



USAJFKSWCS
SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION PROGRAM
10 WEEK

WEEK 1

DAY 1

APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 5 MILE TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



USAJFKSWCS
SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION PROGRAM
10 WEEK

WEEK 2

DAY 1

RUN:
6 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 5 MILE TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



USAJFKSWCS
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WEEK 3

DAY 1

RUN:
4 X 800 METERS
4 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 12 Km TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 4

SESSION 1
NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 8 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 20% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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WEEK 4

DAY 1

RUN:
6 X 800 METERS
4 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 12 Km TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 4

SESSION 1

NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 10 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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WEEK 5

DAY 1

WALK:
2.5 MILES

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 2.5 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 5 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MIN WARM-UP (EASY)

1600 METERS (HARD)
400 METER RECOVERY JOG
1200 METERS (HARD)
400 METER RECOVERY JOG
800 METERS (HARD)
400 METER RECOVERY JOG
400 METERS (HARD)

5 MINUTE COOLDOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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WEEK 6

DAY 1

WALK:
4 MILES

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 8 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

75 SEC (HARD)
150 SEC (EASY)
60 SEC (HARD)
120 SEC (EASY)
REPEAT 3X

5 MINUTE COOLDOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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10 WEEK

WEEK 7

DAY 1

WALK:
5 MILES

DAY 2

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 10 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

5 X
1 MINUTE (HARD),
1 MINUTE (EASY)

5 MINUTES (EASY)

5 X
1 MINUTE (HARD),
1 MINUTE (EASY)

5 MINUTE COOL-DOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7

REST



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10 WEEK

WEEK 8

DAY 1

APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

DAY 2

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
4 x 12 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

SESSION 1

RUN:
20 MINUTES

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 10 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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10 WEEK

WEEK 9

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
30 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

BIKE:
3 ROUNDS X 10 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7

REST



USAJFKSWCS
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10 WEEK

WEEK 10

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
20 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

BIKE:
3 ROUNDS X 5 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

REST

DAY 7

REST

WEEK 11

SELECTION

NAME: _____



SFAS 10 Week Program

DAY 1

A Dynamic Warm-Up		Week 1		Week 2		Week 3		Week 4	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Front Squat		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B Lat Pulldown	1:30	15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
C Barbell Split Squat		12 ea		12 ea		10 ea		10 ea	
		12 ea		12 ea		10 ea		10 ea	
		12 ea		12 ea		10 ea		10 ea	
C Barbell Bent-Over Row		12		12		10		10	
		12		12		10		10	
		12		12		10		10	
C Seated Medball Side to Side Twists	1:00	12 ea		12 ea		12 ea		12 ea	
		12 ea		12 ea		12 ea		12 ea	
		12 ea		12 ea		12 ea		12 ea	
D Single Leg Piston Squats to Bench		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
D Pull-Ups		5+		5+		5+		5+	
		5+		5+		5+		5+	
		MAX		MAX		MAX		MAX	
D Push-Ups	0:30	20+		20+		20+		20+	
		20+		20+		20+		20+	
		MAX		MAX		MAX		MAX	
E Back Extension		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
E DB Combo Raise		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
E Planks (Front, Left Side, Right Side)	0:30	0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
F FOAM ROLLING & STRETCHING			10:00		10:00		10:00		10:00

NAME: _____



DAY 2

A <i>Dynamic Warm-Up</i>		Week 1		Week 2		Week 3		Week 4			
		Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt		
B	Kettle Bell Deadlift		15		12		10		8		
			15		12		10		8		
			15		12		10		8		
			15		12		10		8		
B	DB Flat Bench Press	1:30	15		12		10		8		
			15		12		10		8		
			15		12		10		8		
			15		12		10		8		
C	Hamstring Curls		12		12		10		10		
			12		12		10		10		
			12		12		10		10		
C	Single Arm DB Incline Bench Press		12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
C	Standing Oblique DB Crunch	1:00	12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
D	DB Single Arm Shoulder Press		10 ea		10 ea		10 ea		10 ea		
			10 ea		10 ea		10 ea		10 ea		
			10 ea		10 ea		10 ea		10 ea		
D	Hanging Knee Tucks to Chest		10		10		10		10		
			10		10		10		10		
			10		10		10		10		
D	Glute Hip Bridges <i>w/3 second holds</i>	0:30	10		10		10		10		
			10		10		10		10		
			10		10		10		10		
E	Sit-Ups		20		20		20		20		
			20		20		20		20		
			Max		Max		Max		Max		
E	Chin-Ups		10		10		10		10		
			10		10		10		10		
			Max		Max		Max		Max		
E	Dips	0:30	10		10		10		10		
			10		10		10		10		
			Max		Max		Max		Max		
F		FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: _____



USAJFKSWCS

10 WEEK

SFAS PREPARATION PROGRAM

Day 3

A Dynamic Warm-Up

		Week 1		Week 2		Week 3		Week 4	
Work Capacity Circuit		Reps		Reps		Reps		Reps	
B Rowing/Burpee Ladder	Rest	100m	1 Burp	100m	4 Burp	500m	5 Burp	1000m	10 Burp
		200m	2 Burp	200m	4 Burp	250m	5 Burp	900m	9 Burp
		300m	3 Burp	300m	4 Burp	500m	5 Burp	800m	8 Burp
		400m	4 Burp	400m	4 Burp	250m	5 Burp	700m	7 Burp
		500m	5 Burp	500m	4 Burp	500m	5 Burp	600m	6 Burp
		500m	5 Burp	500m	4 Burp	250m	5 Burp	500m	5 Burp
		400m	4 Burp	400m	4 Burp	500m	5 Burp	400m	4 Burp
		300m	3 Burp	300m	4 Burp	250m	5 Burp	300m	3 Burp
		200m	2 Burp	200m	4 Burp	500m	5 Burp	200m	2 Burp
		None	100m	1 Burp	100m	4 Burp	250m	5 Burp	100m
F									
FOAM ROLLING & STRETCHING			10:00		10:00		10:00		10:00

NAME: _____



DAY 1

		Week 5		Week 6		Week 7		Week 8		
<i>Exercise</i>		<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B	Back Squat		15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B	Squat Jump (BODYWEIGHT)	1:30	5		5		5		5	
			5		5		5		5	
			5		5		5		5	
			5		5		5		5	
C	Pull-Ups		MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
C	DB Step-Ups	1:00	12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
D	Inverted Rows		10		12		12		15	
			10		12		12		15	
			MAX		MAX		MAX		MAX	
D	Lunges		8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
D	Push-Ups	0:30	MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
E	DB Single Arm Bent-Over Row		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	DB Shoulder Circuit		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	Planks (Front, Left Side, Right Side)	0:30	0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
F	FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: _____



DAY 2

		Week 5		Week 6		Week 7		Week 8	
A Dynamic Warm-Up		Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B	Deadlift	Rest							
			15		12		10		8
			15		12		10		8
			15		12		10		8
B	Medicine Ball Overhead Slam	1:30							
			8		8		10		10
			8		8		10		10
			8		8		10		10
C	Barbell or Dumbbell Bench Press		12		10		10		8
			12		10		10		8
			12		10		10		8
			12		10		10		8
C	Plyometric Push-Up (CLAPPING)	1:00							
			5		5		5		5
			5		5		5		5
			5		5		5		5
D	Dumbbell Incline Bench		10		12		12		15
			10		12		12		15
			10		12		12		15
D	Glute-Ham Raises		10		12		12		15
			10		12		12		15
			10		12		12		15
D	Sit-Ups	0:30							
			MAX		MAX		MAX		MAX
			MAX		MAX		MAX		MAX
E	DB Shoulder Press		10 ea		10 ea		10 ea		10 ea
			10 ea		10 ea		10 ea		10 ea
			10 ea		10 ea		10 ea		10 ea
E	DB Lateral Lunges		8 ea		8 ea		8 ea		8 ea
			8 ea		8 ea		8 ea		8 ea
			8 ea		8 ea		8 ea		8 ea
E	Hanging Leg Lowers		10		10		10		10
			10		10		10		10
			10		10		10		10
E	Dips	0:30							
			MAX		MAX		MAX		MAX
			MAX		MAX		MAX		MAX
F	FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00

NAME: _____



DAY 1

		Week 9		Week 10	
		Reps	Wt	Reps	Wt
A Dynamic Warm-Up					
Dumbbell Circuit Day					
B	DB Upright Row	10		10	
	DB Step-Ups	10 ea		10 ea	
	DB Lateral Shoulder Raise	10		10	
	DB Alternate PushUp/Row	10		10	
	DB Alternate Lunges	10 ea		10 ea	
	DB Squats	10		10	
	DB Bent-Over Rows	10		10	
	DB Single Leg RDL's	10 ea		10 ea	
	DB Lateral Step-Ups	10 ea		10 ea	
	DB Alt. Curl to Press	10 ea		10 ea	
DB X-Over Step-Ups	10 ea		10 ea		
DB Overhead Tricep Extension	10		10		
DB Lateral Lunges	10 ea		10 ea		
*Rest 2-3 mins Between Rounds		3 Rounds		2 Rounds	
C	PLANKS (Front, Left Side, Right Side)	0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
D	FOAM ROLLING & STRETCHING	10:00		10:00	

***USE Dumbbells that are 10% of your Body Weight in each hand.**

NAME: _____



Day 2

A Dynamic Warm-Up		Week 9		Week 10	
		Reps	Wt	Reps	Wt
PULL/PUSH/SIT Circuit					
B	Pull-Ups	3		3	
	Push-Ups	10		10	
	Sit-Ups	10		10	
	<i>*No Rest Between Exercises or Rounds</i>	10 Rounds		10 Rounds	
C	FOAM ROLLING & STRETCHING	10:00		10:00	

Dynamic Warm-Up (perform movements over 10-15 yards)	
Walking Lunge w/Twist	
Walking Lunge w/Overhead Reach	
Lateral Lunge	
Walking Lunge>Elbow to Instep>Twisting Overhead Reach	
Knee Pull to Chest	
Heel Pull to Butt	
Leg Cradle	
Frankensteins	
Lateral Shuffle	
Carioca	
High Knee Run	
Power Skipping	
T, Y, W & L's x 10 each	