Ruck Workout - Use this is you need to walk faster and load is not an issue			
Week	Ruck Workout		
	<i>Distance</i>	Load/lbs	Pace/Mile
1	3 mile	10	16:00
2	4 Mile	10	16:00
3	3 mile	15	16:00
4	4 Mile	15	16:00
RECOVERY WEEK			
6	3 mile	20	15:00
7	4 Mile	20	15:00
8	4 Mile	20	15:00
9	4 Mile	20	16:00
RECOVERY WEEK			
11	5 Mile	20	15:00
12	5 Mile	20	15:00
13	5 Mile	20	15:00
14	6 Mile	20	15:00

Appendix A

Bike Ride - 45 Min

You need a bike that can change gears, has a timer on it and will tell you how fast you are riding. Most commercial stationary bikes will have this on the computer readout.

RPM: How fast your legs are moving per minute.

50 RPM means your leg will make 50 complete circles in 1 minute. This is relatively slow

100 RPM means your legs will make 100 complete circles in 1 minute. This is faster.

Pace	RPM
Ride	50 RPM
Sprint	100 RPM

Adjust Levels as Needed
RPM has Precedence to Level
Maintain RPM, Decrease Level if needed

Pace	Time	Gear Level	Running Time
Ride	5:00	12	0-5:00
Sprint	2:00	12	5-7:00
Ride	3:00	12	7-10:00
Sprint	2:00	12	10-12:00
Ride	3:00	12	12-15:00
Sprint	2:00	12	15-17:00
Ride	1:00	14	17-18:00
Sprint	2:00	14	18-20:00
Ride	2:00	14	20-22:00
Sprint	2:00	14	22-24:00
Ride	2:00	14	24-26:00
Sprint	2:00	14	26-28:00
Ride	1:00	14	28-29:00
Sprint	1:00	14	29-30:00
Ride	2:00	16	30-32:00
Sprint	1:00	16	32-33:00
Ride	2:00	16	33-35:00
Sprint	1:00	16	35-36:00
Ride	2:00	16	36-38:00
Sprint	1:00	16	38-39:00
Ride	1:00	16	39-40:00

Appendix B

Bike Ride - 25 Min

Pace	RPM
Ride	50 RPM
Sprint	100 RPM

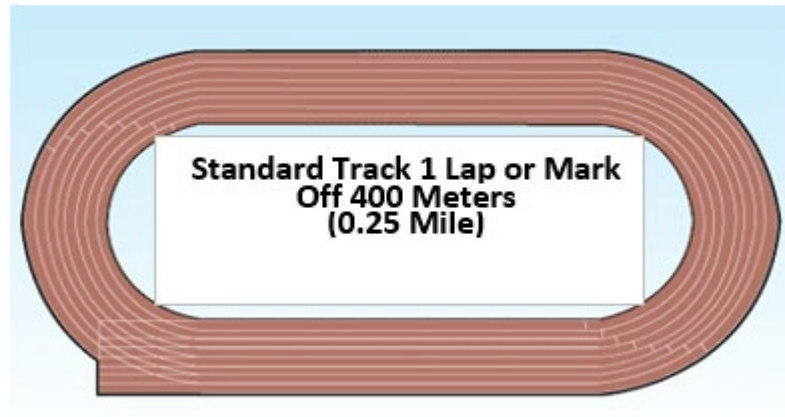
Adjust Levels as Needed
RPM has Precedence to Level Maintain RPM, Decrease Level if needed

Pace	Time	Gear Level	Running Time
Ride	2:00	12	0-2:00
Sprint	1:00	12	2-3:00
Ride	3:00	12	3-6:00
Sprint	1:00	12	6-7:00
Ride	3:00	14	7-10:00
Sprint	1:00	14	10-11:00
Ride	3:00	14	11-14:00
Sprint	1:00	14	14-15:00
Ride	2:00	16	15-17:00
Sprint	1:00	16	17-18:00
Ride	2:00	16	18-20:00
Sprint	1:00	16	20-21:00
Ride	1:00	16	21-22:00

Appendix C

400 M Intervals

6 x 400 Meters



Distance	Rest
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins
400 M	5 Mins

Target Time
1:30 - 2:00

Goal
Try to maintain time for all repetitions

Record Time to Complete All 6 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:	Lap 5:	Lap 6:

Standing on the start line of the track, you will run 1 lap (400 m). You are trying to get the lap in 1:30- 2:00.

You will wait 5 minutes. (rest) Then run the next lap. You will do this 6 times.

If your first lap is run in 1:45 then you are trying to maintain this pace for all your laps.

Record all laps.

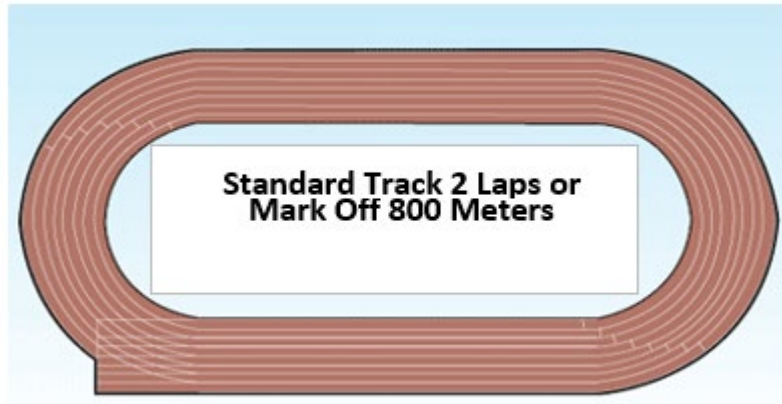
Example

- 1) 1:45
- 2) 1:45
- 3) 1:45
- 4) 1:45
- 5) 1:45

Appendix D

800 M Intervals

4 x 800 Meters



Distance	Rest
800 m	6 Mins
800 m	6 Mins
800 m	6 Mins
800 m	6 Mins

Target Time
3:30 - 4:00

Rest
Rest is a slower pace Jogging or fast Walking

Record Time to Complete All 4 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:		

Standing on the start line of the track, you will run 1 lap (400 m). You are trying to get the lap in 3:30 – 4:00.

You will wait 6 minutes. (rest) Then run the next lap. You will do this 6 times.

If your first lap is run in 3:50 then you are trying to maintain this pace for all your laps.

Record all laps.

Example

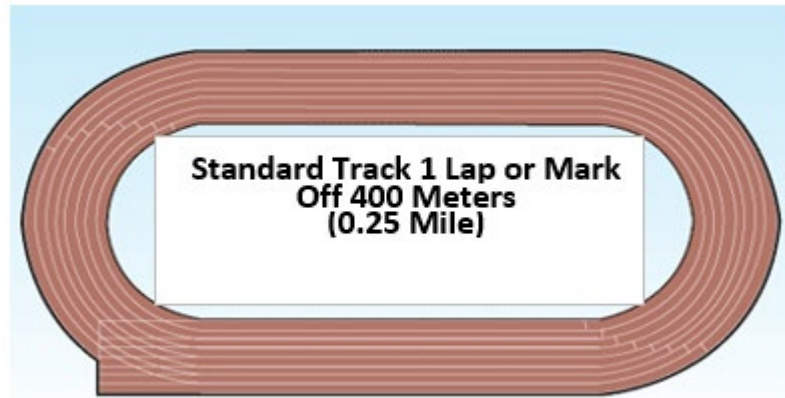
- 1) 3:50
- 2) 3:20
- 3) 4:00
- 4) 3:50
- 5) 3:50
- 6) 3:50

In this example the airman ran his second lap much faster which caused his 3 lap to be slower than average. This is why we are having you run a consistent time for all laps.

Appendix E

Ruck Pace

4 x 400 Meters



Distance	Per Lap
400 m	3:45
400 m	3:45
400 m	3:45
400 m	3:45

Target Time
3:30 - 4:00

This is a fast walk which means one foot has to be in contact with the ground at all times.
Running has a flight phase which means both feet are off the ground at one time.

Record Time to Complete All 4 Laps					
Lap 1:	Lap 2:	Lap 3:	Lap 4:		

The goal of the RUCK is to walk around the track (1/4 mile) in 3:45 so that a mile will take 15:00 minutes.

The second & third week it will increase to 1 ½ mile in 22:30 minutes.

The third & four week it will increase to 2 miles in 30:00 minutes.

The fifth week it will increase to 2 ½ miles in 37:30.

Appendix F

Definitions

Set – a group of reps or repetitions

Rep – an execution of one complete movement of an exercise

Volume – the combination of sets and reps, generally expressed as reps, time and/or distance

Load – This is the intensity in total weight, distance, speed and/or time of an exercise or work bout

Intensity – This is expressed in percentages, speed, time under tension, overall time and/or distance.

BPM – Beats Per Minute of your heart

HR - Heart Rate

RHR – Resting Heart Rate – usually noted first thing upon waking up

Ruck – Ruck is a military back pack used to carry all your kit

Kit – all the equipment you need to do your job

RM – Repetition Maximum – the total number of properly executed repetitions in one set with max effort

Endurance – The ability to withstand hardship or adversity especially: the ability to sustain a prolonged stressful effort or activity which usually associated with a specific ability such as muscular, running, rowing, etc.