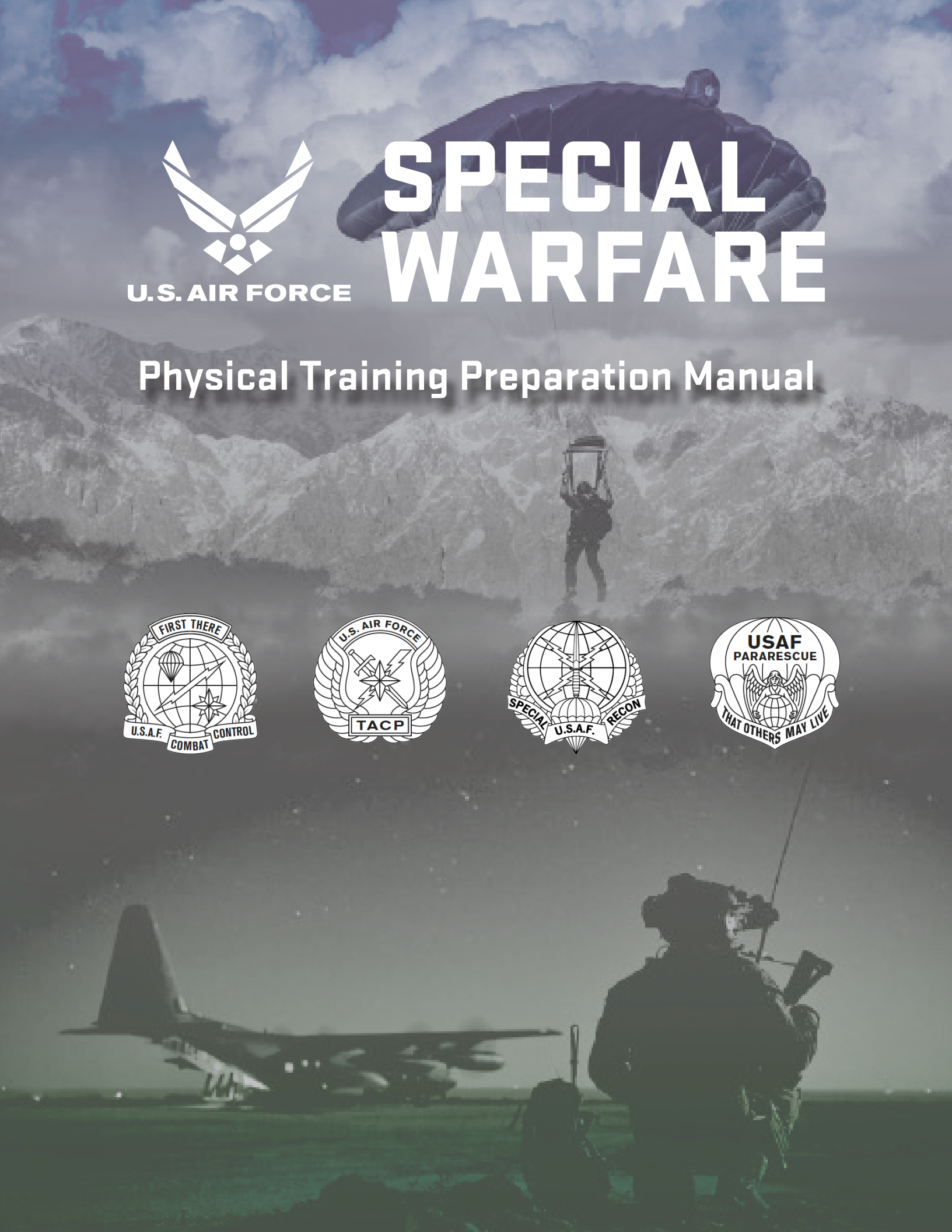
U.S. AIR FORCE

SPECIAL WARFARE

Physical Training Preparation Manual



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Physical Training Program

OBJECTIVE: To educate Special Warfare (SW) applicants on foundational physical fitness principles that contribute to achieving a passing score on the Initial Fitness Test (IFT).

Introduction

This program is designed for SW applicants to begin the transition from the civilian world into the culture of continual physical readiness inherent to Special Warfare. If applicants faithfully follow this program – to the best of their ability and in its entirety – they should be able to navigate the turbulence of basic training, develop the ability to surpass the physical benchmarks and withstand the rigors of the pipeline's preparatory program. You should report to Basic Military Training (BMT) with the ability to exceed the IFT standard, which includes:

1. Being able to swim 500m in 15:00
2. Ruck for one (1) hour with 30 pounds in your ruck sack (backpack).
3. Being able to run 1.5 mile in 10:20
4. Be able to perform 8 pull ups, 50 sit ups, and 40 push-ups each within 2 minutes.

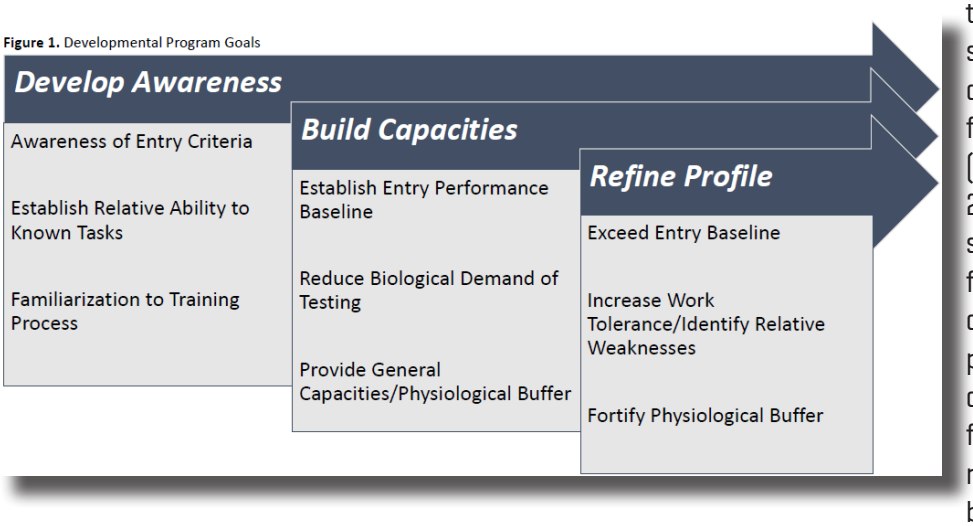
The swim and ruck training in this program are critical as these events prepare you for the IFT and add an extra layer of protection from injuries. Trust the process. Follow the process. The more fit you are, the easier it is to focus on the task at hand. The workouts and additional educational materials provided here will assist in preparing you mentally and physically to withstand the training pipeline.

How to Use This Manual

This section will teach applicants how to properly read, understand and implement the training program. Though not mandatory, it is recommended that applicants read and follow this manual to adequately prepare for the SW career fields. This will help you further physically prepare for Basic Training, the Special Warfare Candidate Course and Assessment & Selection, while decreasing the likelihood of overtraining and injury before selection begins.

This fitness program is broken into three phases that progress into the next. Each phase gradually increases in total volume by increasing repetitions, distances, speeds, and frequency of training or "training days per week". The top of each workout page will identify which phase of training each specific workout is laid out. The tables below will display the fundamental goals for each phase and the objective being accomplished. Phase 0-1 is to familiarize candidates with the specific expectations and types of training to be successful within future Air Force Special Warfare (AFSW) training courses. Phase 2 builds upon and refines those skills, techniques, and movements from Phase 1. Phase 3 is the start of mastering, enhancing, and pushing your individual performance capacities as you move into the formal training pipeline. Candidates may start at an earlier or later phase, but the chart in Figure 2 should serve as a fairly accurate guideline to determine where you should begin training and how long your training phase should be.

Figure 1. Developmental Program Goals



Performance in relation to the charts below will indicate where a candidate's training program should begin and how long it should be. Taking more time to train and prepare will benefit those who are struggling to maintain the standard, or are below the standard, and hopefully reduce the probability of suffering injury early on during the pipeline. If you test well but have not rucked or trained by carrying heavy loads on the body for long periods, it would be best to do so before attending AFSW training courses. Logging plenty of "time on your feet" is recommended to prepare your body to perform once you arrive and increase the ability to recover between training sessions and training days. Aerobic fitness (ruck, run, swim) level as well as load carriage and/or impact-sport history has been established to be associated with risk injury in SW. In 2022, the average candidate (enlisted, cross-trainee, prior service & re-trainees) surpassed the minimum IFT standard by around 10%, but over 50% of those who attended BMT were out of the pipeline prior to the end of SWCC. It does not benefit to be average or to barely meet the entry standard. Overall training phase and program lengths are suggested due to the observed rates of strength, energy system (aerobic and anaerobic), connective tissue, and bone adaptation reported in similar groups of active young adults of both biological sexes. This program is built to benefit you regardless of who you are.

Table 1. SWCC Entry Standard Assessment Guide

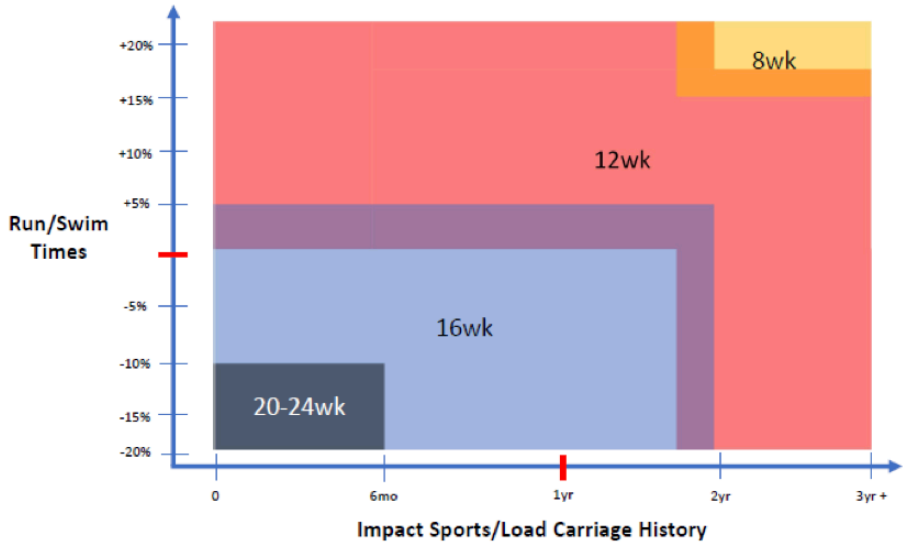
	Event	-20%	-15%	-10%	-5%	Minimum Standard	5%	10%	15%	20%
1	1.5mi Run (mm:ss)	12:24	11:53	11:22	10:51	10:20	9:50	9:29	8:58	8:37
2	Pull Up in 2:00 (mm:ss)	5	6	7	7	8	9	9	10	12
3	Push Up in 2:00 (mm:ss)	32	34	36	38	40	42	44	46	48
4	Sit Up in 2:00 (mm:ss)	38	41	44	47	50	53	55	58	60
5	500m Surface Swim (mm:ss)	18:00	17:15	16:30	15:45	15:00	14:15	13:30	12:45	12:00

When determining contact sport participation, we have provided a quick list of sports by the levels of impact delivered to the body during standard participation at a competitive, varsity, select, or travel team level. Consider that participation means more than one day per week and without breaks longer than two weeks. Sports listed as Moderate or Low/No Impact may not provide strong protection from injury during SW training due to the load carriage component in all phases of the pipeline. Be conservative with your self-assessment of personal impact sport participation. If your sport is not listed, estimate how closely it resembles others within these lists:

High Impact: Rugby, Tackle Football, Gymnastics, Wrestling, MMA, Judo, Hockey
Moderate Impact: Basketball, Baseball, Volleyball, Tennis, Cross Country
Low/No Impact: Swimming, E-sports, Cycling, Chess, Walking

To be optimally prepared, we recommend applicants have a minimum of 12 – 16 weeks of preparation. Our experience has shown that less preparation leads to increased chances of injury and setbacks. Prior injury has been historically established to increase the odds of future injury in athletes, general military members, and SW Operators. It is also suggested that an extended preparation period of at least 16-weeks and encompassing at least phases 1 through 3 of these programs are observed as a protective measure when a candidate has had prior injury that has resulted in periods where physical training and/or competition was halted or limited due to that injury within the prior 12 months. This includes concussion and other injuries that do not necessarily involve the legs, arms, or torso. The suggestion is extended regardless of entrance test performance or training history duration to counteract the

Figure 2. Ability Appropriate Pre-AFSPECWAR Developmental Program Length Decision Matrix



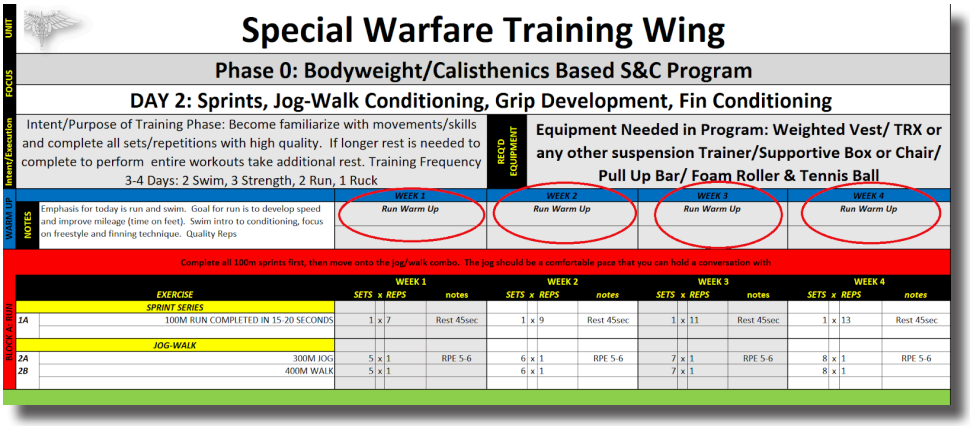
increased injury risk. Applicants will be asked about their physical preparation for the course. It is recommended to answer honestly and ensure you are aware of the challenges ahead.

Start with week one – day one. If you have access to a weight room begin with the Weight Room-Strength and Conditioning Program on page 41. If you do not have access to a weight room, start with the Body Weight - Strength and Conditioning that begins on page 16. If you are traveling and do not have access to a weight room at a particular time, you can pick up with the body weight program, just choose the same week and day in training.

Section 1: Warm-up/Preparation for Exercise

Warm-up is critical. Applicants must warm-up to prepare for the workout to decrease injury risk and increase muscle activation. The dynamic warm-up in this program incorporates active movement, mostly in a walking or ballistic manner where the limbs are moved dynamically through the range of motion to prepare the muscles for exercise. It is recommended to complete these dynamic, full-range of motion movements during 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 20-30 seconds or more.

<u>The Warm-up.</u> The exercises below are listed on the left and the repetitions (reps) or distances (reps/distance) are listed on right. Start at the top of the exercise list and perform the exercise for the prescribed time, distance, or several repetitions. The program has multiple warm-ups to prepare you for the demands of training, depending upon the training you are completing. In the program, you will see the following: Conditioning Warm-Up, Crawl Warm-Up, Running Warm-Up, and In-Place Warm-Up. It is important to perform prescribed preparation for that particular event.



Special Warfare Training Wing

UNIT: Phase 0: Bodyweight/Calisthenics Based S&C Program

FOCUS: DAY 2: Sprints, Jog-Walk Conditioning, Grip Development, Fin Conditioning

Intent/Execution: Intent/Purpose of Training Phase: Become familiarize with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT: Equipment Needed in Program: Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

SUMMIT: NOTES: Emphasis for today is run and swim. Goal for run is to develop speed and improve mileage (time on feet). Swim intro to conditioning, focus on freestyle and finning technique. Quality Reps

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Run Warm Up	Run Warm Up	Run Warm Up	Run Warm Up

Complete all 100m sprints first, then move onto the jog/walk combo. The jog should be a comfortable pace that you can hold a conversation with

BLOCK X - BOX

	EXERCISE	WEEK 1 SETS x REPS	notes	WEEK 2 SETS x REPS	notes	WEEK 3 SETS x REPS	notes	WEEK 4 SETS x REPS	notes
	SPRINT SERIES								
1A	100M RUN COMPLETED IN 15-20 SECONDS	1 x 7	Rest 45sec	1 x 9	Rest 45sec	1 x 11	Rest 45sec	1 x 13	Rest 45sec
	JOG-WALK								
2A	300M JOG	5 x 1	RPE 5-6	6 x 1	RPE 5-6	7 x 1	RPE 5-6	8 x 1	RPE 5-6
2B	400M WALK	5 x 1		6 x 1		7 x 1		8 x 1	

RUNNING WARM UP

Perform each movement once for a 10 yard distance. Ankle Circles, Hip 90/90 Switches, and Squat Jumps perform in place at the start/end line, beofre moving onto the next exercise.

1	Hip 90/90 Switches x 10 Each
2	Ankle Circles (Right) x 5 Each
3	Ankle Cicles (Left) x 5 Each
4	HIGH KNEES
5	CARIOCA RIGHT
6	CARIOCA LEFT
7	SIDE SHUFFLE (RIGHT)
8	SIDE SHUFFLE (LEFT)
10	CROSSOVER JOG (Right)
11	CROSSOVER JOG (LEFT)
12	FORWARD SKIP
13	Back Pedal
14	Knee Hugs
15	Ankle Grab Quad Stretch
16	Elbow to Instep
17	Inch Worm
18	Lateral Lunge (Switch sides every other)
19	Reverse Lunge + Arm Raise
20	Tin Solder/Hamstring Kick
21	Squat Jumps (Max Height) x 4

CRAWL WARM UP

Perform each movement once for a 10 yard distance. Hip Circles perform in place at the start/end line, beofre moving onto the next exercise.

1	Bear Crawl Hand Pickups (Not Moving) x 6 Each
2	Bear Forward Crawl
3	Elbow to Instep + 2 Rotations (1 to Knee/1 Away Knee)
4	Bear Crawl Sit Through x 4 Each
5	Spiderman Push Up
6	Hip Circles Forward x 6 Each
7	Side Bear Crawl (Left)
8	Hip Circles Backward x 6 Each
9	Side Bear Crawl (Right)
10	Frog Hops
11	Inch Worms
12	Crab Walks (Forward)

IN PLACE WARM UP

1	Glute Bridge 3 Second Hold x 10
2	Hip 90/90 Switches x 10 Each
3	Knee to Wall Touches x 10 Each
4	Reverse Lunge Elbow to Instep + 1 Rotation(To Knee) 5 x Each
5	Bentover Y Raises x 10
6	Curtsey Lunge x 5 Each
7	Bentover T Raises x 10
8	Lateral Lunge x 5 Each
10	Bentover W Raises x 10
11	Squats Holds at the bottom x 30 Seconds
12	Lying Swimmer Raises x 5
13	Squat x 10
14	High Knees x 15 Seconds
15	Butt Kicks x 15 Seconds
16	Front/Back Hops x 10 Seconds
17	Side/Side Hops x 10 Seconds
18	Squat Jumps x 5

CONDITIONING WARM UP

Dynamic warm-up will utilize an entire football field or track, broken up into specifc yards segments depending on the level. Starting at the goal-line or finish line, and switching activities at the prescribed distances. Listed below is the order of dynamic activities/movements.

Level I

	Start Line TO 10YD	10YD TO 20YD	20YD TO 30YD	30YD TO 40YD	40YD TO 50YD
1	HIGH KNEES	Back Pedal	HIGH KNEES	Back Pedal	HIGH KNEES
2	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT
3	CARIOCA LEFT	Back Pedal	CARIOCA LEFT	Back Pedal	CARIOCA LEFT
4	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)
5	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)
6	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)
7	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)
8	FORWARD SKIP	Back Pedal	FORWARD SKIP	Back Pedal	FORWARD SKIP

Level II

	Start Line TO 15YD	15YD TO 30YD	30YD TO 45YD	45YD TO 60YD	60YD TO 75YD
1	HIGH KNEES	Back Pedal	HIGH KNEES	Back Pedal	HIGH KNEES
2	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT
3	CARIOCA LEFT	Back Pedal	CARIOCA LEFT	Back Pedal	CARIOCA LEFT
4	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)
5	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)
6	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)
7	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)
8	FORWARD SKIP	Back Pedal	FORWARD SKIP	Back Pedal	FORWARD SKIP

Level III

	Start Line TO 20YD	20YD TO 40YD	40YD TO 60YD	60YD TO 80YD	80YD TO 100YD
1	HIGH KNEES	Back Pedal	HIGH KNEES	Back Pedal	HIGH KNEES
2	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT	Back Pedal	CARIOCA RIGHT
3	CARIOCA LEFT	Back Pedal	CARIOCA LEFT	Back Pedal	CARIOCA LEFT
4	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)	Back Pedal	SIDE SHUFFLE (RIGHT)
5	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)	Back Pedal	SIDE SHUFFLE (LEFT)
6	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)	Back Pedal	CROSSOVER JOG (Right)
7	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)	Back Pedal	CROSSOVER JOG (LEFT)
8	FORWARD SKIP	Back Pedal	FORWARD SKIP	Back Pedal	FORWARD SKIP

SECTION 2: WORKOUTS

BLOCK B: STRENGTH																
Emphasis is not to lift as heavy as possible. Perfect form/technique/ and correct positions. Rate of Perceived (RPE) are very low through this training phase. Intent is to be familiarize with the movements and complete all repetitions																
			WEEK 1				WEEK 2				WEEK 3				WEEK 4	
		EXERCISE	SETS	x	REPS	NOTES	SETS	x	REPS	NOTES	SETS	x	REPS	NOTES	SETS	x	REPS	NOTES
		STRENGTH SESSION																
	1	SQUAT: BARBELL (BB), KETTLEBELL (KB), OR DUMBBELL (DB)	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 3
			3	x	5	RPE 5	3	x	8	RPE 5	3	x	5	RPE 6	3	x	3	RPE 4
	2	DB SEATED OVERHEAD PRESS	3	X	5	RPE 4	3	X	5	RPE 4	3	X	5	RPE 4	3	X	5	RPE 3
			3	x	5	RPE 5	3	x	8	RPE 5	3	x	5	RPE 6	3	x	3	RPE 4
	3A	ROMANIAN DEADLIFT (RDL): BB. KB, DB	2	x	8	RPE 4	2	x	8	RPE 4	2	x	8	RPE 4	2	x	8	RPE 3
	3B	CHEST SUPPORTED ROW: BB, KB, OR DB	2	x	8	RPE 4	2	x	8	RPE 4	2	x	8	RPE 4	2	x	8	RPE 3
		CAL CIRCUIT																
	4A	BANDED PULL UP (Control/slow on the way down)	3	x	10		3	x	12		4	x	10		3	x	10	
	4B	HAND RELEASE PUSH UP	3	X	10		3	X	12		4	X	10		3	X	10	
	4C	LATERAL LUNGE: BODYWEIGHT, DB, OR KB	3	X	6	each	3	X	6	each	4	X	6	each	3	X	6	each
		REST 1-1:130 IN BETWEEN SETS																
		PLANK CIRCUIT																
	5A	NORMAL PLANK	2	x	30 sec		2	x	30 sec		3	x	30 sec		2	x	30 sec	
	5B	SIDE PLANK	2	x	20 sec		3	x	20 sec		3	x	20 sec		3	x	20 sec	
	5C	SIDE PLANK (top knee bent 90 degrees)	2	x	20 sec		3	x	15 sec		3	x	15 sec		3	x	15 sec	
	5D	SIDE PLANK (bottom knee bent 90 degrees)	2	x	10 sec		3	x	10 sec		3	x	10 sec		3	x	10 sec	
	5F	LYING ON GROUND Y, T, W HOLDS	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each

You should focus your attention to accomplish the workouts with great technique and quality before increasing weight or reducing rest. 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 of the weight room program. To the right of this program, there is an RPE number (Rating of Perceived Exertion, more details on this in the next section). On the left side of the workout, there are numbers and letters listed (1, 2, 3A, 3B...). These numbers group the exercises in the order they should be completed.

1	SQUAT: BARBELL (BB), KETTLEBELL (KB), OR DUMBBELL (DB)
2	DB SEATED OVERHEAD PRESS
3A	ROMANIAN DEADLIFT (RDL): BB. KB, DB
3B	CHEST SUPPORTED ROW: BB, KB, OR DB
4A	BANDED PULL UP (Control/slow on the way down)
4B	HAND RELEASE PUSH UP
4C	LATERAL LUNGE: BODYWEIGHT, DB, OR KB
5A	NORMAL PLANK
5B	SIDE PLANK
5C	SIDE PLANK (top knee bent 90 degrees)
5D	SIDE PLANK (bottom knee bent 90 degrees)
5F	LYING ON GROUND Y, T, W HOLDS

In the example above, you will complete exercise 1 Squat for 5 repetitions, rest 1-3 minutes, then complete another set until completed for a total of three sets. After the third set of this combo exercise, they will either increase in weight as recommend by the RPE notes or move to the next exercise of the workout. Record the weight next to reps. Dumb bell weights should be written as single dumb bell weight even if both are used. The other main format used for weight room and body weight sessions is the circuit/giant set theme. Below is an example:

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). All exercise listed with AMRAP "As many reps as possible" should leave at least 1-2 reps in the tank. Time how long it takes to complete the circuit. Each week you should acculumate more reps in the circuit or complete the same circuit with a faster completion time

BLOCK B: STRENGTH

	EXERCISE	WEEK 1 SETS x REPS	NOTES	WEEK 2 SETS x REPS	NOTES	WEEK 3 SETS x REPS	NOTES	WEEK 4 SETS x REPS	NOTES
	CAL CIRCUIT: all bodyweight								
1	BEAR CRAWL FORWARD	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
2	PUSH UPS	1 x AMRAP		1 x AMRAP		1 x AMRAP		1 x AMRAP	
3	BEAR CRAWL SIDEWAY (RIGHT)	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
4	JOG 100YDS	1 x 1		1 x 1		1 x 1		1 x 1	
5	SIT UPS	1 x AMRAP		1 x AMRAP		1 x AMRAP		1 x AMRAP	
6	BEAR CRAWL SIDEWAY (LEFT)	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
7	PULL UPS	1 x AMRAP		1 x AMRAP		1 x AMRAP		1 x AMRAP	
8	JOG 100YDS	1 x 1		1 x 1		1 x 1		1 x 1	
9	BEAR CRAWL SIDEWAYS CARIOCA (RIGHT)	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
10	REVERSE LUNGE	1 x 20 each		1 x 20 each		1 x 20 each		1 x 20 each	
11	BEAR CRAWL SIDEWAYS CARIOCA (LEFT)	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
12	JOG 100YDS	1 x 1		1 x 1		1 x 1		1 x 1	
13	SQUAT JUMPS	1 x 20		1 x 20		1 x 20		1 x 20	
14	CRAB WALK (FORWARD)	1 x 10yds		1 x 10yds		1 x 10yds		1 x 10yds	
15	LYING ON GROUND Y, T, W, HOLD	1 x 30 sec	each	1 x 30 sec	each	1 x 30 sec	each	1 x 30 sec	each
16	JOG 100YDS	1 x 1		1 x 1		1 x 1		1 x 1	
RECORD TIME:									

Rehydrate and Refuel before completing the swimming workout.

The intent of circuit training is to increase the amount of work performed during a session with limited rest time. With the circuit example above, applicants will perform exercise 1 bear crawl forward immediately followed by an AMRAP (As Many Reps as Possible) of push-ups, immediately following with bear crawl sideways (right hand leading) and moving onto the following exercise until the circuit is completed. At that time, rest 1-3 minutes or more if needed. Maintaining strict form/technique is always priority over speed and completion time. Applicants will continue this cycle for the prescribed set of sets/rounds before moving on to the next exercises. If form/technique breakdown begins to occur, rest or slow down as needed. If unable to complete the set number of reps, take a quick break and start again with strict form. Upon completion, record the total time it took to complete the circuit.

Section 3: Rating of Perceived Exertion (RPE)

Rating of Perceived Exertion (RPE) is a useful tool that will add another layer of self-evaluation to a candidate's training. RPE aids in the management of intensity (difficulty) for physical exercise and allows a candidate to self-assess if the workout is within the prescribed intent for the day and training phase. Runs and major strength movements in the preparation programs will list the recommended RPE. The charts listed below will be used throughout the entire AFSW pipeline - familiarize yourself with them now. The goal is NOT to achieve the highest RPE for every exercise or session, but to accumulate most of training in the 5-8 range and allow your body to adapt slowly over time. The "Talk Test" is a proven tool to judge your RPE while running, rucking, swimming, or any other cardiovascular conditioning activity. For example, if you can have a normal conversation without any disruption in speech you are at Zone 1, or RPE 4-5, which is typically used for warm up and recovery. On the other end of the spectrum, if you are unable to talk at all, then you're in Zone 5, or RPE 9.5-10, which is great for high intensity interval pacing. The difficulty of the running activity prescribed will dictate the RPE to be used.

USAF SPECIAL WARFARE HUMAN PERFORMANCE SQUADRON
HEART RATE-GUIDED PHYSICAL TRAINING REFERENCE CHART

Heart Rate Zone	Desired Training Effect	Talk Test	Perceived Exertion (1-10)
Zone 5 90-100% MaxHR	Maximum Effort	Cannot Talk; Out of Breath	9.5-10
Zone 4 80-90% MaxHR	Anaerobic Threshold	1-2 Words at a Time	8-9
Zone 3 70-80% MaxHR	Aerobic Threshold	1-2 Short Sentences	7-8
Zone 2 60-70% MaxHR	Aerobic Capacity	Conversational Pace	5-6
Zone 1 50-60% MaxHR	Warm Up	Normal Talking	4-5

The Repetition in Reserve (RIR) chart is provided to specifically guide the weights and effort used in the strength training sections of this program. RIR is simply a measure that refers to how many additional reps could have possibly been completed for a given exercise when completed at that weight or difficulty and with the prescribed rest intervals. For example, if you performed five (5) repetitions of pull-ups and could have only performed one more repetition with acceptable technique, that would be labeled as an 8-9 RPE set. If you could have completed 6-8 more reps, it would have been RPE 4-5. Just like the run, most of the training should be in the 5-8 RPE range. Completing all workouts above 8 RPE will increase your risk of injury and reduce your chances of success within the pipeline. If you cannot complete the workouts, runs, swims, or rucks at the intended RPE, you may need to restart the phase of training or return to a prior phase of training. If you are continually above the intended RPE/RIR/Talk Test, it would be best practice to evaluate your personal habits in the area of sleep, nutrition, hydration, and overall stress management. See the following sections and speak with your Field Developer or a Human Performance professional if you have concerns in this area. When in doubt, always error toward the side of caution when gauging RPE or RIR. No one rep, set, or workout will dictate your progress on the program or success in the pipeline.

USAF SPECIAL WARFARE HUMAN PERFORMANCE SQUADRON REPETITION IN RESERVE PHYSICAL TRAINING REFERRENCE CHART		
Perceived Exertion (RPE; 1-10)	**Desired Effort**	**Reps in Reserve (RIR)**
9.5 - 10	*Maximum Effort*	**0**
8 - 9	*Very Hard Effort*	**1-2**
7 - 8	*Hard Effort*	**2-3**
5 - 6	*Moderate Effort*	**4-5**
4 - 5	*Easy Effort*	**6-8**
1 - 3	*No Effort*	***10+***

Section 4: Regeneration/Cool down

Recovery/regeneration is important to achieve optimal performance and reduce the risk of injury. All exercise reps in the regeneration/cool down are for a MINIMUM number of repetitions or time. The more tissue is tight, or in the case of the foam roller, the more it is uncomfortable; the more appropriate it becomes to be doing these exercises.

Cool Down Post Workout	
Hip Flexor Stretch	0:30-1:00
Prayer Stretch	0:30-1:00
Scorpion Pec Stretch	0:30-1:00
Pigeon Stretch	0:30-1:00
Butterfly	0:30-1:00
Lying T-Spine Rotation	0:30-1:00
Hip Opener Stretch	0:30-1:00
V Stretch	0:30-1:00
90/90 Hip Rotation	0:30-1:00
Wall Calf Stretch	0:30-1:00
Sleeper Stretch	0:30-1:00

Auxiliary Pre and/or Post Workout	
Foam Roll Calves	0:30-1:00
Foam Roll Quads	0:30-1:00
Foam Roll TFL	0:30-1:00
Foam Roll Hamstrings	0:30-1:00
Foam Roll Glutes	0:30-1:00
Foam Roll T-Spine	0:30-1:00
Foam Roll Lats	0:30-1:00
Tennis Ball to Bottom of Foot	0:30-1:00
Tennis Ball to Pec	0:30-1:00
Tennis Ball to Posterior Shoulder	0:30-1:00

Section 5: Nutrition and Sleep

High quality, intentional nutrition and sleep are critical to sustain and optimize physical performance, mental capacity, and to support accelerated recovery/adaptation to a physical training program.

Guidelines

1. Eat Every 3-6 Hours. When your physical training increases, so does your body's requirement for energy (calories). For example, if you are not in the habit of eating breakfast, you must train your gut to accept a larger volume of food at the beginning and throughout your day. Start training your gut now and finding the combinations or types of foods that sit comfortably during training within 20-60 minutes of finishing a meal.

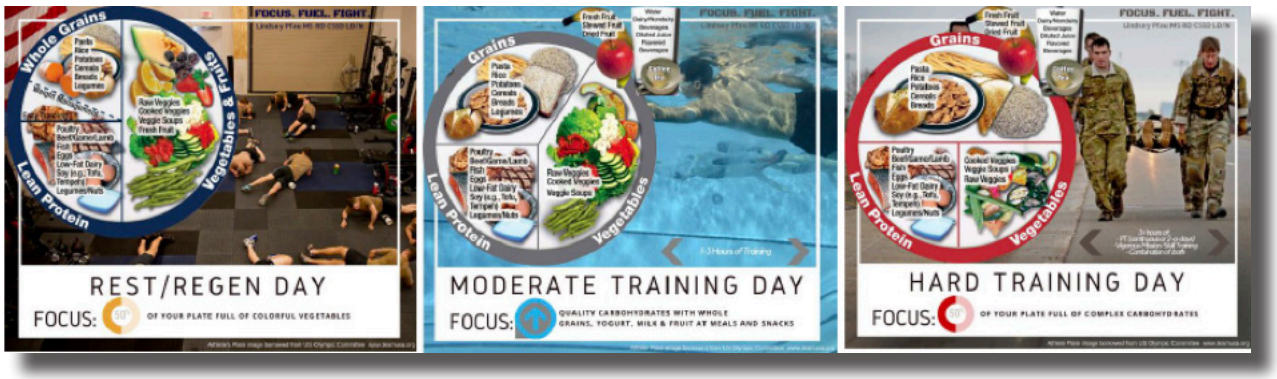
2. Support your performance with wholesome food choices. Include more whole foods/home cooked meals whenever possible versus fast food and packaged-convenience foods, which sabotage performance. Packaged foods may also lack internal moisture (water) to aid in shelf-life but can lead to more rapid dehydration during exercise than consuming whole foods, which may contain more water.

Use the Performance Plate diagram to guide your eating:

- Carbohydrate rich foods include: yogurt, fruit, hot or cold cereal, milk/chocolate milk, potatoes, peas, corn, beans, bread/tortillas, pasta, rice and quinoa, as well as 100% juice and full strength sports drinks.

- The color on your plate should come from fruits and vegetables. If this is new to you, make a point to experiment and try more of these foods on a regular basis. They contain MANY nutrients that are anti-inflammatory, antioxidant and which support healthy metabolism and muscle building.

- Protein-rich foods should be lean and high quality: meats, nuts, seeds and low-fat dairy.



3. Good aesthetics (how your body looks) does not always mean great performance. Focus on completing your recommended training and eating the foods that support performance. If you are meeting your performance goals, the appropriate body composition for you will naturally follow. (NOTE: Even if you think you need to lose weight, you must still eat enough food to spare muscle and support training adaptation. See a qualified Registered Dietitian or physician if your bodyweight is a concern.)

Hydration

Critical for optimizing and sustaining physical and mental performance, as well as supporting accelerated recovery.

SWTW Hydration Chart

COLOR #	COLOR	URINE SPECIFIC GRAVITY	INDIVIUDAL HYDRATION STATUS	TEAM STATUS
1		<1.009	HYDRATED	PERFORMANCE READY
2		1.009 – 1.020		
3				
4		1.021 – 1.025	Mild Dehydration	SELFISH TEAMMATE
5				
6		1.026-1.030	Significant Dehydration	BLATANT DISREGARD FOR YOUR TEAMMATES AKA BLUE FALCON
7				
8		>1.031	Severe Dehydration	YOU ARE A BAD AIRMEN

Guidelines

1. Monitor your urine color. First void, or the first time you urinate for the day, is an excellent indicator of how well you hydrated the day before. If your urine is pale yellow, you are likely hydrated. Darker color indicates a more highly concentrated urine and a greater degree of dehydration. See chart (above) for urine color and corresponding hydration levels.

2. Drink steadily and intentionally throughout each day to achieve and maintain a pale-yellow urine color. (NOTE: certain foods, supplements, and medications can also change urine color.) Larger individuals will require more fluids to stay hydrated. Water or sports drinks may be used during a workout; water, milk, or 100% juice can be used as rehydration beverages after a workout. In case you are wondering, alcohol and energy drinks are not hydrating beverages.

3. Eat fruits and vegetables daily. They contain fluid and electrolytes that will assist in rehydration.

Sleep

Ensuring adequate sleep can enhance your physical, mental, and nutritional progress/fitness alongside many other elements that affect your quality of life (see the wheel below). It is recommended that most people between the ages of 18-24 get between 7-9 hours of sleep each night to satisfy minimum bodily functions and adaptations to physical training. It is vital to ensure adequate sleep each night during the preparatory period before arriving to BMT and the AFSW pipeline. There is no need to "practice" sleep deprivation or operating on reduced sleep, there is no known benefit to reducing one's sleep before stressful events. In fact, having a consistent sleep schedule prior to arriving will facilitate your bodies to adaptation to the training you are completing.

Some easy methods to increase the chances of attaining sleep include:

1. Making sleep a priority.
2. Maintaining consistent sleep and wake times each day, including weekends.
3. Early morning exposure to sunlight, if possible, or bright artificial light.

4. A regular, scheduled exercise routine, avoiding exercise 2-3 hours before bed.
5. Avoiding naps late in the day, close to bedtime.
6. Avoiding technology, bright lights and stimulating activities (video games, movies, etc.) within an hour before planned sleep.
7. Avoiding caffeine six (6) hours before sleep.
8. Limiting overall alcohol use.
9. Not going to bed hungry or having a large meal/serving of fluids before fluid.
10. Ensuring a dark, quiet sleeping environment (approximately 65 degrees Fahrenheit).
11. Journaling or other activity to make an inventory of important thoughts or events.
12. Practicing breathing exercises, mindfulness or meditation before bed.
13. Removing yourself from bed if unable to sleep within 20-30 minutes of laying down and doing something relaxing/quiet in low light until sleepy.
14. Accepting and understanding that some waking (1-2 times) throughout the night is normal and natural. See step above to help fall back asleep.

When making sleep routine changes, only select one or two easy steps to include and give them a week or two to incorporate into your plan. As you gain confidence and proficiency in the process of making positive changes, identify a couple more that may work best. Not all sleep tactics will work for everyone, so trial and error is completely normal based on your individual preferences and situations. If you have one or more nights of non-optimal sleep, simply revert to your plan to make a note of which strategies work best and aim to resume YOUR quality sleep habits. There is no need to "make up for lost sleep". It is recommended to view these changes as long term and not stress over the routine fluctuations of daily life.

As you progress, make a note of times when you felt you had quality sleep or did not get enough sleep. Some results of poor sleep can include:

1. Trouble focusing on tasks.
2. Increased hunger for sugary or fatty comfort foods.
3. Inability to meet physical performance goals.
4. Feelings of sadness, loneliness or anger that are inappropriate to what is going on at the time.
5. Problems interpreting situations.

Mindfully improving sleep habits and reflecting on the impact of your changes will assist in managing your own sleep routine as you progress toward AFSW training and beyond. If you are specifically concerned about your personal sleeping abilities or habits, see a physician. For additional information on sleep, nutrition, and mental preparation please see link to HPRC in Appendix B.

Section 6: Energy Systems Development/Ruck

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

The human body has three main elements, or pathways, of the body's total energy system. It is important to understand that, though there are distinct portions of the energy system (metabolism), they all work together during exercise or at rest to help your body accomplish work and sustain your vital bodily functions. How hard you are working (intensity), the length of time you are working (duration), and the type of work you are doing (mode) all contribute to influence which portion(s) of your metabolism is primarily contributing to energy synthesis.

High-intensity activities, such as sprinting, lifting heavy weights, and jumps/throws are primarily driven by the phosphagen energy pathway. Most commonly, these are called power activities, because they require high amounts of effort, an intent to move as fast as possible, and cause a great deal of energy transfer between our stored energy reserves and the muscles being utilized. Consider the Heart Rate Guided Physical Training (HRPT) and RPE/RIR charts above; high-intensity, phosphagen pathway exercise would fit most appropriately in the orange and red bands of those resources. The phosphagen energy pathway relies primarily on carbohydrates (glucose/glycogen) and creatine-phosphate to drive exercise performance – usually for only a few seconds at a time. When you do not consume adequate carbohydrates, have been exercising for a long duration, are not adequately recovered, or are otherwise not prepared for training, it may be difficult to incorporate these types of efforts. High intensity training requires consistent attention to detail.

Another energy pathway is often referred to as the intermediate energy pathway, anaerobic glycolysis, glycolytic, or sometimes the lactic-acid energy pathway. This energy pathway primarily contributes during intermediate to high-intensity exercise when the effort is not near-enough to maximal intensity (around RPE 6-7), you have exceeded the body's ability to depend on the phosphagen system (6-30 seconds of high-intensity effort), or the intensity has surpassed your aerobic abilities. Examples of these types of activities would be running 400m for most trainees, a fast-paced calisthenics session, or a weight training session without sufficient rest between sets. Activities that fit within the orange and green bands of the HRPT and RPE/RIR charts characterize those in which the intermediate energy pathway could be the primary contributor.

Activities that fit within the aerobic energy pathway would be categorized as any that correspond with the white, grey, blue, or green bands of our exercise-intensity reference charts. These are things you can do for longer than five (5) minutes up to several hours. Please take note there may be overlap between energy pathways and neither ever work independently at rest or during exercise. Aerobic metabolism depends primarily energy is synthesized from fats, but having carbohydrates on board allows the aerobic pathway to operate most efficiently

and for longer. Adequate carbohydrates in your diet also reduces the use of protein (muscle) as a fuel source during extended exercise – which you will do a lot! Lactate, the end product of the intermediate energy pathway, is also utilized to provide necessary fuel to increase aerobic contribution to exercise; it does not make you sore and is cleared from the muscles shortly after exercise. A primary role of aerobic metabolism is to replenish (refill) creatine-phosphate stores in the mitochondria and return it directly to the muscle(s) being used for exercise. The body then uses this creatine-phosphate to replenish the ATP that directly fuels muscular work. You need carbohydrates to accomplish aerobic training and a lack of carbohydrates will reduce your ability to train within this program. ***Your aerobic ability will largely determine how well you recover between sets, between workouts, between days of training, and lower aerobic capacity has been associated with increased risk of injuries in AFSW training.***

Rucking

The definition can be as simple as walking around with a backpack on a hike or as difficult as moving fast 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 by walking briskly with a load of 20-35 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.

Boot/Footwear

- BMT is allowing recruits to ship with their own boots. Recommend breaking in a pair of boots before starting the training pipeline.
- It is important to make sure to begin the process of breaking in boots for pipeline.

Section 7: Exercise and Activity Descriptions

The movements and exercises are simple – but effective. Throughout the manual if an exercise has an "each" (e.g. each arm, leg, or side). Other commonly used abbreviations throughout the manual include: RDL –Romanian Dead Lift, DB – Dumbbell, DBL – Double, and BWT – Body Weight.

U.S. AIR FORCE

SPECIAL WARFARE

Body weight/Calisthenics Based S&C Program

FIRST THERE
U.S.A.F. COMBAT CONTROL

U.S. AIR FORCE
TACP

SPECIAL U.S.A.F. RECON

USAF
PARARESCUE
THAT OTHERS MAY LIVE

Special Warfare Training Wing

Phase 0: Bodyweight/Calisthenics Based S&C Program

DAY 1: Hops, Sprints, Weighted Cal Circuit, Swim-Tread Technique

UNIT / **FOCUS**

Intent/Execution: Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT: Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: High Days of Training during Phase: Day 1,2,4,5 (Training Days)
Easier Days of Training: Day 3,6 (Active Recovery) Day 7: (Off Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Level 2 Conditioning Warmup	*Level 3 Conditioning Warmup*	*Level 1 Conditioning Warmup (3 Sets)*	*Level 3 Conditioning Warmup (2 Sets)*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

The purpose of this workout is to begin accumulating distance, developing speed, and enhancing coordination. Complete the warm ups, hops and sprints in that order

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	FRONT/BACK LINE HOP	2	x	10		3	x	10		3	x	10		4	x	10	
1B	SIDE/SIDE LINE HOP	2	x	10		2	x	10		3	x	10		3	x	10	
	SPRINT SERIES																
2A	JOGGING START 10m SPRINT	1	x	4		1	x	6		1	x	8		1	x	6	
2B	WALKING START 10m SPRINT	1	x	4		1	x	6		1	x	8		1	x	6	
2C	WALK X MINUTES (15:00/MILE PACE)	1	x	10 min		1	x	13 min		1	x	15 min		1	x	17 min	

BLOCK B: STRENGTH

Complete each exercise in a circuit; one exercise after another with minimal rest. Rest 1-2 minutes between sets; complete the next set/round with high effort

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	CAL CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	PULL-UP	5	x	1	8 sec down	7	x	1	8 sec down	10	x	1	8 sec down	6	x	2	8 sec down
1B	HAND RELEASE PUSH-UP	5	x	4		7	x	5		10	x	4		6	x	8	
1C	INVERTED ROW (knees bent at 90 degrees)	5	x	4		7	x	5		10	x	4		6	x	8	
	Rest 1-1:30 Between Sets																
	LUNGE CIRCUIT: Bodyweight/Weighted Vest																
2A	18" BOX STEP UP	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2B	LATERAL LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2C	CURTSEY LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2D	18" BOX PISTOL SQUAT	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2E	REVERSE LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2F	SINGLE LEG GLUTE BRIDGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
	PLANK CIRCUIT																
3A	NORMAL PLANK	2	x	30 sec		2	x	30 sec		3	x	30 sec		2	x	30 sec	
3B	SIDE PLANK	2	x	20 sec		3	x	20 sec		3	x	20 sec		3	x	20 sec	
3C	SIDE PLANK (top knee bent 90 degrees)	2	x	20 sec		3	x	15 sec		3	x	15 sec		3	x	15 sec	
3D	SIDE PLANK (bottom knee bent 90 degrees)	2	x	10 sec		3	x	10 sec		3	x	10 sec		3	x	10 sec	
3E	LYING ON GROUND Y, T, W HOLDS	2	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each

Refuel and Rehydrate before swimming workout

BLOCK C: SWIM

Begin Developing Perfect Swim Techinque, if technique drills cannot be completed the full 25m use pool buoy or fins. If pool buoy or fins is required increase reps from 2-4 each exercise. If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle or perform as cool down: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 1 Meter	x	REPS	Interval	WEEK 2 Meter	x	REPS	Interval	WEEK 3 Meter	x	REPS	Interval	WEEK 4 Meter	x	REPS	Interval
1A	2-POINT DRILL	25	x	2		25	x	2		25	x	2		25	x	2	
2A	6-3-6 DRILL	25	x	2		25	x	2		25	x	2		25	x	2	
3A	FINGERTIP DRILL	25	x	2		25	x	2		25	x	2		25	x	2	
										25	x	8	2:40 Sec	25	x	10	2:30
										50	x	1	4:00	50	x	1	3:50
4A	FREESTYLE	25	x	4	3:00 min	25	x	6	2:50 Min								
5A	TREAD			8	15 sec			8	15 sec			8	18 sec			6	21 sec

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 0: Bodyweight/Calisthenics Based S&C Program

FOCUS

DAY 2: Sprints, Jog-Walk Conditioning, Grip Development, Fin Conditioning

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Emphasis for today is run and swim. Goal for run is to develop speed and improve mileage (time on feet). Swim intro to conditioning, focus on freestyle and finning technique. Quality Reps	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUN

Complete all 100m sprints first, then move onto the jog/walk combo. The jog should be a comfortable pace that you can hold a conversation

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	SPRINT SERIES																
1	100M RUN COMPLETED IN 15-20 SECONDS	1	x	7	Rest 45sec	1	x	9	Rest 45sec	1	x	11	Rest 45sec	1	x	13	Rest 45sec
	Complete all 100m sprints first, then move onto the jog/walk combo. The jog should be a comfortable pace that you can hold a conversation																
	JOG-WALK																
2A	300M JOG	5	x	1	RPE 5-6	6	x	1	RPE 5-6	7	x	1	RPE 5-6	8	x	1	RPE 5-6
2B	400M WALK	5	x	1		6	x	1		7	x	1		8	x	1	

BLOCK B: STRENGTH

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	8	x	15sec		8	x	15sec		8	x	15sec		6	x	20sec	
	If able, add weighted vest for presribed time and track weight used																
	Rest fully in between each set to complete prescribed time																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 1 Meter	x	REPS	Interval	WEEK 2 Meter	x	REPS	Interval	WEEK 3 Meter	x	REPS	Interval	WEEK 4 Meter	x	REPS	Interval
1	FREESTYLE	25	x	8	3:00 min	25	x	8	3:00 min	25	x	10	3:00 min	25	x	7	3:00 min
2	FREESTYLE	50	x	2	4:00 min	50	x	3	4:00 min	50	x	4	4:00 min	50	x	6	4:00 min
3	FIN FREESTYLE OR COMBAT SIDE STROKE	125	x	8	RPE 5-6	125	x	8	RPE 5-6	150	x	8	RPE 5-6	175	x	6	RPE 5-6

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 0: Bodyweight/Calisthenics Based S&C Program

DAY 4: Intro to Ruck, Hops, Weighted Cal Circuit

UNIT

FOCUS

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

Emphasis is rucking & strength. For ruck do not push pace. Maintain that 16 minute pace, should be a fast walk. Strength circuit is similar to day 1, weighted cals

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 5 to 6/HR Zone 1 to 2 - focus on balance and moving fluidly between drills

BLOCK A: RUCK

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	FRONT/BACK LINE HOP	2	x	10		3	x	10		3	x	10		4	x	10	
1B	SIDE/SIDE LINE HOP	2	x	10		2	x	10		3	x	10		3	x	10	
	RUCK WORKOUT																
2	RUCK	1	x	1 Mile	20lb Load	1	x	1.5 Mile	20lb Load	1	x	1.5 Mile	20lb Load	1	x	1 Mile	25lb Load
		16:00min Pace				16:00min Pace				16:00min Pace				16:00min Pace			

BLOCK B: STRENGTH

Complete each exercise in a circuit; one exercise after another with minimal rest. Rest 1-2 minutes between sets; complete the next set/round with high effort

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	CAL CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	CHIN UP	5	x	1	8 sec Down	7	x	1	8 sec Down	10	x	1	6 sec Down	6	x	2	4 sec Down
1B	PUSH UP-HOLD 1" OFF GROUND	5	x	3	10 sec Hold	7	x	4	6 sec Hold	10	x	3	5 sec Hold	6	x	3	3 sec Hold
1D	SUSPENSION FACE PULLS	5	x	4		7	x	4		10	x	4		6	x	8	
1C	SUSPENSION T RAISE	5	x	4		7	x	4		10	x	4		6	x	8	
	LUNGE CIRCUIT: Bodyweight/Weighted Vest																
2A	FORWARD LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2B	LATERAL LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2C	CURTSEY LUNGE	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2D	SQUAT	1	x	8	Rest 30 sec	1	x	9	Rest 30 sec	1	x	10	Rest 30 sec	1	x	8	Rest 30 sec
2E	SPLIT SQUAT	1	x	8 each	Rest 30 sec	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	8 each	Rest 30 sec
2F	GLUTE BRIDGE	1	x	8	Rest 30 sec	1	x	9	Rest 30 sec	1	x	10	Rest 30 sec	1	x	8	Rest 30 sec
	PLANK CIRCUIT																
3A	NORMAL PLANK	2	x	30 sec		2	x	30 sec		3	x	30 sec		2	x	30 sec	
3B	SIDE PLANK	2	x	20 sec		3	x	20 sec		3	x	20 sec		3	x	20 sec	
3C	SIDE PLANK (top knee bent 90 degrees)	2	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each
3D	SIDE PLANK (bottom knee bent 90 degrees)	2	x	10 sec	each	3	x	10 sec	each	3	x	10 sec	each	3	x	10 sec	each
3E	LYING ON GROUND Y, T, W HOLDS	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 0: Bodyweight/Calisthenics Based S&C Program

FOCUS

DAY 5 OPTIONAL OR ACTIVE RECOVERY: Bodyweight Cal Circuit, Swim Conditioning

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 5 to 6/HR Zone 1 to 2 - focus on balance and moving fluidly between drills

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). All exercise listed with AMRAP "As many reps as possible" should leave at least 1-2 reps in the tank. Time how long it takes to complete the circuit. Each week you should acculumate more reps in the circuit or complete the same circuit with a faster completion time

		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
	EXERCISE	*SETS*	x	*REPS*	NOTES	*SETS*	x	*REPS*	NOTES	*SETS*	x	*REPS*	NOTES	*SETS*	x	*REPS*	NOTES
	CAL CIRCUIT: all bodyweight																
1	BEAR CRAWL FORWARD	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
2	PUSH UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
3	BEAR CRAWL SIDEWAY (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
4	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
5	SIT UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
6	BEAR CRAWL SIDEWAY (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
7	PULL UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
8	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
9	BEAR CRAWL SIDEWAYS CARIOCA (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
10	REVERSE LUNGE	1	x	20 each		1	x	20 each		1	x	20 each		1	x	20 each	
11	BEAR CRAWL SIDEWAYS CARIOCA (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
12	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
13	SQUAT JUMPS	1	x	20		1	x	20		1	x	20		1	x	20	
14	CRAB WALK (FORWARD)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
15	LYING ON GROUND Y, T, W, HOLD	1	x	30 sec	each	1	x	30 sec	each	1	x	30 sec	each	1	x	30 sec	each
16	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	

RECORD TIME:

Rehydrate and Refuel before completing the swimming workout.

BLOCK C: SWIM

Max Distance Consecutively, No more than 20 sec Break on Wall, Goal is to swim at least 500m. Count Total # of breaks, each week try to reduce and/or improve total distance. If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle or perform as cool down: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
	EXERCISE	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval
1	FREESTYLE	500+	x	1		500+	x	1		500+	x	1		500+	x	1	

RECORD NUMBER OF BREAKS:

Weekly Nutrition Review

Take 30min before or after this workout to review your personal nutrition habits. Look over the nutrition strategies highlighted in this training manual. Work to have SOME food (fuel) before each training session within this block. Find what works best for you and prioritize carbohydrates before your worouts. Once in AFSPECWAR training, eating will be a key to successfully completing each training session, day, week, and course!

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 1: Bodyweight/Calisthenics Based S&C Program

FOCUS

DAY 1: Hops, Sprints, Weighted Cal Circuit, Swim-Tread Conditioning

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5 (Training Days)
Easier Days of Training: Day 3,6 (Active Recovery) Day 7: (Off Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Level 3 Conditioning Warmup	*Level 2 Conditioning Warmup (2 Sets)*	*Level 3 Conditioning Warmup (2 Sets)*	*Level 2 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

The purpose of this workout is to begin accumulating distance, developing speed, and enhancing coordination. Complete the warm ups, hops and sprints in that order

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	FRONT/BACK LINE HOP	3	x	15		3	x	15		4	x	15		4	x	10	
1B	SIDE/SIDE LINE HOP	2	x	15		3	x	15		3	x	15		3	x	10	
	SPRINT SERIES																
2A	JOGGING START SPRINT	1	x	8	20meters	1	x	8	30meters	1	x	8	40meters	1	x	8	30meters
2B	WALKING START SPRINT	1	x	8	20meters	1	x	8	30meters	1	x	8	40meters	1	x	8	30meters
2C	WALK X MINUTES (15:00/MILE PACE)	1	x	7 min		1	x	10 min		1	x	13 min		1	x	7 min	

BLOCK B: STRENGTH

Complete each exercise in a circuit; one exercise after another with minimal rest. Rest 1-2 minutes between sets; complete the next set/round with high effort

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	CAL CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	PULL-UP	7	x	2	4 sec down	8	x	2	4 sec Down	6	x	3		5	x	3	
1B	HAND RELEASE PUSH-UP	7	x	8	4 sec down	8	x	8	4 sec Down	6	x	12		5	x	12	
1C	INVERTED ROW (knees bent at 90 degrees)	7	x	8		8	x	8		6	x	12		5	x	12	
	Rest 1-1:30 Between Sets																
	LUNGE CIRCUIT: Bodyweight/Weighted Vest																
2A	18" BOX STEP UP	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2B	LATERAL LUNGE	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2C	CURTSEY LUNGE	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2D	18" BOX PISTOL SQUAT	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2E	REVERSE LUNGE	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2F	SINGLE LEG GLUTE BRIDGE	1	x	9 each	Rest 30 sec	1	x	10 each	Rest 30 sec	1	x	11 each	Rest 30 sec	1	x	12 each	Rest 30 sec
2G	RDL	1	x	9	Rest 30 sec	1	x	10	Rest 30 sec	1	x	11	Rest 30 sec	1	x	12	Rest 30 sec
2H	SQUAT	1	x	9	Rest 30 sec	1	x	10	Rest 30 sec	1	x	11	Rest 30 sec	1	x	12	Rest 30 sec
2I	GLUTE BRIDGE	1	x	9	Rest 30 sec	1	x	10	Rest 30 sec	1	x	11	Rest 30 sec	1	x	12	Rest 30 sec
	PLANK CIRCUIT																
3A	NORMAL PLANK ALT LEG LIFT UP 6"	3	x	4	each	3	x	5	each	3	x	6	each	3	x	4	each
3B	SIDE PLANK TOP LEG RAISE 6"	3	x	4	each	3	x	5	each	3	x	6	each	3	x	4	each
3C	SIDE PLANK (top knee bent 90 degrees)	3	x	4	each	3	x	5	each	3	x	6	each	3	x	4	each
3D	SIDE PLANK (bottom knee bent 90 degrees)	3	x	4	each	3	x	5	each	3	x	6	each	3	x	4	each
3E	LYING ON GROUND SWIMMERS	3	x	3		3	x	4		3	x	5		3	x	3	
3F	LYING ON GROUND Y, T, W HOLDS	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each

Refuel and Rehydrate before swimming workout

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 5 Meter	x	REPS	Interval	WEEK 6 Meter	x	REPS	Interval	WEEK 7 Meter	x	REPS	Interval	WEEK 8 Meter	x	REPS	Interval
1	FREESTYLE	25	x	18	2:20 min	25	x	24	2:10 min	25	x	6	2:00 min		x		
2		50	x	2	3:40 min	50	x	1	3:30 min	50	x	10	3:30 min	50	x	1	3:15 min
3										75	x	1	4:15 min	75	x	8	4:15 min
	Take 3min rest before tread portion of workout																
4	TREAD		x	5	25 sec		x	5	30 sec		x	5	40 sec		x	5	50 sec

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 1: Bodyweight/Calisthenics Based S&C Program

DAY 2: LSD, Sprints, Swim-Fin Conditioning

UNIT

FOCUS

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

Emphasis is run and swim conditioning. Run LSD & 200m sprints, Freestyle and fin conditioning

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Run Warm Up	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUN

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	12 min	RPE 5-6	1	x	18 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	18 min	RPE 5-6
	SPRINT SERIES																
2	200M RUN COMPLETED IN 36-42 SECONDS	1	x	4	Rest 1:30	1	x	5	Rest 1:30	1	x	6	Rest 1:30	1	x	4	Rest 1:30

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation.
If you are only able to speak 1-2 words your pacing/speed is too fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	5	x	25 sec		5	x	30 sec		5	x	40 sec		5	x	50 sec	

If able, add weighted vest for presribed time and track weight used
Rest fully in between each set to complete prescribed time

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 5 Meter	x	REPS	Interval	WEEK 6 Meter	x	REPS	Interval	WEEK 7 Meter	x	REPS	Interval	WEEK 8 Meter	x	REPS	Interval
1	FREESTYLE	25	x	18	2:20 min	25	x	4	2:10 min	25	x	6	2:00 min	50	x	4	Rest 40 sec
2		50	x	2	3:40 min	50	x	7	3:40 min	75	x	4	4:30 min	100	x	3	Rest 1:15 min
3						75	x	3	4:30 min	50		6	3:30 min				
4	FIN FREESTYLE OR COMBAT SIDE STROKE	225	x	5	RPE 5-6	275	x	5	RPE 5-6	350	x	5	RPE 5-6	425	x	5	RPE 5-6

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 1: Bodyweight/Calisthenics Based S&C Program

DAY 4 : Rucking, Hops, Weighted Cals

UNIT

FOCUS

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

Emphasis is rucking and strength. Rucking the mileage and pacing gradually increase from phase 0. Monitor the correct pacing for that day.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUCK

	EXERCISE	WEEK 5 SETS x REPS	NOTES	WEEK 6 SETS x REPS	NOTES	WEEK 7 SETS x REPS	NOTES	WEEK 8 SETS x REPS	NOTES
	HOP/JUMP CIRCUIT								
1A	FRONT/BACK LINE HOP	3 x 15		3 x 15		4 x 15		4 x 10	
2A	SIDE/SIDE LINE HOP	2 x 15		3 x 15		3 x 15		3 x 10	
	RUCK WORKOUT								
1B	RUCK	1 x 1.5 Mile	20lb Load	1 x 2 Mile	20lb Load	1 x 2.5 Mile	20lb Load	1 x 2.5 Mile	25lb Load
		15:00min Pace		16:00min Pace		16:00min Pace		15:00min Pace	

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). After completing a round/set rest 1-2 minutes or longer to complete the next set/round with high effort

	EXERCISE	WEEK 5 SETS x REPS	NOTES	WEEK 6 SETS x REPS	NOTES	WEEK 7 SETS x REPS	NOTES	WEEK 8 SETS x REPS	NOTES
	CAL CIRCUIT: Bodyweight/Weighted Vest/Backpack								
1A	CHIN UP	7 x 2	4 sec Down	8 x 2	4 sec Down	6 x 3		5 x 3	
1B	PUSH UP-HOLD 1" OFF GROUND	7 x 5	3 sec Hold	8 x 5	3 sec Hold	6 x 7	3 sec Hold	5 x 7	3 sec Hold
1D	SUSPENSION FACE PULLS	7 x 7		8 x 7		6 x 10		5 x 10	
1C	SUSPENSION T RAISE	7 x 7		8 x 7		6 x 10		5 x 10	
	LUNGE CIRCUIT: Bodyweight/Weighted Vest								
2A	FORWARD LUNGE	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2B	LATERAL LUNGE	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2C	CURTSEY LUNGE	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2D	SQUAT	1 x 9	Rest 30 sec	1 x 10	Rest 30 sec	1 x 11	Rest 30 sec	1 x 12	Rest 30 sec
2E	SPLIT SQUAT	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2F	GLUTE BRIDGE	1 x 9	Rest 30 sec	1 x 10	Rest 30 sec	1 x 11	Rest 30 sec	1 x 12	Rest 30 sec
2G	SL RDL	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2H	RFE SQUAT	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
2I	SL GLUTE BRIDGE	1 x 9 each	Rest 30 sec	1 x 10 each	Rest 30 sec	1 x 11 each	Rest 30 sec	1 x 12 each	Rest 30 sec
	PLANK CIRCUIT								
3A	PLANK LIFT ELBOW OUT TO 90 DEGREES	2 x 4	each	3 x 4	each	2 x 6	each	3 x 3	each
3B	SIDE PLANK (bottom knee bent 90 degrees) APPLE PICKERS	2 x 4	each	3 x 4	each	2 x 6	each	3 x 3	each
3C	SIDE PLANK (swing top leg front/back)	2 x 4	each	3 x 4	each	2 x 6	each	3 x 3	each
3D	SIDE PLANK (swing bottom leg front/back)	2 x 4	each	3 x 4	each	2 x 6	each	3 x 3	each
3E	LYING ON GROUND SWIMMERS	3 x 3		3 x 4		3 x 5		3 x 3	
3F	LYING ON GROUND Y, T, W HOLDS	3 x 20 sec	each	3 x 20 sec	each	3 x 20 sec	each	3 x 20 sec	each

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 1: Bodyweight/Calisthenics Based S&C Program

FOCUS

DAY 5 OPTIONAL OR ACTIVE RECOVERY: Bodyweight Cals, Swim Conditioning

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 6 to 7/HR Zone 2 to 3 - focus on increasing speed of drills with great balance

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest. All exercise listed with AMRAP "As many reps as possible"; leave 1-2 reps in the tank. Each week you should acculumate more reps in the circuit or complete the same reps with a faster time

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	CAL CIRCUIT: all bodyweight																
1	BEAR CRAWL FORWARD	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
2	PUSH UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
3	BEAR CRAWL SIDEWAY (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
4	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
5	SIT UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
6	BEAR CRAWL SIDEWAY (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
7	PULL UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
8	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
9	BEAR CRAWL SIDEWAYS CARIOCA (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
10	REVERSE LUNGE	1	x	20 each		1	x	20 each		1	x	20 each		1	x	20 each	
11	BEAR CRAWL SIDEWAYS CARIOCA (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
12	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
13	SQUAT JUMPS	1	x	20		1	x	20		1	x	20		1	x	20	
14	CRAB WALK (FORWARD)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
15	LYING ON GROUND Y, T, W, HOLD	1	x	30 sec	each	1	x	30 sec	**each**	1	x	30 sec	**each**	1	x	30 sec	**each**

RECORD TIME:

Rehydrate and Refuel before completing the swimming workout.

BLOCK C: SWIM

Max Distance Consecutively, No more than 20 sec Break on Wall, Goal is to swim at least 500m. Count Total # of breaks, each week try to reduce and/or improve total distance. If struggling with swimming, put fins or pool buoy on and spend 15-20

	EXERCISE	WEEK 5 Meter	x	REPS	Interval	WEEK 6 Meter	x	REPS	Interval	WEEK 7 Meter	x	REPS	Interval	WEEK 8 Meter	x	REPS	Interval
1	FREESTYLE	500+	x	1		500+	x	1		500+	x	1		500+	x	1	

RECORD NUMBER OF BREAKS:

Weekly Nutrition Review

Set aside 30min each week of this phase to review your refueling habits. Make a list of WHOLE FOOD protein sources that you are eating immediately (60min) after training and in the meal following your post-workout meal or snack. Try to eat quality protein with each meal of this phase of training! Protein is essential for rebuilding muscles, bone, connective tissues, and many other parts of your body.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2A: Bodyweight/Calisthenics Based S&C Program

DAY 1: Hops, Sprints, Swim-Freestyle, Tread Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
High Days of Training during Phase: Day 1,2,4,5,6 (Training Days) Easier Days of Training: Day 3 (Active Recovery) Day 7: (OFF Day) Swim Days: Day 1,2,5 Ruck: Day 4	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
	In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	SINGLE LEG FRONT/BACK LINE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
1B	SINGLE LEG SIDE/SIDE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	4	Walk is Rest	1	x	5	Walk is Rest	1	x	6	Walk is Rest	1	x	3	Walk is Rest
2B	WALK 200M AS REST	1	x	4	1:30	1	x	5	1:30	1	x	6	1:30	1	x	3	1:30

Complete conditioning warm-up, hops, and 200m sprints If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 9 Meter	x	REPS	Interval	WEEK 10 Meter	x	REPS	Interval	WEEK 11 Meter	x	REPS	Interval	WEEK 12 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	3	Rest 40 sec
2		100	x	4	Rest 1:15 min	150	x	4	Rest 2:00 min	200	x	3	Rest 2:40 min	200	x	2	Rest 2:40 min
3		25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec
	Take 3 min rest before tread portion of workout																
4	**TREAD**		x	4	1:05 min		x	4	1:10 min		x	4	1:15 min		x	3	1:25 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2A: Bodyweight/Calisthenics Based S&C Program

DAY 2: LSD, Weighted Cal Circuit

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Emphasis is building LSD sustainability, increase wider variety of strength exercise movements	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	20 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	28 min	RPE 5-6	1	x	18 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

Complete each exercise in a circuit; one exercise after another with minimal rest. Rest 1-2 minutes between sets; complete the next set/round with high effort

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	PULL UP	6	x	3		5	x	4		6	x	4		4	x	4	
1B	PUSH UP	6	x	11		5	x	16		6	x	14		4	x	15	
1C	INVERTED TOW KNEES BENT AT 90	6	x	11		5	x	16		6	x	14		4	x	15	
1D	SUSPENSION W RAISE	6	x	10		5	x	10		6	x	10		4	x	10	
1E	BEAR CRAWL FORWARD	6	x	10yds		5	x	15yds		6	x	15yds		4	x	10yds	
	Rest 1-2min and hydrate																
2A	18' BOX STEP UP	1	x	7	each	2	x	5	each	2	x	6	each	1	x	7	each
2B	SUSPENSION FACEPULL	1	x	14		2	x	10		2	x	12		1	x	14	
2C	RDL	1	x	14		2	x	10		2	x	12		1	x	14	
2D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	1	x	15sec	AMRAP	2	x	10sec	AMRAP	2	x	15sec	AMRAP	1	x	15sec	AMRAP
	Rest 1-2min and hydrate																
3A	PISTON SQUAT ON 18" OR < BOX	1	x	5	each	2	x	5	each	2	x	6	each	1	x	7	each
3B	SUSPENSION T RAISE	1	x	14		2	x	10		2	x	12		1	x	14	
3C	HANGING LEG RAISE	1	x	14		2	x	10		2	x	12		1	x	14	
3D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	1	x	15sec	AMRAP	2	x	10sec	AMRAP	2	x	15sec	AMRAP	1	x	15sec	AMRAP
	Rest 1-2min and hydrate																
4A	SUSPENSION HAMSTRING LEG CURL	1	x	14		2	x	10		2	x	12		1	x	14	
4B	COPHENHAGEN PLANK	1	x	20sec	each	2	x	20sec	each	2	x	20sec	each	1	x	20sec	each
4C	SUSPENSION BICEP CURL	1	x	14		2	x	10		2	x	12		1	x	14	
4D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	1	x	15sec	AMRAP	2	x	10sec	AMRAP	2	x	15	AMRAP	1	x	10sec	AMRAP

RECORD TIME:

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2A: Bodyweight/Calisthenics Based S&C Program

DAY 4 : Hops, LSD, Swim-Fin Conditioning

Intent/Execution: Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT: Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Emphasis building weekly run mileage and swimming capacity/conditioning	Run Warm Up	Run Warm Up	Run Warm Up	Run Warm Up
	Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.			

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	SINGLE LEG FRONT/BACK LINE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
1B	SINGLE LEG SIDE/SIDE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
	(LSD) LONG SLOW DISTANCE																
2	10:00min > Time	1	x	14 min	RPE 5-6	1	x	16 min	RPE 5-6	1	x	18 min	RPE 5-6	1	x	12 min	RPE 5-6
3	Walk	1	x	700m		1	x	800m		1	x	1000m		1	x	600m	

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. If you are only able to speak 1-2 words your pacing/speed is too fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	4	x	1:00 min		4	x	1:10 min		4	x	1:20 min		4	x	1:30 min	
	Rest fully in between each set to complete prescribed time																
	If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold																

Weekly Mindfulness Practice

See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. Pick one or two sleep strategies to add to your routine in week one and take note each of the following weeks which work and which are maybe not right for you. Avoid adding or removing anything other that what you tried in week one for best results. If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 9 Meter	x	REPS	Interval	WEEK 10 Meter	x	REPS	Interval	WEEK 11 Meter	x	REPS	Interval	WEEK 12 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec
2		75	x	9	Rest 2 Min	100	x	6	Rest 1:15 min	100	x	4	Rest 1:15 min	300	x	2	Rest 3:30 min
3		25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	Rest 5 minutes				25	x	4	Rest 20 sec
4										100	x	4	Rest 1:15 min				
5										25	x	4	Rest 20 sec				
6	FIN FREESTYLE OR COMBAT SIDE STROKE	525	x	4		575	x	4		650	x	4		725	x	3	

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2A: Bodyweight/Calisthenics Based S&C Program

DAY 5: Ruck, Weighted Strength Circuit

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Emphasis is increasing ruck mileage with appropriate pacing, strength circuit	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUCK

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	RUCK WORKOUT								
1	RUCK	1 x 3 Mile	20lb Load	1 x 3 Mile	25lb Load	1 x 2 Mile	25lb Load	1 x 3 Mile	25lb Load
		16:00min Pace		15:00min Pace		15:00min Pace		16:00min Pace	

RUCKING TIPS

Ensure you have easily accessible hydration during your ruck. Have a small, easily digestible snack every 20-25min of training. Wear properly fitting boots/shoes and clothes.

Rehydrate and Refuel before completing the next workout.

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest. After completing a round/set rest 1-2 minutes or longer to complete the next set/round with the same high effort. If reps are easy, increase weight or increase 1-2 repetitions

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight/Weighted Vest/Backpack								
1A	FORWARD LUNGE	2 x 4	each	2 x 6	each	3 x 4	each	1 x 6	each
1B	SUSPENSION FACE PULL	2 x 8		2 x 10		3 x 6		1 x 10	
1C	LATERAL LUNGE	2 x 4	each	2 x 6	each	3 x 4	each	1 x 6	each
1D	CHIN UPS	2 x 6		2 x 6		3 x 6		1 x 6	
1E	SINGLE LEG RDL	2 x 6	each	2 x 8	each	3 x 6	each	1 x 8	each
1F	PIKE PUSH UP	2 x 10		2 x 10		3 x 10		1 x 10	
1G	SIDE PLANK TOP KNEE AT 90, HIP TOUCH	2 x 10	each	2 x 12	each	3 x 10	each	1 x 12	each
1H	SQUAT	2 x 10		2 x 12		3 x 8		1 x 12	
1I	GLUTE BRIDGE	2 x 10		2 x 12		3 x 8		1 x 12	
1J	REVERSE LUNGE	2 x 4	each	2 x 6	each	3 x 4	each	1 x 6	each
1K	SINGLE ARM INVERTED ROW KNEES BENT AT 90 DEGREES	2 x 4	each	2 x 6	each	3 x 4	each	1 x 6	each
1L	PLANK LEG HOPS	2 x 15		2 x 15		3 x 15		1 x 15	

RECORD TIME:

Weekly Nutrition Review

Over this phase, take note of how your body has felt with your new dietary strategies. Try to eat an additional WHOLE FOOD snack each day and take note if the addition of more calories helps you feel more energetic, recover better between workouts, or ay other changes. Total daily caloric intake has a significant impact on your total progress within the physical training program.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2A: Bodyweight/Calisthenics Based S&C Program

DAY 6 OPTIONAL OR ACTIVE RECOVERY: Run, Strength Circuit, Swim Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 9	WEEK 10	WEEK 11	WEEK 12
Running Warm Up	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	RUN-WALK								
1A	200M RUN COMPLETED IN 36-42 SECONDS	1 x 4	Walk is Rest	1 x 5	Walk is Rest	1 x 6	Walk is Rest	1 x 3	Walk is Rest
1B	WALK 200M AS REST	1 x 4	1:30	1 x 5	1:30	1 x 6	1:30	1 x 3	1:30

Runs should be RPE 5-6/HR Zone 2

Recoveries should be RPE 4/HR Zone 1

Complete run warm-up and 200m sprints. After 200m sprint actively recover by walking the next 200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest.

BLOCK B: STRENGTH

Ccomplete each total exercise repetitions with the fewest sets. Record time to complete strength circuit

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	CAL CIRCUIT								
1A	PULL UPS	1 x 30		1 x 30		1 x 30		1 x 30	
2A	PUSH UPS	1 x 100		1 x 100		1 x 100		1 x 100	
3A	SIT UPS	1 x 100		1 x 100		1 x 100		1 x 100	
4A	SIDE LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5 x 10		5 x 10		5 x 10		5 x 10	
4B	18' BOX STEP UP	5 x 5	each	5 x 5	each	5 x 5	each	5 x 5	each

RECORD TIME:

BLOCK C: SWIM

	EXERCISE	WEEK 9 Meter x REPS	Interval	WEEK 10 Meter x REPS	Interval	WEEK 11 Meter x REPS	Interval	WEEK 12 Meter x REPS	Interval
1A	FREESTYLE	500+ x 1		500+ x 1		500+ x 1		500+ x 1	

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2B: Bodyweight/Calisthenics Based S&C Program

DAY 1: Hops, Run-Conditioning, Swim-Tread Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5,6 (Training Days)
Easier Days of Training: Day 3 (Active Recovery) Day 7: (OFF Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Level 1 Conditioning Warmup	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Complete conditioning warm-up, hops, and 200m sprints. After 200-300m sprint actively recovering by walking the next 100-200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest. Week 14 changes to 300 run/ 100 walk

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	TUCK JUMPS	2	x	10		3	x	10		3	x	10		4	x	10	
1B	POGO HOPS FOR MAX HEIGHT	2	x	10		2	x	10		3	x	10		3	x	10	
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	6	Walk is Rest	1	x	8	Walk is Rest					1	x	4	Walk is Rest
3A	300M RUN COMPLETED IN 60-70 SECONDS									1	x	6	Walk is Rest				
2B	WALK 200M AS REST	1	x	6	1:30	1	x	8	1:30					1	x	4	1:30
3B	WALK 100M AS REST									1	x	6	2:00				

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

BLOCK C: SWIM

	EXERCISE	WEEK 13 Meter	x	REPS	Interval	WEEK 14 Meter	x	REPS	Interval	WEEK 15 Meter	x	REPS	Interval	WEEK 16 Meter	x	REPS	Interval
1	FREESTYLE	50	x	3	Rest 40 sec	50	x	1	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec
2		500	x	1	Rest 5 Min	100	x	1	Rest 1:15 min	200	x	5	Rest 2:40 min	100	x	6	Rest 1:15 min
3		25	x	4	Rest 20 sec	200	x	1	Rest 2:40 min	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec
4						300	x	1	Rest 3:15 min								
4						200	x	1	Rest 2:40 min								
6						100	x	1	Rest 1:15 min								
7						25	x	1	Rest 20 sec								
8	TREAD		x	2	1:35 min		x	2	1:45 min		x	2	1:55 min		x	2	1:45 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2B: Bodyweight/Calisthenics Based S&C Program

DAY 2: LSD, Strength Circuit

Intent/Execution

Intent/Purpose of Training Phase: Candidate should be familiar with program movements and should begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Emphasis increase LSD duration and repetitions on the strength circuit. Strength circuit times should begin to decreasse over weeks	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	24 min	RPE 5-6	1	x	28 min	RPE 5-6	1	x	32 min	RPE 5-6	1	x	20 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). After completing a round/set rest 1-2 minutes or longer to complete the next set/round with the same high effort. If reps are easy, increase weight or increase 1-2 repetitions. On ladder exercises' there are 3-4 mini sets in each round. Rest 10-30 seconds in between each mini set and then move onto the next exercise

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	PULL UP LADDER	2	x	4,3,2,1		2	x	5,4,3		2	x	6,5,4		2	x	4,3,2	
1B	PUSH UP LADDER	2	x	14,12,8,6		2	x	16,14,12		2	x	19,17,15		2	x	14,12,8	
1C	INVERTED TOW KNEES BENT AT 90 LADDER	2	x	14,12,8,6		2	x	16,14,12		2	x	19,17,15		2	x	14,12,8	
1D	SUSPENSION W RAISE	2	x	12		2	x	12		2	x	12		2	x	12	
1E	BEAR CRAWL FORWARD	2	x	20yds		2	x	20yds		2	x	20yds		2	x	20yds	
	Rest 1-2min and hydrate																
2A	18' BOX STEP UP	2	x	5	each	2	x	6	each	2	x	7	each	2	x	4	each
2B	SUSPENSION FACEPULL	2	x	10		2	x	12		2	x	14		2	x	8	
2C	RDL	2	x	10		2	x	12		2	x	14		2	x	8	
2D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	10sec	AMRAP	2	x	15sec	AMRAP	2	x	20sec	AMRAP	2	x	10sec	AMRAP
	Rest 1-2min and hydrate																
3A	PISTON SQUAT ON 18" OR < BOX	2	x	5	each	2	x	6	each	2	x	7	each	2	x	4	each
3B	SUSPENSION T RAISE	2	x	10		2	x	12		2	x	14		2	x	8	
3C	HANGING LEG RAISE	2	x	10		2	x	12		2	x	14		2	x	8	
3D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	10sec	AMRAP	2	x	15sec	AMRAP	2	x	20sec	AMRAP	2	x	10sec	AMRAP
	Rest 1-2min and hydrate																
4A	SUSPENSION HAMSTRING LEG CURL	2	x	10		2	x	12		2	x	14		2	x	8	
4B	COPHENHAGEN PLANK	2	x	20sec	each	2	x	20sec	each	2	x	25sec	each	2	x	15sec	each
4C	SUSPENSION BICEP CURL	2	x	10		2	x	12		2	x	14		2	x	8	
4D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	10sec	AMRAP	2	x	15sec	AMRAP	2	x	25sec	AMRAP	2	x	10sec	AMRAP
	RECORD TIME:																

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Bodyweight/Calisthenics Based S&C Program

DAY 4 : Hops, Fartlek, Swim-Fin Conditioning

Intent/Purpose of Training Phase: Candidate should be familiar with program movements and should begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT: Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Empahsis is improving duration on finning and building running capabilities	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.			

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	LATERAL STEP UP JUMP	2	x	10		3	x	10		3	x	10		2	x	10	
1B	POGO HOPS FOR MAX HEIGHT	2	x	10		2	x	10		3	x	10		2	x	10	
	(LSD) LONG SLOW DISTANCE																
2	10:00min > Time, Every 4th minute burst for 1 minute (around 7:00 pace)	1	x	16 min	RPE 5-6	1	x	20 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	14 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. If you are only able to speak 1-2 words your pacing/speed is too fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	2	x	1:35 min		2	x	1:45 min		2	x	2:00 min		2	x	1:45min	
	Rest fully in between each set to complete prescribed time																
	If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 13 Meter	x	REPS	Interval	WEEK 14 Meter	x	REPS	Interval	WEEK 15 Meter	x	REPS	Interval	WEEK 16 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	4	Rest 40 sec	50	x	4	Rest 40 sec
2		150	x	4	Rest 2 Min	200	x	3	Rest 2:40 min	200	x	3	Rest 2:40 min	150	x	3	Rest 2 Min
3		25	x	4	Rest 20 sec	25	x	8	Rest 20 sec	25	x	8	Rest 20 sec	25	x	8	rest 20 sec
4	FIN FREESTYLE OR COMBAT SIDE STROKE	800	x	2		900	x	2		1000	x	2		875	x	2	

Weekly Mindfulness Practice

See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. Try one or two new strategies in this training block. Be consisent and remember consistency is the key to a successful sleep routine! If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2B: Bodyweight/Calisthenics Based S&C Program

DAY 5: Ruck, Strength Circuit

Intent/Execution

Intent/Purpose of Training Phase: Candidate should be familiar with program movements and should begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: Rucking load stays relatively the same, mileage and pacing begin to improve, strength circuit times or pacing should improve week to week

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUCK

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	RUCK WORKOUT																
1	RUCK	1	x	3 Mile	25lb Load	1	x	4 Mile	25lb Load	1	x	2 Mile	25lb Load	1	x	3 Mile	30lb Load
		15:00min Pace				16:00min Pace				15:00min Pace				16:00min Pace			

Ensure you have easily accessible hydration during your ruck. Have a small, easily digestible snack every 20-25min of training. Wear properly fitting boots/shoes and clothes.

Rehydrate and Refuel before completing the next workout.

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). After completing a round/set rest 1-2 minutes or longer to complete the next set/round with the same high effort. If reps are easy, increase weight or increase 1-2 repetitions. Record time to complete workout

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	FORWARD LUNGE	2	x	4	each	2	x	6	each	3	x	4	each	1	x	6	each
1B	SUSPENSION FACE PULL	2	x	8		2	x	10		3	x	6		1	x	10	
1C	LATERAL LUNGE	2	x	4	each	2	x	6	each	3	x	4	each	1	x	6	each
1D	CHIN UPS	2	x	6		2	x	6		3	x	6		1	x	6	
1E	SINGLE LEG RDL	2	x	6	each	2	x	8	each	3	x	6	each	1	x	8	each
1F	PIKE PUSH UP	2	x	10		2	x	10		3	x	10		1	x	10	
1G	SIDE PLANK TOP KNEE AT 90, HIP TOUCH	2	x	10	each	2	x	12	each	3	x	10	each	1	x	12	each
1H	SQUAT	2	x	10		2	x	12		3	x	8		1	x	12	
1I	GLUTE BRIDGE	2	x	10		2	x	12		3	x	8		1	x	12	
1J	REVERSE LUNGE	2	x	4	each	2	x	6	each	3	x	4	each	1	x	6	each
1K	SINGLE ARM INVERTED ROW KNEES BENT AT 90 DEGREES	2	x	4	each	2	x	6	each	3	x	4	each	1	x	6	each
1L	PLANK LEG HOPS	2	x	15		2	x	15		3	x	15		1	x	15	
RECORD TIME:																	

Weekly Nutrition Review

AGAIN -Try to eat another additional WHOLE FOOD snack each day. Look to include a high-fiber snack that is not immediately before or after training. Fiber is essenital in regulating how well you digest food, the health of your gut, and overall wellness. Quality food is fuel and your body will require more fuel as you increase your total workload.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Bodyweight/Calisthenics Based S&C Program

DAY 6 OPTIONAL OR ACTIVE RECOVERY: Run, Strength Circuit, Swim Conditioning

Intent/Execution

Intent/Purpose of Training Phase: Candidate should be familiar with program movements and should begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Running Warm Up	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS x REPS	NOTES	WEEK 14 SETS x REPS	NOTES	WEEK 15 SETS x REPS	NOTES	WEEK 16 SETS x REPS	NOTES
	RUN-WALK								
1A	200M RUN COMPLETED IN 36-42 SECONDS	1 x 5	Walk is Rest	1 x 6	Walk is Rest	1 x 7	Walk is Rest	1 x 3	Walk is Rest
1B	WALK 200M AS REST	1 x 5	1:30	1 x 6	1:30	1 x 7	1:30	1 x 3	1:30

Runs should be RPE 5-6/HR Zone 2

Recoveries should be RPE 4/HR Zone 1

Complete run warm-up and 200m sprints. After 200m sprint actively recover by walking the next 200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest.

BLOCK B: STRENGTH

	EXERCISE	WEEK 13 SETS x REPS	NOTES	WEEK 14 SETS x REPS	NOTES	WEEK 15 SETS x REPS	NOTES	WEEK 16 SETS x REPS	NOTES
	CAL CIRCUIT								
1	PULL UPS	1 x 40		1 x 40		1 x 40		1 x 40	
2	PUSH UPS	1 x 110		1 x 110		1 x 110		1 x 110	
3	SIT UPS	1 x 110		1 x 110		1 x 110		1 x 110	
2A	SIDE LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5 x 10		5 x 10		5 x 10		5 x 10	
2B	18' BOX STEP UP	5 x 5	each	5 x 5	each	5 x 5	each	5 x 5	each

Complete each exercise repes with the fewest sets possible. Record time to complete strength circuit

RECORD TIME:

BLOCK C: SWIM

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 13 Meter x REPS	Interval	WEEK 14 Meter x REPS	Interval	WEEK 15 Meter x REPS	Interval	WEEK 16 Meter x REPS	Interval
1	FREESTYLE	500+ x 1		500+ x 1		500+ x 1		500+ x 1	

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Bodyweight/Calisthenics Based S&C Program

DAY 1: Run-Conditioning, Swim- Tread Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
High Days of Training during Phase: Day 1,2,3,4,5,6 (Training Days) Day 7: (OFF Day) Swim Days: Day 1,3,5 Ruck: Day 6	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
	In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

Complete conditioning warm-up, hops, and 200m sprints. After 200-300m sprint actively recovering by walking the next 100-200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest. Week 19 changes to 300 run/ 100 walk

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	DEPTH JUMPS 12" BOX	4	x	5		4	x	5		4	x	5		3	x	5	
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	6	Walk is Rest	1	x	8	Walk is Rest					1	x	4	Walk is Rest
	300M RUN COMPLETED IN 60-70 SECONDS									1	x	6	Walk is Rest				
	WALK 200M AS REST	1	x	6	1:30	1	x	8	1:30					1	x	4	1:30
	WALK 100M AS REST									1	x	6	2:00				

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 5-10 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 17 Meter	x	REPS	Interval	WEEK 18 Meter	x	REPS	Interval	WEEK 19 Meter	x	REPS	Interval	WEEK 20 Meter	x	REPS	Interval
1A	FREESTYLE	50	x	1	Rest 40 sec	50	x	1	Rest 40 sec	100	x	1	Rest 1:15 min	25	x	1	Rest 20 sec
2A		100	x	1	Rest 1:15 min	100	x	1	Rest 1:15 min	200	x	1	Rest 2:40 min	50	x	1	Rest 40 sec
3A		200	x	1	Rest 2:40 min	200	x	1	Rest 2:40 min	500	x	1	Rest 5:00 min	100	x	1	Rest 1:15 min
4A		300		1	Rest 3:15 min	400	x	1	Rest 4:20 min	200	x	1	Rest 2:40 min	200	x	1	Rest 2:40 min
5A		200		1	Rest 2:40 min	200	x	1	Rest 2:40 min	100	x	1		100	x	1	Rest 1:15 min
6A		100		1	Rest 1:15 min	100	x	1	Rest 1:15 min					50	x	1	Rest 40 sec
7A		25		1		50	x	1						25	x	1	
8A	TREAD		x	1	2:10 min		x	1	2:25		x	1	2:40 min		x	1	3:00 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 3: Bodyweight/Calisthenics Based S&C Program

DAY 2: LSD, Cal, Strength Circuit

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES

Emphasis increase LSD duration and repetitions on the strength circuit. Strength circuit times should begin to decreasse over weeks

WEEK 17	WEEK 18	WEEK 19	WEEK 20
Run Warm Up	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	20 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	28 min	RPE 5-6	1	x	20 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). After completing a round/set rest 1-2 minutes or longer to complete the next set/round with the same high effort. If reps are easy, increase weight or increase 1-2 repetitions. On ladder exercises' there are 3-4 mini sets in each round. Rest 10-30 seconds in between each mini set and then move onto the next exercise

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight/Weighted Vest/Backpack																
1A	PULL UP LADDER	2	x	5,4,3		2	x	6,5,4		2	x	8,6,4		2	x	4,3,2,1	
1B	PUSH UP LADDER	2	x	16,14,12		2	x	20,15,15		2	x	20,16,12		2	x	14,12,8,6	
1C	INVERTED TOW KNEES BENT AT 90 LADDER	2	x	16,14,12		2	x	20,15,15		2	x	20,16,12		2	x	14,12,8,6	
1D	SUSPENSION W RAISE	2	x	12		2	x	14		2	x	16		2	x	12	
1E	BEAR CRAWL FORWARD	2	x	20yds		2	x	20yds		2	x	20yds		2	x	20yds	
	Rest 1-2min and hydrate																
2A	18' BOX STEP UP	2	x	6	each	2	x	7	each	2	x	8	each	2	x	5	each
2B	SUSPENSION FACEPULL	2	x	12		2	x	14		2	x	16		2	x	10	
2C	RDL	2	x	12		2	x	14		2	x	16		2	x	10	
2D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	15sec	AMRAP	2	x	20sec	AMRAP	2	x	20sec	AMRAP	2	x	10sec	AMRAP
	Rest 1-2min and hydrate																
3A	PISTON SQUAT ON 18" OR < BOX	2	x	6	each	2	x	7	each	2	x	8	each	2	x	5	each
3B	SUSPENSION T RAISE	2	x	12		2	x	14		2	x	16		2	x	10	
3C	HANGING LEG RAISE	2	x	12		2	x	14		2	x	16		2	x	10	
3D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	15sec	AMRAP	2	x	20sec	AMRAP	2	x	20sec	AMRAP	2	x	10sec	AMRAP
	Rest 1-2min and hydrate																
4A	SUSPENSION HAMSTRING LEG CURL	2	x	12		2	x	14		2	x	16		2	x	10	
4B	COPHENHAGEN PLANK	2	x	20sec	each	2	x	20sec	each	2	x	25sec	each	2	x	15sec	each
4C	SUSPENSION BICEP CURL	2	x	12		2	x	14		2	x	16		2	x	10	
4D	BURPEE or MOUNTAIN CLIMBER or SQUAT JUMP	2	x	15sec	AMRAP	2	x	20sec	AMRAP	2	x	20sec	AMRAP	2	x	10sec	AMRAP

RECORD TIME:

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Bodyweight/Calisthenics Based S&C Program

DAY 3 : Fin Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES: Final build to complete a 1500m fin.

WEEK 17	WEEK 18	WEEK 19	WEEK 20
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.

BLOCK C: SWIM

	EXERCISE	WEEK 17 Meter	x	REPS	Interval	WEEK 18 Meter	x	REPS	Interval	WEEK 19 Meter	x	REPS	Interval	WEEK 20 Meter	x	REPS	Interval
1	FREESTYLE	50	x	10	Rest 40 sec	100	x	7	Rest 1:15 min	200	x	5	Rest 2:40 min	300	x	2	Rest 3:15 min
2	FIN FREESTYLE OR COMBAT SIDE STROKE	1100	x	1		1225	x	1		1350	x	1		1500	x	1	

Weekly Mindfulness Practice

Take 30min each week before or after this training session to review your sleep habits and review which strategies allow you to attain more restful and restorative sleep. See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 3: Bodyweight/Calisthenics Based S&C Program

FOCUS

DAY 4: Hops, Strength Capacity Circuit

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Emphasis perform cals while fatigued, simulate IFT conditions	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: JUMPS

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	HOP/JUMP CIRCUIT								
1A	SPEED SKATER JUMP	4 x 6		4 x 6		4 x 6		3 x 6	
2A	FORWARD HOP (SINGLE LEG)	4 x 3ea		4 x 3ea		4 x 3ea		4 x 3ea	

POINTS OF PERFORMANCE:

Cover as much ground as possible each hop or jump, but maintain your balance over your foot. Try to link moves together without needing to reset. Lots of rest (1-2 min) between sets!

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). After completing a round/set rest 1-2 minutes or longer to complete the next set/round with the same high effort. If reps are easy, increase weight or increase 1-2 repetitions.

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	STRENGTH CIRCUIT: Bodyweight								
1A	400m RUN: 90 seconds to complete	3 x 1		4 x 1		5 x 1		2 x 1	
1B	PUSH UPS	3 x 25		4 x 25		5 x 25		2 x 25	
1C	INVERTED ROW KNEES BENT AT 90 DEGREES	3 x 25		4 x 25		5 x 25		2 x 25	
1D	PULL UPS	3 x 6		4 x 6		5 x 6		2 x 6	
1E	SUSPENSION FACE PULLS	3 x 8		4 x 8		5 x 8		2 x 8	
1F	BEAR CRAWL	3 x 50yds		4 x 50yds		5 x 50yds		2 x 50yds	

RECORD TIME:

Continue eating to fuel your training. Prioritize whole foods and protein/fats/carbs with every meal/snack. In general, you will want 15g of dietary fiber for every 1000 calories you eat each day.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 3: Bodyweight/Calisthenics Based S&C Program

DAY 5: Fartlek, Swim Conditioning

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Improving running paces and being able to change paces while fatigued. Final swim conditioning	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time, Every 4th minute burst for 1 minute (around 7:00 pace)	1	x	18 min	RPE 5-6	1	x	20 min	RPE 5-6	1	x	22 min	RPE 5-6	1	x	16 min	RPE 5-6

HR Zone 2 -- When you burst, push to RPE 8-9. Immediately slow your breathing and work on getting your HR down as quickly as feasible once you're back to cruising pace.

BLOCK B: STRENGTH

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	1	x	2:10		1	x	2:30		1	x	2:45		1	x	3:00	
	Rest fully in between each set to complete prescribed time																
	If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 5-10 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 17 Meter	x	REPS	Interval	WEEK 18 Meter	x	REPS	Interval	WEEK 19 Meter	x	REPS	Interval	WEEK 20 Meter	x	REPS	Interval
1	FREESTYLE	25	x	4	Rest 20 sec	50	x	4	Rest 40 sec	100	x	4	Rest 1:15 min	25	x	4	Rest 20 sec
2		50	x	3	Rest 40 sec	100	x	3	Rest 1:15 min	150	x	3	Rest 2:00 min	50	x	3	Rest 40 sec
3		100	x	2	Rest 1:15 min	200	x	2	Rest 2:40 min	300	x	2	Rest 3:15 min	100	x	2	Rest 1:15 min
4		50	x	3	Rest 40 sec	50	x	3	Rest 40 sec	50	x	3	Rest 40 sec	50	x	3	Rest 40 sec
5		100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min
6		200	x	1		200	x	1		200	x	1		200	x	1	

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Bodyweight/Calisthenics Based S&C Program

DAY 6: Ruck, Strength Circuit

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

Weighted Vest/ TRX or any other suspension Trainer/Supportive Box or Chair/ Pull Up Bar/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Ruck loads increase to final entry weight.	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	RUCK WORKOUT								
1A	RUCK	1 x 3 Mile	30lb Load	1 x 4 Mile	30lb Load	1 x 2 Mile	35lb Load	1 x 3 Mile	35lb Load
		15:00min Pace		16:00min Pace		16:00min Pace		16:00min Pace	

RUCK TIPS

Alternate sweet and salty snacks every 15-20 minutes. Pack your weight high and close to the body. Focus on keeping strides normal; overstriding can create injury risk. Do not run with your ruck, you should be able to meet this pace without running/jogging.

BLOCK B: STRENGTH

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	CALS CIRCUIT								
1A	PULL UPS	1 x 50		1 x 50		1 x 50		1 x 50	
2A	PUSH UPS	1 x 120		1 x 120		1 x 120		1 x 120	
3A	SIT UPS	1 x 120		1 x 120		1 x 120		1 x 120	
1B	SIDE-LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5 x 10		5 x 10		5 x 10		5 x 10	
2B	18' BOX STEP UP	5 x 5	each	5 x 5	each	5 x 5	each	5 x 5	each

CIRCUIT TIPS

Complete Pull Ups, Push Ups, and Sit Ups with as few sets as possible. Complete all reps of each exercise before moving on to the next. Once all cals have been completed, move on to external rotations and step ups. Sip water as needed.

RECORD TIME:

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

U.S. AIR FORCE

SPECIAL WARFARE

Full Gym Access Based S&C Program

FIRST THERE
U.S.A.F. COMBAT CONTROL

U.S. AIR FORCE
TACP

SPECIAL U.S.A.F. RECON

USAF
PARARESCUE
THAT OTHERS MAY LIVE

Special Warfare Training Wing

Phase 0: Full Gym Access Based S&C Program

DAY 1: Hops, Sprints, Strength Training-Technique, Swim-Tread Technique

UNIT

FOCUS

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5 (Training Days)
Easier Days of Training: Day 3,6 (Active Recovery) Day 7: (Off Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Level 2 Conditioning Warmup	Level 3 Conditioning Warmup	Level 1 Conditioning Warmup (3 Sets)	Level 3 Conditioning Warmup (2 Sets)
In Place Warm Up	In Place Warm Up	In Place Warm Up	In Place Warm Up

BLOCK A: RUN

The purpose of this workout is to begin accumulating distance, developing speed, and enhancing coordination. Complete the warm ups, hops and sprints in that order

	EXERCISE	WEEK 1 SETS x REPS	NOTES	WEEK 2 SETS x REPS	NOTES	WEEK 3 SETS x REPS	NOTES	WEEK 4 SETS x REPS	NOTES
	HOP/JUMP CIRCUIT								
1A	FRONT/BACK LINE HOP	2 x 10		3 x 10		3 x 10		4 x 10	
1B	SIDE/SIDE LINE HOP	2 x 10		2 x 10		3 x 10		3 x 10	
	SPRINT SERIES								
2A	JOGGING START 10m SPRINT	1 x 4		1 x 6		1 x 8		1 x 6	
2B	WALKING START 10m SPRINT	1 x 4		1 x 6		1 x 8		1 x 6	
2C	WALK x MINUTES (15:00/MILE PACE)	1 x 10 min		1 x 13 min		1 x 15 min		1 x 17 min	

BLOCK B: STRENGTH

Emphasis is not to lift as heavy as possible. Perfect form/technique/ and correct positions. Rate of Perceived (RPE) are very low through this training phase. Intent is to be familiarize with the movements and complete all repetitions

	EXERCISE	WEEK 1 SETS x REPS	NOTES	WEEK 2 SETS x REPS	NOTES	WEEK 3 SETS x REPS	NOTES	WEEK 4 SETS x REPS	NOTES
	STRENGTH SESSION								
1	SQUAT: BARBELL (BB), KETTLEBELL (KB), OR DUMBBELL (DB)	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 3
		3 x 5	RPE 5	3 x 8	RPE 5	3 x 5	RPE 6	3 x 3	RPE 4
2	DB SEATED OVERHEAD PRESS	3 X 5	RPE 4	3 X 5	RPE 4	3 X 5	RPE 4	3 X 5	RPE 3
		3 x 5	RPE 5	3 x 8	RPE 5	3 x 5	RPE 6	3 x 3	RPE 4
3A	ROMANIAN DEADLIFT (RDL): BB. KB, DB	2 x 8	RPE 4	2 x 8	RPE 4	2 x 8	RPE 4	2 x 8	RPE 3
3B	CHEST SUPPORTED ROW: BB, KB, OR DB	2 x 8	RPE 4	2 x 8	RPE 4	2 x 8	RPE 4	2 x 8	RPE 3
	CAL CIRCUIT								
4A	BANDED PULL UP (Control/slow on the way down)	3 x 10		3 x 12		4 x 10		3 x 10	
4B	HAND RELEASE PUSH UP	3 X 10		3 X 12		4 X 10		3 X 10	
4C	LATERAL LUNGE: BODYWEIGHT, DB, OR KB	3 X 6	each	3 X 6	each	4 X 6	each	3 X 6	each
	REST 1-1:130 IN BETWEEN SETS								
	PLANK CIRCUIT								
5A	NORMAL PLANK	2 x 30 sec		2 x 30 sec		3 x 30 sec		2 x 30 sec	
5B	SIDE PLANK	2 x 20 sec		3 x 20 sec		3 x 20 sec		3 x 20 sec	
5C	SIDE PLANK (top knee bent 90 degrees)	2 x 20 sec		3 x 15 sec		3 x 15 sec		3 x 15 sec	
5D	SIDE PLANK (bottom knee bent 90 degrees)	2 x 10 sec		3 x 10 sec		3 x 10 sec		3 x 10 sec	
5F	LYING ON GROUND Y, T, W HOLDS	3 x 15 sec	each	3 x 15 sec	each	3 x 15 sec	each	3 x 15 sec	each

BLOCK C: SWIM

Begin Developing Perfect Swim Techinque, if technique drills cannot be completed the full 25m use pool buoy or fins. If pool buoy or fins is required increase reps from 2-4 each exercise. If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle or perform as cool down: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 1 Meter x REPS	Interval	WEEK 2 Meter x REPS	Interval	WEEK 3 Meter x REPS	Interval	WEEK 4 Meter x REPS	Interval
1	2-POINT DRILL	25 x 2		25 x 2		25 x 2		25 x 2	
2	6-3-6 DRILL	25 x 2		25 x 2		25 x 2		25 x 2	
3	FINGERTIP DRILL	25 x 2		25 x 2		25 x 2		25 x 2	
						25 x 8	2:40 Sec	25 x 10	2:30
						50 x 1	4:00	50 x 1	3:50
4	FREESTYLE	25 x 4	3:00 min	25 x 6	2:50 Min				
5	TREAD	8	15 sec	8	15 sec	8	18 sec	6	21 sec

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 0: Full Gym Access Based S&C Program

DAY 2: Sprints, Jog-Walk Conditioning, Grip Development, Fin Conditioning

UNIT

FOCUS

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

Emphasis for today is run and swim. Goal for run is to develop speed and improve mileage (time on feet). Swim intro to conditioning, focus on freestyle and finning technique. Quality Reps

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Run Warm Up	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUN

Complete all 100m sprints first, then move onto the jog/walk combo. The jog should be a comfortable pace that you can hold a conversation

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	SPRINT SERIES																
1	100M RUN COMPLETED IN 15-20 SECONDS	1	x	7	Rest 45sec	1	x	9	Rest 45sec	1	x	11	Rest 45sec	1	x	13	Rest 45sec
	Complete all 100m sprints first, then move onto the jog/walk combo. The jog should be a comfortable pace that you can hold a conversation																
	JOG-WALK																
2A	300M JOG	5	x	1	RPE 5-6	6	x	1	RPE 5-6	7	x	1	RPE 5-6	8	x	1	RPE 5-6
2B	400M WALK	5	x	1		6	x	1		7	x	1		8	x	1	

BLOCK B: STRENGTH

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	8	x	15sec		8	x	15sec		8	x	15sec		6	x	20sec	
	If able, add weighted vest for presribed time and track weight used																
	Rest fully in between each set to complete prescribed time																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 1 Meter	x	REPS	Interval	WEEK 2 Meter	x	REPS	Interval	WEEK 3 Meter	x	REPS	Interval	WEEK 4 Meter	x	REPS	Interval
1	FREESTYLE	25	x	8	3:00 min	25	x	8	3:00 min	25	x	10	3:00 min	25	x	7	3:00 min
2	FREESTYLE	50	x	2	4:00 min	50	x	3	4:00 min	50	x	4	4:00 min	50	x	6	4:00 min
3	FIN FREESTYLE OR COMBAT SIDE STROKE	125	x	8	RPE 5-6	125	x	8	RPE 5-6	150	x	8	RPE 5-6	175	x	6	RPE 5-6

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 0: Full Gym Access Based S&C Program

DAY 4: Intro to Ruck, Hops, Strength Training-Technique

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: Emphasis is rucking & strength. For ruck do not push pace. Maintain that 16 minute pace, should be a fast walk. Become familiarize with strength movements. Do not worry about increase weight, perfect techinque.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUCK

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	FRONT/BACK LINE HOP	2	x	10		3	x	10		3	x	10		4	x	10	
1B	SIDE/SIDE LINE HOP	2	x	10		2	x	10		3	x	10		3	x	10	
	RUCK WORKOUT																
2	RUCK	1	x	1 Mile	20lb Load	1	x	1.5 Mile	20lb Load	1	x	1.5 Mile	20lb Load	1	x	1 Mile	25lb Load
		16:00min Pace				16:00min Pace				16:00min Pace				16:00min Pace			

BLOCK B: STRENGTH

Emphasis is not to lift as heavy as possible. Perfect form/technique/ and correct positions. Rate of Perceived (RPE) are very low through this training phase. Intent is to be familiarize with the movements and complete all repetitions

	EXERCISE	WEEK 1 SETS	x	REPS	NOTES	WEEK 2 SETS	x	REPS	NOTES	WEEK 3 SETS	x	REPS	NOTES	WEEK 4 SETS	x	REPS	NOTES
	STRENGTH SESSION																
1A	FLAT BENCH PRESS: bb OR DB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 3
		3	x	5	RPE 5	3	x	8	RPE 5	3	x	5	RPE 6	3	x	3	RPE 4
1B	DEADLIFT: TRAPBAR, BB, OR KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 3
		3	x	5	RPE 5	3	x	8	RPE 5	3	x	5	RPE 6	3	x	3	RPE 4
2A	WEIGHTED PULL UP + UNWEIGHTED PULL UP	2	x	1+2	RPE 5	2	x	2+2	RPE 5	3	x	2+3	RPE 5	3	x	1+2	RPE 4
2B	WEIGHTED BOX STEP UP: BB, DB, OR KB	2	x	8 each	RPE 4	2	x	10 each	RPE 4	3	x	8 each	RPE 4	3	x	5 each	RPE 3
	CAL CIRCUIT																
3A	INVERTED ROW (8 SECONDS DOWN)	5	x	1		6	x	1		6	x	2		3	x	1	
3B	PUSH UP (HOLD-PAUSE 1" OFF GROUND 56 SECONDS)	5	x	4		6	x	4		6	x	6		3	x	4	
3C	GLUTE BRIDGE	3	x	10		3	x	12		4	x	10		3	x	10	
3D	BENTOVER REVERSE FLY	3	x	10		3	x	12		4	x	10		3	x	6	
	REST 1-1:130 IN BETWEEN SETS																
	PLANK CIRCUIT																
4A	NORMAL PLANK	2	x	30 sec		2	x	30 sec		3	x	30 sec		2	x	30 sec	
4B	SIDE PLANK	2	x	20 sec		3	x	20 sec		3	x	20 sec		3	x	20 sec	
4C	SIDE PLANK (top knee bent 90 degrees)	2	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each
4D	SIDE PLANK (bottom knee bent 90 degrees)	2	x	10 sec	each	3	x	10 sec	each	3	x	10 sec	each	3	x	10 sec	each
4E	LYING ON GROUND Y, T, W HOLDS	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each	3	x	15 sec	each

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 0: Full Gym Access Based S&C Program

FOCUS

DAY 5 OPTIONAL OR ACTIVE RECOVERY: Bodyweight Cal Circuit, Swim Conditioning

Intent/Execution

Become familiarized with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete or perform entire workouts take additional rest. Training Frequency 3-4 Days: 2 Swim, 3 Strength, 2 Run, 1 Ruck

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest (less than 30 seconds). All exercise listed with AMRAP "As many reps as possible" should leave at least 1-2 reps in the tank. Time how long it takes to complete the circuit. Each week you should acculumate more reps in the circuit or complete the same circuit with a faster completion time

		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
	EXERCISE	*SETS*	*x*	*REPS*	*NOTES*	*SETS*	*x*	*REPS*	*NOTES*	*SETS*	*x*	*REPS*	NOTES	*SETS*	*x*	*REPS*	*NOTES*
	CAL CIRCUIT: all bodyweight																
1	BEAR CRAWL FORWARD	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
2	PUSH UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
3	BEAR CRAWL SIDEWAY (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
4	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
5	SIT UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
6	BEAR CRAWL SIDEWAY (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
7	PULL UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
8	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
9	BEAR CRAWL SIDEWAYS CARIOCA (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
10	REVERSE LUNGE	1	x	20 each		1	x	20 each		1	x	20 each		1	x	20 each	
11	BEAR CRAWL SIDEWAYS CARIOCA (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
12	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
13	SQUAT JUMPS	1	x	20		1	x	20		1	x	20		1	x	20	
14	CRAB WALK (FORWARD)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
15	LYING ON GROUND Y, T, W, HOLD	1	x	30 sec	each	1	x	30 sec	each	1	x	30 sec	each	1	x	30 sec	each
16	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	

RECORD TIME:

Rehydrate and Refuel before completing the swimming workout.

BLOCK C: SWIM

Max Distance Consecutively, No more than 20 sec Break on Wall, Goal is to swim at least 500m. Count Total # of breaks, each week try to reduce and/or improve total distance. If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle or perform as cool down: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
	EXERCISE	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval
1A	FREESTYLE	500+	x	1		500+	x	1		500+	x	1		500+	x	1	

RECORD NUMBER OF BREAKS:

Weekly Nutrition Review

Take 30min before or after this workout to review your personal nutrition habits. Look over the nutrition strategies highlighted in this training manual. Work to have SOME food (fuel) before each training session within this block. Find what works best for you and prioritize carbohydrates before your worouts. Once in AFSPECWAR training, eating will be a key to successfully completing each training session, day, week, and course!

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 1: Full Gym Access Based S&C Program

DAY 1: Hops, Sprints, Strength Training-Technique, Swim-Tread Conditioning

UNIT

FOCUS

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5 (Training Days)
Easier Days of Training: Day 3,6 (Active Recovery) Day 7: (Off Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Level 3 Conditioning Warmup	*Level 2 Conditioning Warmup (2 Sets)*	*Level 3 Conditioning Warmup (2 Sets)*	*Level 2 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

The purpose of this workout is to begin accumulating distance, developing speed, and enhancing coordination. Complete the warm ups, hops and sprints in that order

	EXERCISE	WEEK 5 SETS x REPS	NOTES	WEEK 6 SETS x REPS	NOTES	WEEK 7 SETS x REPS	NOTES	WEEK 8 SETS x REPS	NOTES
	HOP/JUMP CIRCUIT								
1A	FRONT/BACK LINE HOP	3 x 15		3 x 15		4 x 15		4 x 10	
1B	SIDE/SIDE LINE HOP	2 x 15		3 x 15		3 x 15		3 x 10	
	SPRINT SERIES								
2A	JOGGING START SPRINT	1 x 8	20meters	1 x 8	30meters	1 x 8	40meters	1 x 8	30meters
2B	WALKING START SPRINT	1 x 8	20meters	1 x 8	30meters	1 x 8	40meters	1 x 8	30meters
2C	WALK X MINUTES (15:00/MILE PACE)	1 x 7 min		1 x 10 min		1 x 13 min		1 x 7 min	

BLOCK B: STRENGTH

Emphasis is begin making small jumps in load/weight. Perfect form/technique/ and correct positions is still the priority. Rate of Perceived (RPE) are low and gradually increase through this training phase. During cal circuit complete reps the entire prescribed time. If unable reduce weight or add band for assistance.

	EXERCISE	WEEK 5 SETS x REPS	NOTES	WEEK 6 SETS x REPS	NOTES	WEEK 7 SETS x REPS	NOTES	WEEK 8 SETS x REPS	NOTES
	STRENGTH SESSION								
1	SQUAT: BARBELL (BB), KETTLEBELL (KB), OR DUMBBELL (DB)	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 3
		5 x 5	RPE 5	5 x 5	RPE 6	5 x 5	RPE 7	3 x 3	RPE 4
2	DB SEATED OVERHEAD PRESS	3 X 5	RPE 4	3 X 5	RPE 4	3 X 5	RPE 4	3 X 5	RPE 3
		5 x 5	RPE 5	5 x 5	RPE 6	5 x 5	RPE 7	3 x 3	RPE 4
3A	ROMANIAN DEADLIFT (RDL): BB. KB, DB	4 x 5	RPE 5	3 x 8	RPE 5	3 x 6	RPE 6	2 x 8	RPE 3
3B	BENTOVER ROW: BB, KB, OR DB	4 x 5	RPE 5	3 x 8	RPE 5	3 x 8	RPE 6	2 x 8	RPE 3
	CAL CIRCUIT								
4A	PULL UP (USE BAND ONLY TO ACHIEVE REPS IN GIVEN TIME)	3 x 12 sec	AMRAP	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	3 x 10 sec	AMRAP
4B	PUSH UPS	3 x 12 sec	AMRAP	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	3 x 10 sec	AMRAP
4C	CURTSEY LUNGE	3 x 12 sec	each	3 x 16 sec	each	3 x 20 sec	each	3 x 10 sec	each
4D	SIT UP	3 x 12 sec	AMRAP	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	3 x 10 sec	AMRAP
4E	GLUTE BRIDGE	3 x 12 sec	AMRAP	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	3 x 10 sec	AMRAP
	REST 1-1:130 IN BETWEEN SETS								
	PLANK CIRCUIT								
3A	NORMAL PLANK ALT LEG LIFT UP 6"	3 x 4	each	3 x 5	each	3 x 6	each	3 x 4	each
3B	SIDE PLANK TOP LEG RAISE 6"	3 x 4	each	3 x 5	each	3 x 6	each	3 x 4	each
3C	SIDE PLANK (top knee bent 90 degrees)	3 x 4	each	3 x 5	each	3 x 6	each	3 x 4	each
3D	SIDE PLANK (bottom knee bent 90 degrees)	3 x 4	each	3 x 5	each	3 x 6	each	3 x 4	each
3E	LYING ON GROUND SWIMMERS	3 x 3		3 x 4		3 x 5		3 x 3	
3F	LYING ON GROUND Y, T, W HOLDS	3 x 20 sec	each	3 x 20 sec	each	3 x 20 sec	each	3 x 20 sec	each

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 5 Meter x REPS	Interval	WEEK 6 Meter x REPS	Interval	WEEK 7 Meter x REPS	Interval	WEEK 8 Meter x REPS	Interval
1	FREESTYLE	25 x 18	2:20 min	25 x 24	2:10 min	25 x 6	2:00 min	x	
2		50 x 2	3:40 min	50 x 1	3:30 min	50 x 10	3:30 min	50 x 1	3:15 min
3						75 x 1	4:15 min	75 x 8	4:15 min
4	TREAD	x 5	25 sec	x 5	30 sec	x 5	40 sec	x 5	50 sec

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 1: Full Gym Access Based S&C Program

DAY 2: LSD, Sprints, Swim-Fin Conditioning

UNIT

FOCUS

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Emphasis is run and swim conditioning. Run LSD & 200m sprints, Freestyle and fin conditioning	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills			

BLOCK A: RUN

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	12 min	RPE 5-6	1	x	18 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	18 min	RPE 5-6
	SPRINT SERIES																
2	200M RUN COMPLETED IN 36-42 SECONDS	1	x	4	Rest 1:30	1	x	5	Rest 1:30	1	x	6	Rest 1:30	1	x	4	Rest 1:30

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation.
If you are only able to speak 1-2 words your pacing/speed is too fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	5	x	25 sec		5	x	30 sec		5	x	40 sec		5	x	50 sec	
	If able, add weighted vest for presribed time and track weight used																
	Rest fully in between each set to complete prescribed time																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 5 Meter	x	REPS	Interval	WEEK 6 Meter	x	REPS	Interval	WEEK 7 Meter	x	REPS	Interval	WEEK 8 Meter	x	REPS	Interval
1	FREESTYLE	25	x	18	2:20 min	25	x	4	2:10 min	25	x	6	2:00 min	50	x	4	Rest 40 sec
2	FREESTYLE	50	x	2	3:40 min	50	x	7	3:40 min	75	x	4	4:30 min	100	x	3	Rest 1:15 min
						75	x	3	4:30 min	50		6	3:30 min				
3	FIN FREESTYLE OR COMBAT SIDE STROKE	225	x	5	RPE 5-6	275	x	5	RPE 5-6	350	x	5	RPE 5-6	425	x	5	RPE 5-6

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 1: Full Gym Access Based S&C Program

DAY 4 : Rucking, Hops, Strength Training-Technique

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: Emphasis is rucking and strength. Rucking the mileage and pacing gradually increase from phase 0. Monitor the correct pacing for that day. Become familiarize with strength movements. Perfect technique, make small increases in weight.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK A: RUCK

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	FRONT/BACK LINE HOP	3	x	15		3	x	15		4	x	15		4	x	10	
1B	SIDE/SIDE LINE HOP	2	x	15		3	x	15		3	x	15		3	x	10	
	RUCK WORKOUT																
2	RUCK	1	x	1.5 Mile	20lb Load	1	x	2 Mile	20lb Load	1	x	2.5 Mile	20lb Load	1	x	2.5 Mile	25lb Load
		15:00min Pace				16:00min Pace				16:00min Pace				15:00min Pace			

Emphasis is begin making small jumps in load/weight. Perfect form/technique/ and correct positions is still the priority. Rate of Perceived (RPE) are low and gradually increase through this training phase. Complete all repetitions, if unable reduce weight/resistance

BLOCK B: STRENGTH

	EXERCISE	WEEK 5 SETS	x	REPS	NOTES	WEEK 6 SETS	x	REPS	NOTES	WEEK 7 SETS	x	REPS	NOTES	WEEK 8 SETS	x	REPS	NOTES
	STRENGTH SESSION																
1A	FLAT BENCH PRESS: bb OR DB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 3
		5	x	5	RPE 5	5	x	5	RPE 6	5	x	5	RPE 7	3	x	3	RPE 4
1B	DEADLIFT: TRAPBAR, BB, OR KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 3
		5	x	5	RPE 5	5	x	5	RPE 6	5	x	5	RPE 7	3	x	3	RPE 4
2A	WEIGHTED PULL UP + UNWEIGHTED PULL UP	3	x	3+3	RPE 5	4	x	3+3	RPE 5	3	x	3+3	RPE 6	3	x	3+3	RPE 4
2B	REVERSE LUNGE: BB, DB, OR KB	4	x	5 each	RPE 5	4	x	5 each	RPE 5	3	x	5 each	RPE 6	4	x	5 each	RPE 4
	CAL CIRCUIT																
3A	CHIN UPS	2	x	6		3	x	6		3	x	10		2	x	6	
3B	BANDED PUSH UPS	2	x	10		3	x	8		3	x	10		2	x	10	
3C	KB SWINGS	2	x	10		3	x	8		3	x	10		2	x	10	
3D	SUSPENSION FACE PULL	2	x	12		3	x	10		3	x	12		2	x	12	
3E	FARMER CARRY: TRAPBAR, DB, OR KB	2	x	25 yds		3	x	20 yds		3	x	30 yds		2	x	25 yds	
	REST 1-1:130 IN BETWEEN SETS																
	PLANK CIRCUIT																
4A	PLANK LIFT ELBOW OUT TO 90 DEGREES	2	x	4	each	3	x	4	each	2	x	6	each	3	x	3	each
4B	SIDE PLANK (bottom knee bent 90 degrees) APPLE PICKERS	2	x	4	each	3	x	4	each	2	x	6	each	3	x	3	each
4C	SIDE PLANK (swing top leg front/back)	2	x	4	each	3	x	4	each	2	x	6	each	3	x	3	each
4D	SIDE PLANK (swing bottom leg front/back)	2	x	4	each	3	x	4	each	2	x	6	each	3	x	3	each
5A	LYING ON GROUND SWIMMERS	3	x	3		3	x	4		3	x	5		3	x	3	
5B	LYING ON GROUND Y, T, W HOLDS	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each	3	x	20 sec	each

Refuel and Rehydrate witihin 60min of finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 1: Full Gym Access Based S&C Program

DAY 5 OPTIONAL OR ACTIVE RECOVERY: Bodyweight Cals, Swim Conditioning

Intent/Execution

Establishing work capacities with movements/skills and complete all sets/repetitions with high quality. If longer rest is needed to complete to perform entire workouts take additional rest. Training Frequency is 3-4 days: 2 Running, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 6/HR Zone 2 - focus on balance and moving fluidly between drills

BLOCK B: STRENGTH

Complete each exercise in a circuit performing one exercise after another with minimal rest. All exercise listed with AMRAP "As many reps as possible"; leave 1-2 reps in the tank. Each week you should acculumate more reps in the circuit or complete the same reps with a faster time

		WEEK 5				WEEK 6				WEEK 7				WEEK 8			
	EXERCISE	*SETS*	*x*	*REPS*	*NOTES*	*SETS*	*x*	*REPS*	*NOTES*	*SETS*	*x*	*REPS*	*NOTES*	*SETS*	*x*	*REPS*	*NOTES*
	CAL CIRCUIT: all bodyweight																
1	BEAR CRAWL FORWARD	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
2	PUSH UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
3	BEAR CRAWL SIDEWAY (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
4	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
5	SIT UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
6	BEAR CRAWL SIDEWAY (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
7	PULL UPS	1	x	AMRAP		1	x	AMRAP		1	x	AMRAP		1	x	AMRAP	
8	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
9	BEAR CRAWL SIDEWAYS CARIOCA (RIGHT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
10	REVERSE LUNGE	1	x	20 each		1	x	20 each		1	x	20 each		1	x	20 each	
11	BEAR CRAWL SIDEWAYS CARIOCA (LEFT)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
12	JOG 100YDS	1	x	1		1	x	1		1	x	1		1	x	1	
13	SQUAT JUMPS	1	x	20		1	x	20		1	x	20		1	x	20	
14	CRAB WALK (FORWARD)	1	x	10yds		1	x	10yds		1	x	10yds		1	x	10yds	
15	LYING ON GROUND Y, T, W, HOLD	1	x	30 sec	each	1	x	30 sec	**each**	1	x	30 sec	**each**	1	x	30 sec	**each**
RECORD TIME:																	

Rehydrate and Refuel before completing the swimming workout.

BLOCK C: SWIM

Max Distance Consecutively, No more than 20 sec Break on Wall, Goal is to swim at least 500m. Count Total # of breaks, each week try to reduce and/or improve total distance. If struggling with swimming, put fins or pool buoy on and spend 15-20 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

		WEEK 5				WEEK 6				WEEK 7				WEEK 8			
	EXERCISE	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval	*Meter*	*x*	*REPS*	Interval
1	FREESTYLE	500+	x	1		500+	x	1		500+	x	1		500+	x	1	
RECORD NUMBER OF BREAKS:																	

Weekly Nutrition Review

Set aside 30min each week of this phase to review your refueling habits. Make a list of WHOLE FOOD protein sources that you are eating immediately (60min) after training and in the meal following your post-workout meal or snack. Try to eat quality protein with each meal of this phase of training! Protein is essential for rebuilding muscles, bone, connective tissues, and many other parts of your body.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2A: Full Gym Access Based S&C Program

DAY 1: Hops, Sprints, Swim-Freestyle, Tread Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5,6 (Training Days)
Easier Days of Training: Day 3 (Active Recovery) Day 7: (OFF Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 9	WEEK 10	WEEK 11	WEEK 12
Level 1 Conditioning Warmup	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	SINGLE LEG FRONT/BACK LINE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
1B	SINGLE LEG SIDE/SIDE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	4	Walk is Rest	1	x	5	Walk is Rest	1	x	6	Walk is Rest	1	x	3	Walk is Rest
2B	WALK 200M AS REST	1	x	4	1:30	1	x	5	1:30	1	x	6	1:30	1	x	3	1:30

Complete conditioning warm-up, hops, and 200m sprints If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 9 Meter	x	REPS	Interval	WEEK 10 Meter	x	REPS	Interval	WEEK 11 Meter	x	REPS	Interval	WEEK 12 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	3	Rest 40 sec
2		100	x	4	Rest 1:15 min	150	x	4	Rest 2:00 min	200	x	3	Rest 2:40 min	200	x	2	Rest 2:40 min
3		25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec
	Take 3 min rest before tread portion of workout																
4	**TREAD**		x	4	1:05 min		x	4	1:10 min		x	4	1:15 min		x	3	1:25 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2A: Full Gym Access Based S&C Program

DAY 2: LSD, Strength Training-Gradually increase weight

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Emphasis is building LSD sustainability and increase strength volume. Perfect techinque during strength session	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.			

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	(LSD) LONG SLOW DISTANCE								
1	10:00min > Time	1 x 20 min	RPE 5-6	1 x 24 min	RPE 5-6	1 x 28 min	RPE 5-6	1 x 18 min	RPE 5-6
	Run should be HR Zone 2								

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

During this phase the overall strength volume will increase. For big movements such as Squat and OH Press more warm up sets will be incorporated which should allow a higher weight to be built up to. Reduce weight and perform working sets. Perfect form/technique/ and correct positions is always the priority. Each week gradually build up to a higher weight but do not miss reps or fail.

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	STERNGTH SESSION								
1	SQUAT: BB, DB, OR KB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		1 x 5	RPE 5	1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 5
		1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 5
		1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 9	1 x 5	RPE 5
		5 x 5	RPE 5	3 x 5	RPE 7	5 x 3	RPE 7	3 x 5	RPE 4
	Rest 1-2min and hydrate								
2	STANDING OVERHEAD PRESS: BB OR DB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		3 x 5	RPE 6	3 x 5	RPE 6	2 x 5	RPE 6	3 x 5	RPE 5
3A	PUSH PRESS: BB, DB, OR KB	2 x 5	RPE 3	3 x 5	RPE 3	3 x 5	RPE 3	3 x 5	RPE 3
3B	BENTOVER ROW: BB, DB, OR KB	4 x 8	RPE 6	5 x 6	RPE 6	4 x 4	RPE 6	5 x 6	RPE 4
3C	SINGLE LEG RDL: DB OR KB	4 x 5 each	RPE 5	5 x 5 each	RPE 5	4 x 6 each	RPE 5	5 x 5 each	RPE 4
	Rest 1-2min and hydrate								
	STRENGTH CIRCUIT								
4A	DB FLAT BENCH PRESS	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	4 x 20 sec		3 x 14 sec	
4B	CHIN UPS	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	4 x 20 sec		3 x 14 sec	
5A	KB OR PLATE WAITER WALK	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	4 x 20 sec		3 x 14 sec	
5B	SIT UPS	3 x 16 sec	AMRAP	3 x 20 sec	AMRAP	4 x 20 sec		3 x 14 sec	
5C	LYING ON GROUND Y,T,W HOLDS	3 x 16 sec	Each	3 x 20s sec	Each	4 x 20 sec	Each	3 x 14 sec	Each

RECORD TIME:

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2A: Full Gym Access Based S&C Program

DAY 4 : Hops, LSD, Swim-Fin Conditioning

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Emphasis building weekly run mileage and swimming capacity/conditioning	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	SINGLE LEG FRONT/BACK LINE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
1B	SINGLE LEG SIDE/SIDE HOP	3	x	10	each	3	x	12	each	3	x	15	each	3	x	8	each
	(LSD) LONG SLOW DISTANCE																
2A	10:00min > Time	1	x	14 min	RPE 5-6	1	x	16 min	RPE 5-6	1	x	18 min	RPE 5-6	1	x	12 min	RPE 5-6
2B	Walk	1	x	700m		1	x	800m		1	x	1000m		1	x	600m	

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 9 SETS	x	REPS	NOTES	WEEK 10 SETS	x	REPS	NOTES	WEEK 11 SETS	x	REPS	NOTES	WEEK 12 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	4	x	1:00 min		4	x	1:10 min		4	x	1:20 min		4	x	1:30 min	
	Rest fully in between each set to complete prescribed time																
	If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold																
	Weekly Mindfulness Practice																

See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. Pick one or two sleep strategies to add to your routine in week one and take note each of the following weeks which work and which are maybe not right for you. Avoid adding or removing anything other that what you tried in week one for best results. If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 9 Meter	x	REPS	Interval	WEEK 10 Meter	x	REPS	Interval	WEEK 11 Meter	x	REPS	Interval	WEEK 12 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec
2		75	x	9	Rest 2 Min	100	x	6	Rest 1:15 min	100	x	4	Rest 1:15 min	300	x	2	Rest 3:30 min
3		25	x	4	Rest 20 sec	25	x	4	Rest 20 sec	Rest 5 minutes				25	x	4	Rest 20 sec
4										100	x	4	Rest 1:15 min				
5										25	x	4	Rest 20 sec				
6	FIN FREESTYLE OR COMBAT SIDE STROKE	525	x	4		575	x	4		650	x	4		725	x	3	

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 2A: Full Gym Access Based S&C Program

DAY 5: Ruck, Strength Training-gradually increase weight

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: Emphasis is increasing ruck mileage with appropriate pacing. Strength session will increase in volume/sets should begin to build to higher load/weight. Technique is always priority

WEEK 9	WEEK 10	WEEK 11	WEEK 12
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUCK

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	RUCK WORKOUT								
1A	RUCK	1 x 3 Mile	20lb Load	1 x 3 Mile	25lb Load	1 x 2 Mile	25lb Load	1 x 3 Mile	25lb Load
		16:00min Pace		15:00min Pace		15:00min Pace		16:00min Pace	

Ensure you have easily accessible hydration during your ruck. Have a small, easily digestible snack every 20-25min of training. Wear properly fitting boots/shoes and clothes.

Weekly Nutrition Review

Over this phase, take note of how your body has felt with your new dietary strategies. Try to eat an additional WHOLE FOOD snack each day and take note if the addition of more calories helps you feel more energetic, recover better between workouts, or ay other changes. Total daily caloric intake has a significant impact on your total progress within the physical training program.

BLOCK B: STRENGTH

During this phase the overall strength volume will increase. For big movements such as Bench Press and Deadlift more warm up sets will be incorporated which should allow a higher weight to be built up to. Reduce weight and perform working sets. Perfect form/technique/ and correct positions is always the priority. Each week gradually build up to a higher weight but do not miss reps or fail.

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	STRENGTH SESSION								
1A	FLAT BENCH PRESS: BB OR DB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		1 x 5	RPE 5	1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 5
		1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 5
		1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 9	1 x 5	RPE 5
		5 x 5	RPE 6	3 x 5	RPE 7	5 x 3	RPE 7	3 x 3	RPE 4
2A	DEADLIFT: TRAPBAR, BB, OR KB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		1 x 5	RPE 5	1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 5
		1 x 5	RPE 6	1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 5
		1 x 5	RPE 7	1 x 5	RPE 8	1 x 5	RPE 9	1 x 5	RPE 5
		3 x 5	RPE 5	3 x 5	RPE 6	3 x 3	RPE 7	3 x 5	RPE 4
	STRENGTH CIRCUIT								
3A	DB REAR FOOT ELEVATED SPLIT SQUAT (RFE)	3 x 8 each	RPE 5	3 x 6 each	RPE 6	3 x 8 each	RPE 6	2 x 8 each	RPE 4
3B	WEIGHTED PULL UPS + UNWEIGHTED PULL UPS	3 x 4+4	RPE 5	3 x 4+4	RPE 6	3 x 4+5	RPE 6	2 x 4+4	RPE 4
4A	STABILITY BALL IN & OUT OR "BODYSAW"	3 x 8 each		3 x 10 each		3 x 12 each		2 x 8 each	
4B	COPHENHAGEN PLANK	3 x 5 each		3 x 6 each		3 x 6 each		2 x 5 each	
5A	FARMER CARRY: TRAPBAR, DB, KB	3 x 30yds	RPE 6	3 x 30yds	RPE 6	3 x 30yds	RPE 7	2 x 30yds	RPE 4
5B	BENTOVER REVERSE FLY	3 x 10		3 x 12		3 x 12		2 x 10	

RECORD TIME:

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2A: Full Gym Access Based S&C Program

DAY 6 OPTIONAL OR ACTIVE RECOVERY: Run, Strength Circuit, Swim Conditioning

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on being consistent with finishing workouts in the same amount of time or slightly improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 9	WEEK 10	WEEK 11	WEEK 12
Running Warm Up	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	RUN-WALK								
1A	200M RUN COMPLETED IN 36-42 SECONDS	1 x 4	Walk is Rest	1 x 5	Walk is Rest	1 x 6	Walk is Rest	1 x 3	Walk is Rest
1B	WALK 200M AS REST	1 x 4	1:30	1 x 5	1:30	1 x 6	1:30	1 x 3	1:30

Runs should be RPE 5-6/HR Zone 2

Recoveries should be RPE 4/HR Zone 1

Complete run warm-up and 200m sprints. After 200m sprint actively recover by walking the next 200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest.

BLOCK B: STRENGTH

Ccomplete each total exercise repetitions with the fewest sets. Record time to complete strength circuit

	EXERCISE	WEEK 9 SETS x REPS	NOTES	WEEK 10 SETS x REPS	NOTES	WEEK 11 SETS x REPS	NOTES	WEEK 12 SETS x REPS	NOTES
	CAL CIRCUIT								
1	PULL UPS	1 x 30		1 x 30		1 x 30		1 x 30	
2	PUSH UPS	1 x 100		1 x 100		1 x 100		1 x 100	
3	SIT UPS	1 x 100		1 x 100		1 x 100		1 x 100	
4A	SIDE LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5 x 10		5 x 10		5 x 10		5 x 10	
4B	18' BOX STEP UP	5 x 5	each	5 x 5	each	5 x 5	each	5 x 5	each

RECORD TIME:

BLOCK C: SWIM

	EXERCISE	WEEK 9 Meter x REPS	Interval	WEEK 10 Meter x REPS	Interval	WEEK 11 Meter x REPS	Interval	WEEK 12 Meter x REPS	Interval
1	FREESTYLE	500+ x 1		500+ x 1		500+ x 1		500+ x 1	

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Full Gym Access Based S&C Program

DAY 1: Hops, Run-Conditioning, Swim-Tread Conditioning

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

High Days of Training during Phase: Day 1,2,4,5,6 (Training Days)
Easier Days of Training: Day 3 (Active Recovery) Day 7: (OFF Day)
Swim Days: Day 1,2,5 Ruck: Day 4

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Level 1 Conditioning Warmup	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

BLOCK A: RUN

Complete conditioning warm-up, hops, and 200m sprints. After 200-300m sprint actively recovering by walking the next 100-200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest. Week 14 changes to 300 run/ 100 walk

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	TUCK JUMPS	2	x	10		3	x	10		3	x	10		4	x	10	
1B	POGO HOPS FOR MAX HEIGHT	2	x	10		2	x	10		3	x	10		3	x	10	
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	6	Walk is Rest	1	x	8	Walk is Rest					1	x	4	Walk is Rest
2A	(week 15 only) 300M RUN COMPLETED IN 60-70 SECONDS									1	x	6	Walk is Rest				
2B	WALK 200M AS REST	1	x	6	1:30	1	x	8	1:30					1	x	4	1:30
2B	(week 15 only) WALK 200M AS REST									1	x	6	2:00				

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 13 Meter	x	REPS	Interval	WEEK 14 Meter	x	REPS	Interval	WEEK 15 Meter	x	REPS	Interval	WEEK 16 Meter	x	REPS	Interval
1	FREESTYLE	50	x	3	Rest 40 sec	50	x	1	Rest 40 sec	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec
2		500	x	1	Rest 5 Min	100	x	1	Rest 1:15 min	200	x	5	Rest 2:40 min	100	x	6	Rest 1:15 min
3		25	x	4	Rest 20 sec	200	x	1	Rest 2:40 min	25	x	4	Rest 20 sec	25	x	4	Rest 20 sec
4						300	x	1	Rest 3:15 min								
5						200	x	1	Rest 2:40 min								
6						100	x	1	Rest 1:15 min								
7						25	x	1	Rest 20 sec								
8	**TREAD**		x	2	1:35 min		x	2	1:45 min		x	2	1:55 min		x	2	1:45 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Full Gym Access Based S&C Program

DAY 2: LSD, Strength Training-gradually increase weight

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Emphasis increase LSD duration and increase load/weight during strength.	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.			

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	24 min	RPE 5-6	1	x	28 min	RPE 5-6	1	x	32 min	RPE 5-6	1	x	20 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

During this phase the overall strength volume will slightly decrease so load should slightly increase. For big movements such as Squat and OH Press more warm up sets will be incorporated which should allow a higher weight to be built up to. Reduce weight and perform working sets. Perfect form/technique/ and correct positions is always the priority. Each week gradually build up to a higher weight but do not miss reps or fail.

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	STERNGTH SESSION																
1	SQUAT: BB, DB, OR KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		1	x	3	RPE 5	1	x	3	RPE 6	1	x	3	RPE 7	1	x	3	RPE 5
		1	x	3	RPE 6	1	x	3	RPE 7	1	x	3	RPE 8	1	x	3	RPE 5
		1	x	3	RPE 7	1	x	3	RPE 8	1	x	3	RPE 9	1	x	3	RPE 5
		5	x	3	RPE 5	3	x	3	RPE 6	3	x	3	RPE 7	5	x	3	RPE 5
	Rest 1-2min and hydrate																
2	PUSH PRESS: BB OR DB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		3	x	5	RPE 6	5	x	5	RPE 6	3	x	5	RPE 6	3	x	5	RPE 4
	Rest 1-2min and hydrate																
3A	SINGLE ARM DB OR KB ROW	4	x	8 each	RPE 6	4	x	10 each	RPE 7	4	x	12 each	RPE 7	4	x	8 each	RPE 4
3B	SINGLE LEG RDL: DB OR KB	4	x	5 each	RPE 5	4	x	6 each	RPE 5	4	x	6 each	RPE 5	4	x	5 each	RPE 4
	Rest 1-2min and hydrate																
	STRENGTH CIRCUIT																
4A	DB FLAT BENCH PRESS	4	x	10 sec	AMRAP	4	x	10 sec	AMRAP	4	x	12 sec	AMRAP	4	x	10 sec	AMRAP
4B	PULL UP (5 SECONDS DOWN)	4	x	4		4	x	4		4	x	5		4	x	4	
5A	KB FRONT RACK CARRY	3	x	10 sec	Max Distance	3	x	10 sec	Max Distance	3	x	12 sec	Max Distance	3	x	10 sec	Max Distance
5B	WEIGHTED OR DECLINE SIT UPS	3	x	10 sec	AMRAP	3	x	10 sec	AMRAP	3	x	12 sec	AMRAP	3	x	10 sec	AMRAP
6A	DB OR PLATE LATERAL RAISES	3	x	10 sec	AMRAP	3	x	10 sec	AMRAP	3	x	12 sec	AMRAP	3	x	10 sec	AMRAP
6B	WEIGHTED CURTSEY LUNGE	3	x	10 sec	AMRAP	3	x	10 sec	AMRAP	3	x	12 sec	AMRAP	3	x	10 sec	AMRAP

RECORD TIME:

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Full Gym Access Based S&C Program

DAY 4 : Hops, Fartlek, Swim-Fin Conditioning

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Empahsis is improving duration on finning and building running capabilities	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	LATERAL STEP UP JUMP	2	x	10		3	x	10		3	x	10		2	x	10	
1B	POGO HOPS FOR MAX HEIGHT	2	x	10		2	x	10		3	x	10		2	x	10	
	(LSD) LONG SLOW DISTANCE																
2	10:00min > Time, Every 4th minute burst for 1 minute (around 7:00 pace)	1	x	16 min	RPE 5-6	1	x	20 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	14 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	2	x	1:35 min		2	x	1:45 min		2	x	2:00 min		2	x	1:45min	
	Rest fully in between each set to complete prescribed time																
	If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold																

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 13 Meter	x	REPS	Interval	WEEK 14 Meter	x	REPS	Interval	WEEK 15 Meter	x	REPS	Interval	WEEK 16 Meter	x	REPS	Interval
1	FREESTYLE	50	x	2	Rest 40 sec	50	x	2	Rest 40 sec	50	x	4	Rest 40 sec	50	x	4	Rest 40 sec
2		150	x	4	Rest 2 Min	200	x	3	Rest 2:40 min	200	x	3	Rest 2:40 min	150	x	3	Rest 2 Min
3		25	x	4	Rest 20 sec	25	x	8	Rest 20 sec	25	x	8	Rest 20 sec	25	x	8	rest 20 sec
4	FIN FREESTYLE OR COMBAT SIDE STROKE	800	x	2		900	x	2		1000	x	2		875	x	2	

Weekly Mindfulness Practice

See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. Try one or two new strategies in this training block. Be consisent and remember consistency is the key to a successful sleep routine! If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 2B: Full Gym Access Based S&C Program

DAY 5: Ruck, Strength Training-gradually increase weight

UNIT

FOCUS

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

Rucking load stays relatively the same, mileage and pacing begin to improve, Strength load/weight should gradually increase week to week

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Crawl Warm Up	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUCK

	EXERCISE	WEEK 13 SETS x REPS	NOTES	WEEK 14 SETS x REPS	NOTES	WEEK 15 SETS x REPS	NOTES	WEEK 16 SETS x REPS	NOTES
	RUCK WORKOUT								
1	RUCK	1 x 3 Mile	25lb Load	1 x 4 Mile	25lb Load	1 x 2 Mile	25lb Load	1 x 3 Mile	30lb Load
		15:00min Pace		16:00min Pace		15:00min Pace		16:00min Pace	

Ensure you have easily accessible hydration during your ruck. Have a small, easily digestible snack every 20-25min of training. Wear properly fitting boots/shoes and clothes.

Weekly Nutrition Review

Over this phase, take note of how your body has felt with your new dietary strategies. Try to eat an additional WHOLE FOOD snack each day and take note if the addition of more calories helps you feel more energetic, recover better between workouts, or ay other changes. Total daily caloric intake has a significant impact on your total progress within the physical training program.

BLOCK B: STRENGTH

During this phase the overall strength volume will slightly decrease so load should slightly increase. For big movements such as Squat and OH Press more warm up sets will be incorporated which should allow a higher weight to be built up to. Reduce weight and perform working sets. Perfect form/technique/ and correct positions is always the priority. Each week gradually build up to a higher weight but do not miss reps or fail.

	EXERCISE	WEEK 13 SETS x REPS	NOTES	WEEK 14 SETS x REPS	NOTES	WEEK 15 SETS x REPS	NOTES	WEEK 16 SETS x REPS	NOTES
	STRENGTH SESSION								
1	FLAT BENCH PRESS: BB OR DB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		1 x 3	RPE 5	1 x 3	RPE 6	1 x 3	RPE 7	1 x 3	RPE 5
		1 x 3	RPE 6	1 x 3	RPE 7	1 x 3	RPE 8	1 x 3	RPE 5
		1 x 3	RPE 7	1 x 3	RPE 8	1 x 3	RPE 9	1 x 3	RPE 5
		5 x 3	RPE 5	3 x 3	RPE 6	3 x 3	RPE 3	5 x 3	RPE 4
2	DEADLIFT: TRAPBAR, BB, OR KB	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4	3 x 5	RPE 4
		3 x 3	RPE 6+	3 x 3	RPE 7+	3 x 3	RPE 8	3 x 3	RPE 5
		2 x 3	RPE 4	2 x 3	RPE 5	2 x 3	RPE 4	2 x 3	RPE 4
	STRENGTH CIRCUIT								
3A	DB OR KB LATERAL LUNGE	4 x 6 each	RPE 5	4 x 7 each	RPE 5	4 x 8 each	RPE 5	3 x 6 each	RPE 5
3B	WEIGHTED PUL UPS + UNWEIGHTED PULL UPS	4 x 5+5	RPE 5	4 x 5+5	RPE 6	4 x 5+5	RPE 7	3 x 5+5	RPE 5
4A	STABILITY BALL CIRCLES OR "STIR THE POT"	3 x 6 each		4 x 8 each		4 x 10 each		3 x 6 each	
4B	WEIGHTED PUSH UPS	3 x 10		4 x 12		4 x 12		3 x 10	
4C	FARMER CARRY: TRAPBAR, DB, KB	3 x 25yds	RPE 6	4 x 25yds	RPE 6	3 x 25yds	RPE 6	3 x 25yds	RPE 5
5A	GLUTE HAM RAISE	3 x 8		3 x 8		3 x 8		2 x 8	
5B	CUBAN PRESS	3 x 8		3 8		3 x 8		2 x 8	

RECORD TIME:

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 2B: Full Gym Access Based S&C Program

FOCUS

DAY 6 OPTIONAL OR ACTIVE RECOVERY: Run, Strength Circuit, Swim Conditioning

Intent/Execution

Recruit should be familiarized with program movements and begin improving workload tolerance. Focus on be consistent with finishing workouts in the same amount of time or slight improving. Training Frequency increases to 4-5 days: 3 Run, 1 Ruck, 2-3 Swim, 2-3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: This workout should be performed as long as it will not have a negative influence on the following week. Should not be performed less than 24 hrs til the next weeks workout, ideally Saturday.

WEEK 13	WEEK 14	WEEK 15	WEEK 16
Running Warm Up	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK A: RUN

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	RUN-WALK																
1A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	5	Walk is Rest	1	x	6	Walk is Rest	1	x	7	Walk is Rest	1	x	3	Walk is Rest
1B	WALK 200M AS REST	1	x	5	1:30	1	x	6	1:30	1	x	7	1:30	1	x	3	1:30

Runs should be RPE 5-6/HR Zone 2

Recoveries should be RPE 4/HR Zone 1

Complete run warm-up and 200m sprints. After 200m sprint actively recover by walking the next 200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest.

BLOCK B: STRENGTH

	EXERCISE	WEEK 13 SETS	x	REPS	NOTES	WEEK 14 SETS	x	REPS	NOTES	WEEK 15 SETS	x	REPS	NOTES	WEEK 16 SETS	x	REPS	NOTES
	CAL CIRCUIT																
1	PULL UPS	1	x	40		1	x	40		1	x	40		1	x	40	
2	PUSH UPS	1	x	110		1	x	110		1	x	110		1	x	110	
3	SIT UPS	1	x	110		1	x	110		1	x	110		1	x	110	
1B	SIDE LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5	x	10		5	x	10		5	x	10		5	x	10	
2B	18' BOX STEP UP	5	x	5	each	5	x	5	each	5	x	5	each	5	x	5	each

Complete each exercise repes with the fewest sets possible. Record time to complete strength circuit

RECORD TIME:

BLOCK C: SWIM

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 13 Meter	x	REPS	Interval	WEEK 14 Meter	x	REPS	Interval	WEEK 15 Meter	x	REPS	Interval	WEEK 16 Meter	x	REPS	Interval
1	FREESTYLE	500+	x	1		500+	x	1		500+	x	1		500+	x	1	

Max Distance Consecutively, No Break, Goal is to Swim at least 500m. If struggling with swimming, put fins or pool buoy on and spend 10-15 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

Phase 3: Full Gym Access Based S&C Program

DAY 1: Run-Conditioning, Swim- Tread Conditioning

Intent/Execution: Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT: BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES: High Days of Training during Phase: Day 1,2,3,4,5,6 (Training Days)
Day 7: (OFF Day)
Swim Days: Day 1,3,5 Ruck: Day 6

WEEK 17	WEEK 18	WEEK 19	WEEK 20
Level 1 Conditioning Warmup	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*	*Level 1 Conditioning Warmup*
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Complete conditioning warm-up, hops, and 200m sprints. After 200-300m sprint actively recovering by walking the next 100-200m. If recovering fast increase walking pace, if unable to hit sprint time decrease walking pace for longer rest. Week 19 changes to 300 run/ 100 walk

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	DEPTH JUMPS 12" BOX	4	x	5		4	x	5		4	x	5		3	x	5	
	RUN-WALK																
2A	200M RUN COMPLETED IN 36-42 SECONDS	1	x	6	Walk is Rest	1	x	8	Walk is Rest					1	x	4	Walk is Rest
2A	(WEEK 19 ONLY) 300M RUN COMPLETED IN 60-70 SECONDS									1	x	6	Walk is Rest				
2B	WALK 200M AS REST	1	x	6	1:30	1	x	8	1:30					1	x	4	1:30
2B	(WEEK 19 ONLY) WALK 100M AS REST									1	x	6	2:00				

If struggling with swimming, put fins or pool buoy on and spend 5-10 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

BLOCK C: SWIM

	EXERCISE	WEEK 17 Meter	x	REPS	Interval	WEEK 18 Meter	x	REPS	Interval	WEEK 19 Meter	x	REPS	Interval	WEEK 20 Meter	x	REPS	Interval
1	FREESTYLE	50	x	1	Rest 40 sec	50	x	1	Rest 40 sec	100	x	1	Rest 1:15 min	25	x	1	Rest 20 sec
2		100	x	1	Rest 1:15 min	100	x	1	Rest 1:15 min	200	x	1	Rest 2:40 min	50	x	1	Rest 40 sec
3		200	x	1	Rest 2:40 min	200	x	1	Rest 2:40 min	500	x	1	Rest 5:00 min	100	x	1	Rest 1:15 min
4		300		1	Rest 3:15 min	400	x	1	Rest 4:20 min	200	x	1	Rest 2:40 min	200	x	1	Rest 2:40 min
5		200		1	Rest 2:40 min	200	x	1	Rest 2:40 min	100	x	1		100	x	1	Rest 1:15 min
6		100		1	Rest 1:15 min	100	x	1	Rest 1:15 min					50	x	1	Rest 40 sec
7		25		1		50	x	1						25	x	1	
8	**TREAD**		x	1	2:10 min		x	1	2:25		x	1	2:40 min		x	1	3:00 min

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Full Gym Access Based S&C Program

DAY 2: LSD, Strength Training- maintain

Intent/Execution

Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Emphasis increase LSD duration and Stength goal is maintain and not push. Strength session times should begin to decreasse over weeks	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*	*Run Warm Up*
	Warm up should be completed to reach RPE 5/HR Zone 2 - focus on moving well.			

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time	1	x	20 min	RPE 5-6	1	x	24 min	RPE 5-6	1	x	28 min	RPE 5-6	1	x	20 min	RPE 5-6

This is not a max out run. Should be able to hold the consistent speed for the entire duration while being able to talk full conversation. With you are only able to speak 1-2 words your pacing/speed is to fast and needs to be reduced

BLOCK B: STRENGTH

Emphasis for this phase is to maintain strength/techinque. Goal is to push on run and swim modalities

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	STRENGTH SESSION																
1A	SQUAT: BB, DB, KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		5	x	3	RPE 8	5	x	3	RPE 8	5	x	3	RPE 8	3	x	5	RPE 4
1B	PULL UPS	8	x	12		8	x	12		8	x	12		6	x	10	
2A	PUSH PRESS: BB, DB, OR KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		3	x	3	RPE 6	3	x	3	RPE 6	3	x	3	RPE 6	2	x	3	RPE 4
2B	DB OR KB SINGLE ARM ROW	6	x	10 each	RPE 6	6	x	12 each	RPE 6	6	x	12 each	RPE 6	5	x	8 each	RPE 6
	Rest 1-2min and hydrate																
3A	KB SWING	4	x	10		4	x	12		4	x	12		3	x	12	
3B	EXPLOSIVE OR CLAPPING PUSH UP	4	x	10		4	x	10		4	x	10		3	x	10	
3C	18" BOX STEP UP	4	x	6	each	4	x	6	each	4	x	6	each	3	x	6	each
	Rest 1-2min and hydrate																
4A	SIT UPS	3	x	25		3	x	25		3	x	25		2	x	25	
4B	SIDE PLANKS	3	x	30 sec	each	3	x	30 sec	each	3	x	30 sec	each	2	x	30 sec	each
4C	BENTOVER Y,T,W RAISES	3	x	10	each	3	x	10	each	3	x	10	each	2	x	10	each

RECORD TIME:

Refuel and Rehydrate within 60min after finishing training

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Full Gym Access Based S&C Program

DAY 3 : Fin Conditioning

Intent/Execution

Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES

Final build to complete a 1500m fin.

WEEK 17	WEEK 18	WEEK 19	WEEK 20
In Place Warm Up	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*

Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance

BLOCK C: SWIM

		WEEK 17				WEEK 18				WEEK 19				WEEK 20			
	EXERCISE	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval	*Meter*	x	*REPS*	Interval
1	FREESTYLE	50	x	10	Rest 40 sec	100	x	7	Rest 1:15 min	200	x	5	Rest 2:40 min	300	x	2	Rest 3:15 min
2	FIN FREESTYLE OR COMBAT SIDE STROKE	1100	x	1		1225	x	1		1350	x	1		1500	x	1	

Weekly Mindfulness Practice

Take 30min each week before or after this training session to review your sleep habits and review which strategies allow you to attain more restful and restorative sleep. See the sleep section in this training manual for specific strategies, tips, and references to enhance your sleep practices. If you are concerned with your sleep habits or progress, seek help from a qualified medical doctor.

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 3: Full Gym Access Based S&C Program

FOCUS

DAY 4: Hops, Strength Capacity Circuit

Intent/Execution

Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Emphasis of the day to push on run and maintain on strength	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*	*In Place Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

Goal is utilize the least amount of rest to complete this run workout.

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	HOP/JUMP CIRCUIT																
1A	SPEED SKATER JUMP	4	x	6		4	x	6		4	x	6		3	x	6	
1B	400M RUN 90 SECONDS TO COMPLETE	3	x	1	Minimal rest	4	x	1	Minimal rest	5	x	1	Minimal rest	2	x	1	Minimal rest

Continue eating to fuel your training. Prioritize whole foods and protein/fats/carbs with every meal/snack. In general, you will want 15g of dietary fiber for every 1000 calories you eat each day.

BLOCK B: STRENGTH

Emphasis for this phase is to maintain strength/techinque. Goal is to push on run and swim modalities

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	STRENGTH SESSION																
1A	DEADLIFT: TRAPBAR, BB, OR KB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		5	x	3	RPE 8	5	x	3	RPE 9	5	x	3	RPE 10	5	x	3	RPE 5
1B	BAND PULL APARTS	8	x	12		8	x	12		8	x	12		6	x	12	
2A	FLAT BENCH PRESS: BB OR DB	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4	3	x	5	RPE 4
		3	x	10	RPE 6	4	x	10	RPE 6	4	x	10	RPE 7	3	x	10	RPE 4
2B	PULL UPS	6	x	12	RPE 6	7	x	12	RPE 6	7	x	12	RPE 6	6	x	8	RPE 4
	Rest 1-2min and hydrate																
3A	DIPS	4	x	10		4	x	12		4	x	12		3	x	10	
3B	RFE SPLIT SQUAT	4	x	10 each		4	x	12 each		4	x	12 each		3	x	10 each	
3C	FARMER CARRY: TRAPBAR, DB, OR KB	4	x	30 yds		4	x	30 yds		4	x	30 yds		3	x	30 yds	
	Rest 1-2min and hydrate																
4A	SIT UPS	3	x	25		3	x	25		3	x	25		2	x	25	
4B	MED BALL SIDE TOSS	3	x	6 each		3	x	6 each		3	x	6 each		2	x	6 each	
4C	BACK EXTENSIONS	3	x	10		3	x	10		3	x	10		2	x	10	

Record Time:

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Special Warfare Training Wing

UNIT

Phase 3: Full Gym Access Based S&C Program

FOCUS

DAY 5: Fartlek, Swim Conditioning

Intent/Execution

Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Improving running paces and being able to change paces while fatigued. Final swim conditioning	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*	*Running Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUN

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	(LSD) LONG SLOW DISTANCE																
1	10:00min > Time, Every 4th minute burst for 1 minute (around 7:00 pace)	1	x	18 min	RPE 5-6	1	x	20 min	RPE 5-6	1	x	22 min	RPE 5-6	1	x	16 min	RPE 5-6

HR Zone 2 -- When you burst, push to RPE 8-9. Immediately slow your breathing and work on getting your HR down as quickly as feasible once you're back to cruising pace.

BLOCK B: STRENGTH

	EXERCISE	WEEK 17 SETS	x	REPS	NOTES	WEEK 18 SETS	x	REPS	NOTES	WEEK 19 SETS	x	REPS	NOTES	WEEK 20 SETS	x	REPS	NOTES
	GRIP DEVELOPMENT																
1	PULL UP DEAD HANG STRAIGHT ARMS	1	x	2:10		1	x	2:30		1	x	2:45		1	x	3:00	

Rest fully in between each set to complete prescribed time

If unable to hold for entire time drop off, shake out hand, hop back up, and continue to hold

BLOCK C: SWIM

If struggling with swimming, put fins or pool buoy on and spend 5-10 minutes warming up freestyle: FOCUS ON PROPER BREATHING AND STREAMLINE MECHANICS

	EXERCISE	WEEK 17 Meter	x	REPS	Interval	WEEK 18 Meter	x	REPS	Interval	WEEK 19 Meter	x	REPS	Interval	WEEK 20 Meter	x	REPS	Interval
1	FREESTYLE	25	x	4	Rest 20 sec	50	x	4	Rest 40 sec	100	x	4	Rest 1:15 min	25	x	4	Rest 20 sec
		50	x	3	Rest 40 sec	100	x	3	Rest 1:15 min	150	x	3	Rest 2:00 min	50	x	3	Rest 40 sec
		100	x	2	Rest 1:15 min	200	x	2	Rest 2:40 min	300	x	2	Rest 3:15 min	100	x	2	Rest 1:15 min
		50	x	3	Rest 40 ssec	50	x	3	Rest 40 sec	50	x	3	Rest 40 sec	50	x	3	Rest 40 sec
		100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min	100	x	2	Rest 1:15 min
		200	x	1		200	x	1		200	x	1		200	x	1	

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

UNIT

Special Warfare Training Wing

FOCUS

Phase 3: Full Gym Access Based S&C Program

DAY 6: Ruck, Strength Training-maintain

Intent/Execution

Recruit should be exceeding entry baseline. Focus on improving workout completion times. Training Frequency increases to 6 days: 3 Run, 1 Ruck, 3 Swim, 3 Strength

REQ'D EQUIPMENT

BB's/DB's/ Plyo Box/ Pull Up Bar/Stretch Bands/ Foam Roller & Tennis Ball

WARM UP

NOTES	WEEK 17	WEEK 18	WEEK 19	WEEK 20
Ruck loads increase to final entry weight.	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*	*Crawl Warm Up*
	Warm up should be completed to reach RPE 7/HR Zone 3 - focus on increasing speed of drills with great balance			

BLOCK A: RUCK

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	RUCK WORKOUT								
1	RUCK	1 x 3 Mile	30lb Load	1 x 4 Mile	30lb Load	1 x 2 Mile	35lb Load	1 x 3 Mile	35lb Load
		15:00min Pace		16:00min Pace		16:00min Pace		16:00min Pace	

RUCK TIPS

Alternate sweet and salty snacks every 15-20 minutes. Pack your weight high and close to the body. Focus on keeping strides normal; overstriding can create injury risk. Do not run with your ruck, you should be able to meet this pace without running/jogging.

BLOCK B: STRENGTH

	EXERCISE	WEEK 17 SETS x REPS	NOTES	WEEK 18 SETS x REPS	NOTES	WEEK 19 SETS x REPS	NOTES	WEEK 20 SETS x REPS	NOTES
	CALS CIRCUIT								
1	PULL UPS	1 x 50		1 x 50		1 x 50		1 x 50	
2	PUSH UPS	1 x 120		1 x 120		1 x 120		1 x 120	
3	SIT UPS	1 x 120		1 x 120		1 x 120		1 x 120	
4A	SIDE-LYING SHOULDER EXTERNAL ROTATION (elbows at 90 degrees)	5 x 10		5 x 10		5 x 10		5 x 10	
4B	18' BOX STEP UP	5 x 5	each	5 x 5	each	5 x 5	each	5 x 5	each

CIRCUIT TIPS

Complete Pull Ups, Push Ups, and Sit Ups with as few sets as possible. Complete all reps of each exercise before moving on to the next. Once all cals have been completed, move on to external rotations and step ups. Sip water as needed.

RECORD TIME:

AAR (After Action Report)/TIME OF COMPLETION FOR EACH MODALITY:

Appendix A

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 – the intensity in total weight, distance, speed and/or time of an exercise or workout
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 backpack 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 usually associated with a specific ability such as muscular, running, rowing, etc.

Appendix B

For additional information on specific exercise movement patterns please see:
https://www.nsca.com/
search/?searchQuery=Exercise+Technique&page=1&perPage=10&sortField=Relevance&types=video)

If additional assistance is needed for swimming find a certified swim instructor at: https://www.usaswimming.org/parents/learn-to-swim

You can also find additional information on a variety of human performance topics such as nutrition, injury recovery, mental skills, goals setting, etc. at: https://www.hprc-online.org/