

The Special Forces Pre-selection Program

Comrades,

Are you looking to join the US Army Special Forces? What about the Rangers? Are you an operator who just wants to kick your ruck marching back into over drive but you aren't sure where to start? Look no further! The following 13-week program is an awesome tool that will deliver strength, speed, and stamina of both mind and body. This program came from some of our coalition brothers who remain anonymous for now, but boy can those men move out! This program will get you in shape to hump the heaviest loads for miles. This is not for the meek and mild!

Required Equipment:

- PT Uniform
 - Shoes
 - Socks
 - Running Shorts
 - T-shirt
- Battle Dress Uniform (BDU)
 - Boots
 - Socks
 - Trousers
 - Shirt
- Rifle (service rifle or a large caliber hunting rifle)
- Webbing Kit (load bearing equipment [LBE], min 8kg)
- Ruck Sack (ALICE, Bergen, or comparable pack)
- Bicycle (road or mountain type)
- Swim goggles and trunks (Speedos are fine)
- Super Joints (go to www.dragondoor.com)

Legend:

PT= PT uniform worn
 RIFLE= Rifle carried in hands, never slung
 BDU= BDU uniform & Rifle
 KIT= BDU, Webbing Kit w/8kg, & Rifle
 FULL KIT= KIT & Ruck

WEEK 1

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	5km Run	PT
	PM	KB-1	PT
T	AM	8km Walk	BDU
	PM	5x20 Pushups, 5x5 Pull-ups, 100 Sit-ups	PT
W	AM	15km, Cycle	PT
	PM	KB-2	PT
T	AM	6km Run	PT
	PM	Swim 8x50m, 30 sec RI	PT
F	AM	10km Walk	BDU
	PM	6x20 Pushups, 6x5 Pull-ups, 110 sit-ups	PT
S	AM	7km Run	PT
	PM	KB-1	PT

S	AM	Swim 3x200m, 60 sec RI	PT
	PM	20min Stretching	PT

WEEK 2

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	7km Run	PT
	PM	KB-1	PT
T	AM	8km Walk	KIT 8kg
	PM	7x20 pushups, 7x5 Pull-ups, 120 sit-ups	PT
W	AM	20km, Cycle	PT
	PM	KB-2	PT
T	AM	7km Run	PT
	PM	Swim, 10x50m, RI 30sec	PT
F	AM	10km Walk	KIT 8kg
	PM	8x20 push-ups, 8x5 Pull-ups, 130 sit-ups	PT
S	AM	8km Run	PT
	PM	KB-1	PT
S	AM	Swim 4x200m, RI 60sec	PT
	PM	20min Stretching	PT

WEEK 3

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	8KM Run	PT
	PM	KB-1	PT
T	AM	10km Walk	KIT 8kg
	PM	6x25 push-ups, 6x8 Pull-ups, 140 sit-ups	PT
W	AM	25km Cycle	PT
	PM	KB-2	PT
T	AM	8km Run	PT
	PM	Swim 12x50m, RI 30sec	PT
F	AM	12km Walk	KIT 8kg
	PM	7x25 push-ups, 7x8 Pull-ups, 150 sit-ups	PT
S	AM	10km Run	PT
	PM	KB-1	PT
S	AM	Swim 4x200m, RI 60sec	PT
	PM	20min Stretching	PT

WEEK 4

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk, 1hr	FULL KIT 10kg
	PM	KB-1	PT
T	AM	12km Run	PT
	PM	8x25 push-ups, 8x8 Pull-ups, 160 sit-ups	PT
W	AM	30km Cycle	PT
	PM	Rest	-----
T	AM	12km Walk (run first km <4:30min)	KIT 8kg
	PM	KB-2	PT
F	AM	5km Run	PT
	PM	KB-1	PT
S	AM	Pack Walk, 1.5hrs	FULL KIT 10kg
	PM	Rest	-----
S	AM	Swim 5x200m, RI 60sec	PT
	PM	20min Stretching	PT

WEEK 5

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk, 2hrs	FULL KIT 10kg
	PM	KB-1	PT
T	AM	Sprints, 4x1km, Rest/Work 1:1 (4 work sets, 4 rest)	PT
	PM	5x30 push-ups, 5x10 Pull-ups, 170 sit-ups	PT
W	AM	30km Cycle	PT
	PM	KB-2	PT
T	AM	12km Walk (Run first 1.5km <7:30min)	KIT 8kg
	PM	KB-1	PT
F	AM	45min Swim, Freestyle stroke	PT
	PM	Rest	-----
S	AM	Pack Walk 2.5hrs	FULL KIT 10kg
	PM	KB-2	PT
S	AM	Swim 3x300m, RI 60sec	PT
	PM	20min Stretching	PT

WEEK 6

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 2.5hrs	FULL KIT 15kg
	PM	KB-1	PT
T	AM	5x1km Sprints, Rest/Work 1:1	PT
	PM	6x30 push-ups, 6x10 Pull-ups, 180 Sit-ups	PT
W	AM	35km Cycle	PT
	PM	KB-2	PT
T	AM	15km Walk (Run first 2km <10min)	KIT 8kg
	PM	KB-1	PT
F	AM	45min Run	PT
	PM	Rest	-----
S	AM	Pack Walk 3hrs	FULL KIT 15kg
	PM	KB-2	PT
S	AM	Swim 3x300, RI 60sec	PT
	PM	20min Stretching	PT

WEEK 7

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 2.5hrs	FULL KIT 20kg
	PM	KB-3	PT
T	AM	4x1km Sprints, Rest/Work 1:1	PT/Rifle
	PM	7x30 push-ups, 7x10 Pull-ups, 190 sit-ups	PT
W	AM	40km Cycle	PT
	PM	KB-4	PT
T	AM	15km Walk (Run first 2.5km <12:30min)	KIT
	PM	KB-3	PT
F	AM	50min Swim, Freestyle Stroke	PT
	PM	Rest	-----
S	AM	Pack Walk 3hrs	FULL KIT 20kg
	PM	KB-4	PT
S	AM	Swim 2x400m, RI 60sec	PT
	PM	30min Stretching	PT

WEEK 8

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 20km (time trial <3:15hrs)	FULL KIT 20kg
	PM	Rest	-----
T	AM	Sprints, 4x1km	PT/Rifle
	PM	8x30 push-ups, 8x10 Pull-ups, 200 sit-ups	PT
W	AM	45km Cycle	PT
	PM	KB-3	PT
T	AM	15km Walk (Run first 3.2km <16min)	KIT
	PM	KB-4	PT
F	AM	Run 2x2.5km <8:30min, RI 5min, <9:30min	PT
	PM	Rest	-----
S	AM	Pack Walk 5hrs	FULL KIT 20kg
	PM	KB-3	PT
S	AM	Swim 2x500m, RI 60sec	PT
	PM	20 min Stretching	PT

WEEK 9

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 7.5hrs	FULL KIT 15kg
	PM	Rest	-----
T	AM	3x1km Sprints, Rest/Work 1:1	BDU
	PM	3xmax push-ups, 3xmax Pull-ups, 200 sit-ups	PT
W	AM	50km Cycle	PT
	PM	KB-3	PT
T	AM	3.2km Time Trial <15:30	KIT
	PM	KB-4	PT
F	AM	Run 50min	PT
	PM	Rest	-----
S	AM	Pack Walk 10hrs	FULL KIT 15kg
	PM	Rest	-----
S	AM	Rest	-----
	PM	20min Stretching	PT

WEEK 10

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 15hrs	FULL KIT 15kg
	PM	Rest	-----
T	AM	Run 4x1km Sprints, Rest/Work 1:1	BDU
	PM	6x40 push-ups, 9x10 Pull-ups, 200 sit-ups	PT
W	AM	40km Cycle	PT
	PM	KB-3	PT
T	AM	12km Walk (Run first 2.5km <12:30min)	KIT
	PM	KB-4	PT
F	AM	Rest	-----
	PM	Rest	-----
S	AM	Pack Walk 24hrs	FULL KIT 15kg
	PM	Should still be walking!	FULL KIT 15kg
S	AM	Rest	-----
	PM	20min Stretching	PT

WEEK 11

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 10hrs	FULL KIT 20kg
	PM	Rest	-----
T	AM	1km Run then 200m Swim, Repeat x3	PT
	PM	4x50 push-ups, 10x10 Pull-ups, 200 sit-ups	PT
W	AM	30km Cycle	PT
	PM	KB-3	PT
T	AM	10km Walk (Run first 2km <10min)	KIT
	PM	KB-4	PT
F	AM	45min Swim, Freestyle stroke	PT
	PM	Rest	-----
S	AM	Pack Walk 3hrs	FULL KIT 15kg
	PM	KB-3	PT
S	AM	Water Running 20min, waist deep	PT
	PM	20min Stretch	PT

WEEK 12

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	Pack Walk 2hrs	FULL KIT 20kg
	PM	KB-3	PT
T	AM	Run 1km then swim 100m, Repeat x4	PT
	PM	3x max pushups, 3x max Pull-ups, 200 sit-ups	PT
W	AM	20km Cycle	PT
	PM	KB-4	PT
T	AM	7.5km Walk (Run first 1.5km <7min)	KIT
	PM	KB-3	PT
F	AM	5km Run	PT
	PM	Rest	-----
S	AM	Pack Walk 1hr	FULL KIT 20kg
	PM	KB-4	PT
S	AM	Swim 4x200m, RI 60sec	PT
	PM	30min Stretch	PT

WEEK 13

		<u>ACTIVITY</u>	<u>UNIFORM</u>
M	AM	3x1km Sprints, Rest/Work 1:1	PT
	PM	Freestyle KB Workout	PT
T	AM	Pack Walk 45min	FULL KIT 20kg
	PM	Rest	-----
W	AM	4km Run	PT
	PM	Freestyle KB Workout	PT
T	AM	15km Cycle	PT
	PM	20min Stretch	PT
F	AM	Swim 600m	PT
	PM	Rest	-----
S	AM	Rest and eat alot	-----
	PM	Rest and eat alot	-----
S	AM	Rest and eat alot	-----
	PM	Rest and eat alot	-----

Training Tips

- ❑ Drink water before, during, and after training. A 5-8% CHO solution every 20-30 min is a good idea.
- ❑ On the longer training sessions eat fruit during and after the activity.
- ❑ Substitute good hiking shoes or trail shoes for boots on alternate training sessions to reduce injury if you feel you may be susceptible.
- ❑ Warm up specifically for each training session
- ❑ On Pack Walks over 3hrs, rest 10min every 60min.
- ❑ Train on soft surfaces to reduce injury (i.e. grass, gravel, wilderness)
- ❑ If you do not recover from the previous days training, have a rest day
- ❑ If you feel good, do NOT add in extra training sessions or increase the intensity and/or volume

Kettlebell Workout-1

<u>Jump Rope:</u>	5 min
<u>Kettlebell Circuit:</u> (Do 1-5 circuits) (Start slow)	Windmills x5 per side Limbo Lunge w/16-24kg x5 Side Press x5 per side Turkish Get-up x5 per side Pistols x5-25 per leg (with or with out weight) Front Squat x5-50 Alternating Cleans x5-50 Snatches w/16kg x10-25
<u>Pulls-ups/Chins:</u>	Bodyweight Ladders x3
<u>Abs:</u>	Janda Sit-ups 5x5
<u>Pushups:</u>	Clapping bodyweight pushups 3x10

Kettlebell Workout-2

<u>Jump Rope:</u>	5 Min
<u>Pull-ups:</u>	16kg x1/2 RM (if Rep Max is 10, do 5-7) 24kg x1/2 RM Bodyweight to nipple line, stop just short of failure (2-3 reps) 24kg, stop just short of failure (2-3 reps)
<u>Kettlebells:</u> (Do 1-5 circuits)	Windmills x5 with 16kg in other hand Limbo Lunge w/ 16kg x3 Pistols w/ 16-24kg x3-5 Snatches w/24kg xRM (end of good form) per arm (switch arms every 5-10reps)
	KB Row w/32kg x10
<u>Abs:</u>	Janda Sit-ups, 3x5 (sets x reps)

Kettlebell Workout-3

Super Joints: 1-17

Kettlebell Circuits: Swing x20
(Do 5-10 Circuits) RI: 30sec
Snatch x10/arm
RI: 30 sec
Clean x10/arm
RI: 1min

Super Set: Pull-ups x5
Pushups x5-10 (may substitute clapping pushups)
RI: 30sec

Abs: Janda Sit-ups 5x5

Kettlebell Workout-4

Super Joints: 1-17

Kettlebell Circuit: Heavy Weighted Windmills
1-Leg Deadlift
Heavy Pistols
Floor Press
Renegade Rows
2-Arm Clean and Press
Weighted Pull-ups
Get-up Sit-up

For this workout, take your time. You are training for MAX strength so take all the time you need between drills. Do 5-10 circuits if able. Go heavy on everything and do not exceed 5 reps!