





## SFAB Candidates,

### What does it mean to be an SFAB Advisor?

It means to be a **highly trained, tactically adept, and strategically conscious professional** ready to compete and fight at a moment's notice. The Security Force Assistance Command (SFAC) remains **an all-volunteer force** that heavily invests in the training, education, equipping, and readiness of those we assess and select to become Advisors. Service as an Advisor in a Security Force Assistance Brigade (SFAB) is the only assignment dedicating 70% of its resources on developing individual technical and leadership competencies. Our investment in the individual Advisors is what allows Geographic Combatant Commanders little to no oversight, a true testament to the professionalism of our SFAB Advisors.

Our Advisors return to the conventional force **better prepared to lead** their Soldiers and units under any condition.

It means to be **the face of the United States Soldier** in a foreign country. It means being the frontline of Army competition and a vital capability during conflict. It means **accepting challenges** and **thriving** in ambiguous environments.

Most importantly, it means **winning in campaigning, crisis, and conflict**.

As our charter states: **We are 100% ready** – technically, tactically, physically, and mentally; **we exceed all standards**.

Your experience and this training plan prepare you for the rigors of SFAC assessment and selection. **Come prepared**.

We look forward to you being on the Team.

**Victorious Together!**

REESE W. TEAKELL  
CSM, USA

DONN H. HILL  
Major General, USA  
Commanding



<https://www.goarmy.com/sfab>

## Overview

The following 6-week physical assessment and development program is designed to maximize performance and facilitate success at SFAC Assessment and Selection (A&S). This program provides comprehensive development of the required fitness components to thrive at A&S.

- Ruck marches, running, and aerobic machines are used to develop the aerobic system and condition the body to handle the endurance demands during the course. \*Use (ATP 3-21.18 for more information on foot marches)
- Interval sessions and tactical circuit training develop the strength-endurance required to push candidates during combat situations, battle drills, and the various scenarios that will be encountered in the various phases.
- Strength training using ratings of perceived exertion (RPE) and relative effort (RE) improves maximal strength and power development while lowering injury risk.

Training is 5 days per week. The first week of this program uses various physical assessments while still completing training sessions. Weeks 2-6 use undulating/non-linear periodization to maximize the performance enhancement of the program and allow you, the athlete, to adjust training as needed based on your ability to recover and adapt.

## Assessment and Selection

SFAC Assessment and Selection is a physically and mentally demanding course. Developing personal fitness capacity is a necessity prior to arrival. Advisors must have a calm demeanor, demonstrate ongoing capability for critical and creative thinking, be tolerant to ambiguity, be positive members of a team, and be experts in your field capable of communicating, coaching, and mentoring others.

Over the course of the 5-day assessment, candidates can expect to take an ACFT with height and weight screening, road march with at least a 35lbs ruck, complete various obstacles and physical demanding tasks, undergo psychological testing, and test one's critical and creative thinking skills.

**\*Disclaimer:** The views, practices, and procedures within this document are widely nested within Army Doctrine; however, the views and programming in this document are not necessarily those of the US Army, Department of Defense, or SFAC Command. Contributors to this product provided knowledge and expertise within their own respective field. Please consult a physician before starting the fitness program\*

## **Training Terminology**

**Aerobic System** - This is the body's ability to endure physical strain lasting longer than roughly 3 minutes. An improvement in this capacity can improve running, rucking, push-ups, and obstacle course performance while also decreasing the necessary recovery time between intervals, tasks, or sets in training and A&S.

**Anaerobic System** - This is the body's ability to produce energy in a shorter time frame. One portion of this system produces maximal force in a short time (<6 seconds) and the other side produces the body's main source of energy for up to 3 minutes. This is trained with maximal strength training for the former and interval training / tactical circuit training for the latter.

**Threshold Intervals** – These include runs, rucks, and aerobic machines done at a high intensity for 1-4 minutes. This will not be an all-out sprint, but rather it focuses on the ability to pace throughout a training session and understand what is too hard or too easy for your own capabilities.

**Tempo Runs** – These are done at your goal “Race Pace,” which is a 2-mile run for this program. When a tempo run is prescribed, it will be within +/- 5-10% of your current 2-mile pace / per mile.

**Long slow distance** – Training sessions need to include long, sustained paces for extended durations to prepare for the demands at A&S. Heart rate should not exceed 70% of max, and the intensity should remain low throughout the duration of the session, generally at an RPE 6-7 / RE of moderate.

**RPE/RE (Rating of perceived exertion / relative effort)** – Subjective scales of effort that help track intensity. Both of these scales increase user feedback by allowing the athlete to determine what intensity is right for them on that training day without being assigned a specific pace or load.

**Tactical Circuit Training** – Another name for interval training, yet it includes specific demands placed on the tactical athlete based on their specific job tasks. For A&S, Candidates will be expected to react to contact, sprint away from IDF (indirect fire), load and carry casualties, carry heavy ammunition, weapons, and more. These demands are best trained in the field, yet they can all be mimicked in a controlled training environment using various exercises to stimulate the body in a similar manner. These circuits will dramatically improve the body's ability to respond to and complete these demands by improving breathing, control, bracing, carrying loads while fatigued, recovering one system while another is working, and more.

**EMOM** – Every minute on the minute training is done when the first set is completed at 0:00 on a running clock, the 2<sup>nd</sup> at 1:00, etc. (e.g., E2MO2M means every 2 minutes).

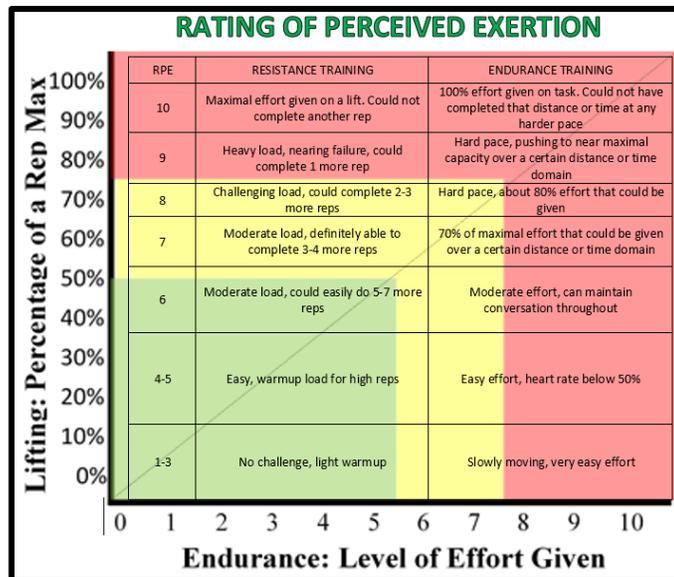
**AMRAP** – As many reps/rounds as possible is completed by doing maximal reps/rounds in a given time frame.

**RPE/RE during lifting** – Sessions will include these to gauge relative intensity

|                                 |   |
|---------------------------------|---|
| <b>RPE 10<br/>RE Maximal</b>    | This is maximal effort, train to absolute failure with good technique, no remaining reps, max weight                |
| <b>RPE 9<br/>RE Very hard</b>   | Train to near maximal intensity while leaving 1 to possibly 2 reps with good technique left, pushing to near limits |
| <b>RPE 8<br/>RE Challenging</b> | Work until you can complete roughly 2-3 reps with good technique left, a challenging, but not maximal, effort       |
| <b>RPE 7<br/>RE Moderate</b>    | Work until you can complete roughly 3-4 reps with good technique left, a moderately challenging effort              |

**RPE/RE during conditioning** – Sessions will include these to gauge pace and intensity

|                                       |  |
|---------------------------------------|--|
| <b>RPE 10<br/>RE Maximal</b>          | This is maximal effort, all-out to complete the assigned work load in the shortest time possible                     |
| <b>RPE 9<br/>RE Very hard</b>         | Train to near max intensity, with barely anything left to give at the end of the assigned work load / distance       |
| <b>RPE 8<br/>RE Challenging</b>       | Push to a hard pace, but not something that will ruin the following set of that work load                            |
| <b>RPE 7<br/>RE Moderate</b>          | Push to a moderate/hard pace, this will be a consistent effort across many sets done to improve pacing and awareness |
| <b>RPE 5 &amp; 6<br/>Low-moderate</b> | Easy-moderate pace, typically for warmup or active rest  |



## **A&S Nutrition & Recovery**

Diet is a habitual task. It is recommended that any changes are in accordance with lifestyle adjustments to create an environment for success. **Avoiding processed foods** (full-sugar drinks, fast food, and candy), **and consuming real foods** (fruits, vegetables, lean meats, etc) instead **is highly recommended**. The international society of sports nutrition (ISSN) has an entire document detailing practical guidelines for tactical athletes to follow. Reading through the document for personalized areas of interest is ideal.

### **ISSN's Military Recommendations:**

"Energy demands should be met by utilizing the Military Dietary Reference Intakes (MDRIs) established and codified in Army Regulation 40-25. Although research is somewhat limited, military personnel may also benefit from caffeine, creatine monohydrate, essential amino acids, protein, omega-3 fatty acids, beta-alanine, and L-tyrosine supplementation, especially during high-stress conditions" (Gonzalez et al., 2022, p. 268).

Military professions can dramatically vary regarding caloric needs, daily activity levels, and operational tempo. Recording a daily food journal, hand-written or in an app, can be helpful to determine and assess current consumption levels and create plans for positive change.

Since this program is moderately high in both volume and intensity, it is recommended Soldiers use a rough estimate to gauge **caloric needs** to fuel performance:

- 15.9-22.7 calories/pound/day (e.g., 200lb Soldier eating 3,180-4,540 calories/day OR a 150lbs Soldier eating 2,385-3,405 calories/day)

The volume and intensity present in this program indicate that a high carbohydrate diet is likely best to fuel optimal performance. Soldiers should aim to consume somewhere in the calorie range described above. Calories can be broken down into three separate macronutrients: protein and carbohydrates (both 4 calories per gram) and fats (9 calories per gram). Calorie intake with broad macronutrient targets is explored below:

- **Protein:** 0.6-0.9g of protein per pound of body weight per day
- **Carbohydrates:** Roughly 50% of daily calorie intake, ~1.8-3.6g/lb/day
- **Fats:** 30% or less of daily calorie intake (e.g. 3,000cal/day intake would have between 50-100g fat per day for 15-30% of daily intake)

For more information on **hydration** and **supplementation**, please see the PDF link below to the ISSN position statement from pages 275-279. Generally, Soldiers must be constantly aware of their hydration status as it is critically important for physical performance, mental performance, and overall health. Further personalized guidance can be sought from your unit/MTF dietitian or Army Wellness Center.

### **ISSN Position Statement on Tactical Athlete Nutrition:**

<https://doi.org/10.1080/15502783.2022.2086017>

\*Disclaimer: Coach Whisler is certified as a sports nutritionist through the ISSN\*

## Warmup Sequences

- 1) **Each day before choosing a sequence:** foam roll, percussive device, or conduct self-myofascial release (SMFR) for roughly 3-5 minutes.
- 2) **Choose a general warmup at RPE 5-6**
  - 3-5 minutes air bike, easy jog, row, or incline treadmill hike; the focus is to slowly elevate your heart rate and should engage muscle groups that will be stressed throughout the workout.
  - Adding ATP 7-22.02, Chapter 4: Hip Stability Drill and Shoulder Stability Drill, would be a great addition to any day of the program, up to 2-3x per week each
- 3) **Choose a specific warmup**
  - If you are lifting, gradually progress in load through small jumps up to the assigned workload, RPE, and/or RE range.
  - If you are conditioning, gradually progress in speed at 10-15 second intervals up to the target pace of the highest intensity set of the training day. (e.g., if you have intervals of 800-400-and 200m, gradually progress in speed through sets of 10-15 seconds at progressively faster paces warming up to the goal 200m pace for that training session before resting and starting the first set).
  - If you are strictly conducting tactical circuits, complete 1 full round of the circuit at HALF the intensity and reps of the assigned workload. If the circuit is based on pace, go at half speed for one full round while using half reps. If the circuit has weights assigned, complete the full round at the assigned loads, just complete half the reps/distance/pace that is in the actual circuit session.

After all warmups are complete, navigate to the correct week and day of the program currently being completed. Warmup should be completed before starting the workout on EACH day! Warming up properly is critical to decreasing injury risk, improving performance, and promoting long-term development.

## Cool Down Sequences (ATP 7-22.02, Chapter 16)

Each day, it is recommended to conduct some form of a cool down. Cool downs function as a way for the body to decrease sympathetic (fight or flight) drive and improve time to mentally and physically recover from a challenging session.

Each cool down should consist of 2-5 minutes of easy walking, cycling, or a light jog. This should be followed by 5-10 minutes of stretching that targets your personal limitations. If you have tight hamstrings, stretch those. If you have a tight lower back, stretch that! Take 2-3 sets of 20-30 seconds per stretch to maximize effectiveness.

*\*\*If you develop mobility limitations or concerns with the following exercises, it is recommended you seek consultation with your unit/MTF physical therapist or strength coach. Depending on the concern, exercises may be able to be modified to allow progression without cessation of the exercise\**

## Week 1

### Day 1 - Strength and Threshold Intervals

| Exercise   | Sets  | Reps | Weight   | Notes   |
|--|---|------|----------|---|
| A1) Front Squat<br>(ATP 7-22.02, pg. 14-1)                 | 1-4   | 3    | RPE 9-10 | Set an estimated 3 rep max (3RM) to base future training  |
| A2) Tuck Jump<br>(ATP 7-22.02, pg. 5-17)                   | 4-5   | 3    | BW       |   |
| B1) Push Press<br>(ATP 7-22.02, pg. 14-15)                 | 1-4   | 5    | RPE 9-10 | Set an estimated 3 rep max (3RM) to base future training  |
| B2) Standing Power Throw (*SPT)<br>(ATP 7-22.01, pg. 2-18) | 6   | 2    | 10-20lbs | Med ball throw  |
| C1) Ring/TRX pushups<br>(ATP 7-22.02, pg. 10-1)            | -   | 30   | BW       | Switch back and forth between pushup and rows to complete |
| C2) Ring/TRX BW rows<br>(ATP 7-22.02, pg. 10-6)            | -   | 60   | BW       |   |
| D1) Threshold intervals                                    | 2-3 rounds of (200m, rest 30 seconds, 300m, rest 30 seconds, 400m, rest 30 seconds). Rest 3-4 minutes between rounds. Goal pace for all reps is at your 2-mile PR pace. Keep consistent splits in all intervals |      |          |   |
| Cool down with 5-10 minutes of stretching                  |   |      |          |   |

### Day 2 - Tactical Circuit

| Exercise  | Sets  | Reps | Weight                             | Notes                                 |
|---|---|------|------------------------------------|---------------------------------------|
| <b><u>3-5 rounds with 4-5 minutes rest between rounds</u></b> |   |      |                                    |                                       |
| A1) SPEED trap bar DL<br>(ATP 7-22.01, pg. 2-15)              |   | 3    | 40-50% of most recently tested 3RM | Move the weight as fast as possible!! |
| A2) Empty sled push sprint<br>(sub sled pull if needed)       |   | 30yd | Empty                              | Sprint!                               |
| A3) Bear crawl  | Keep shoulders in line with the hips, emphasize even movement and core tightness over speed |      |                                    |                                       |
| B1) Burpees/ Assault Bike/<br>Concept 2 machine               | 5-8 rounds of 30 sec on 30 sec off for max reps/calories                                    |      |                                    |                                       |
| Cool down with 5-10 minutes of stretching                     |   |      |                                    |                                       |

### **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise  | Sets | Reps  | Weight     | Notes   |
|---|------|-------|------------|---|
| A1) Pull-ups (60-75 sec rest between sets) (ATP 7-22.02, pg. 6-3)   | 5-8  | 4-6   | BW         | Choose different variant each set: rings, chins, pull-ups, neutral, etc.  |
| B1) Weighted pushups dropsets (2-3 minutes rest between sets)   | 3-5  | RPE 8 | X/X/<br>BW | Start with heavy plate or band for max reps to RPE 8, drop to slightly lighter plate or band and immediately keep repping to RPE 8, drop to BW, keep going = 1 set  |
| C1) Burpees   | 10   | 7     | BW         | EMOM x 10, complete 7 burpees   |
| D1) V-ups (ATP 7-22.02, pg. 5-2)  | 3-5  | 10-20 | BW         | Alternate with minimal rest between each. ASLR=supine position, both legs straight above torso, lower one leg at a time slowly without bending knees, touch heel to ground, return to starting position, switch legs, and repeat. Work on separating the hips/legs & keeping knees straight |
| D2) Active straight leg raise (ASLR)  | 3-5  | 10-20 | BW         |   |
| E1) <u>Tempo run</u> : On road outdoors, complete each of the following with 2 min rest between sets: 1:30 out and back (3:00 total), 2:00 out and back, 2:30 out and back, 3 min out and back (6 min total), 2:30 out and back, 2:00 out and back, 1:30 out and back. EACH set should be the EXACT same pace @ around your goal 5-mile pace. Start/finish position should be the SAME throughout. 30 min total at this pace. |      |       |            |   |
| Cool down with 5-10 minutes of stretching   |      |       |            |   |

### **Day 4 - Optional Recovery Circuit**

Complete 20-40 minutes easy pace on bike, hike, row, etc.

### **Day 5 - Strength and Tactical Circuit**

| Exercise   | Sets | Reps  | Weight   | Notes                                      |
|--|------|-------|----------|--|
| A1) Heavy hex bar DL   | 1-4  | 3     | RPE 9-10 | Set new 3RM to base future training off of |
| A2) DB/KB Push press<br>(ATP 7-22.02, pg. 13-8)                                    | 3-5  | 6 ea. | RPE 7-8  |  |
| B1) Flat bench<br>(ATP 7-22.02, pg. 14-6)  | 1-4  | 3     | RPE 9-10 | Set new 3RM to base future training off of |
| B2) Belt squat/Leg press<br>(ATP 7-22.02, pg. 15-1)                                | 3-5  | 8-12  | RPE 7-8  |  |
| C1) <u>15 min AMRAP</u> : 20 burpees, 20 calorie assault runner/bike, 1 rope climb |      |       |          |  |
| Cool down with 5-10 minutes of stretching  |      |       |          |  |

### **Day 6 - Steady State Aerobic**

Ruck 4 miles with 35lbs for time at RPE 9-10 / RE very hard; \*See (ATP 3-21.18, Appendix C for details on packing ruck efficiently) \*Record time to completion\* The pace per mile (min/mi) will be used as reference for the next 5 weeks

### **Day 7 - Recovery Training (Optional)**

Complete 10-30 minutes of an easy recovery session such as hiking, swimming, cycling, etc.

## **Week 2**

### **Day 1 - Strength and Threshold Intervals**

| Exercise            | Sets | Reps | Weight   | Notes   |
|---------------------|------|------|----------|---|
| A1) Front Squat     | 3-5  | 3    | RPE 7-8  | Slightly heavier if able                                  |
| A2) Tuck Jump       | 3-5  | 3    | BW       |   |
| B1) Push Press      | 4-6  | 5    | RPE 7-8  |   |
| B2) SPT             | 6    | 2    | 10-20lbs | Slightly heavier weight if able                           |
| C1) Ring/TRX pushup | -    | 40   | BW       | Switch back and forth between pushup and rows to complete |
| C2) Ring/TRX rows   | -    | 80   | BW       |   |

|   |   |
|---|---|
| D1) Threshold intervals                   | 3 rounds of (250m, rest 30 seconds, 350m, rest 30 seconds, 450m, rest 30 seconds). Rest 3-4 minutes between rounds. Goal pace for all reps is 2-mile PR pace. |
| Cool down with 5-10 minutes of stretching |   |

## **Day 2 - Tactical Circuit**

| Exercise  | Sets  | Reps | Weight | Notes              |
|---|---|------|--------|--------------------|
| <b><u>5 rounds with 4-5 minutes rest between rounds</u></b>   |   |      |        |                    |
| A1) Speed trap bar DL   |   | 3    | 40-50% | Move FAST! RPE 6   |
| A2) Backward sled pull  |   | 50m  | 90lbs  | Positioning is key |
| A3) Bear crawl  | Keep shoulders in line with the hips, emphasize even movement and core tightness over speed |      |        |                    |
| <b><u>EMOM x 16-20 min:</u></b> 1) 30 second assault bike, 2) 50m farmer carry with 50-70lb KBs (ATP 7-22.02, pg. 2-23), 3) 8-12 reps burpees, 4) 8 reps of forward med ball throws against wall (ATP 7-22.02, pg. 9-1), HARD push with 10-25lbs ball |   |      |        |                    |

## **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise   | Sets  | Reps  | Weight     | Notes  |
|--|-------|-------|------------|--|
| A1) Pull-ups (60-75 sec rest between sets)   | 5-10  | 4-8   | BW         | Choose a different variant EVERY set: rings, chins, pull-ups, neutral, L-sit, over/under grip, etc.  |
| B1) Weighted pushups dropsets (2-3 minutes rest between sets)  | 3-5   | RPE 9 | X/X/<br>BW | Start with heavy plate or band for max reps to RPE 9, drop to slightly lighter plate or band and immediately keep repping to RPE 9, drop to BW, keep going = 1 set |
| C1) Burpees  | 10-12 | 8-10  | BW         | Complete 8-10 burpees EMOM for 10-12 minutes   |
| D1) V-ups  | 3-5   | 10-20 | BW         | Alternate with minimal rest between each.  |
| D2) ASLR   | 3-5   | 10-20 | BW         |  |
| E1) <b><u>Tempo run:</u></b> On road outdoors, complete each of the following with 2 min rest between sets: 1:30 out and back (3:00 total), 2:00 out and back, 2:30 out and back, 3 min out and back (6 min total), 2:30 out and back, 2:00 out and back, 1:30 out and back. EACH set should be the EXACT same pace @ around goal 5-mile pace. Start finish position should be the SAME throughout just like week 2. |       |       |            |  |

Cool down with 5-10 minutes of stretching

**Day 4 - Optional Recovery Circuit**

20-40 min aerobic work of choice (hike, bike, etc., not a run)

**Day 5 - Strength and Tactical Circuit**

| Exercise   | Sets | Reps  | Weight  | Notes |
|--|------|-------|---------|-------|
| A1) Heavy hex bar DL   | 3-5  | 3     | RPE 7-8 |       |
| A2) DB/KB Push Press   | 3-5  | 6 ea. | RPE 7-8 |       |
| B1) Flat bench   | 3-5  | 3     | RPE 7-8 |       |
| B2) Belt squat/Leg press   | 3-5  | 8-12  | RPE 7-8 |       |
| C1) <u>15-20 min AMRAP</u> : 15 T-pushups, 50m sled push/pull heavy, 50m farmer carry with 50+lbs each hand, 15 American style kettlebell swings, 15 burpees |      |       |         |       |
| Cool down with 5-10 minutes of stretching  |      |       |         |       |

**Day 6 - Steady State Aerobic**

Ruck 4-6 miles with 40lbs at 1min/mi slower than week 1, 4-mile pace / at RPE 7 / RE Moderate intensity

**Day 7 - Recovery Training (Optional)**

10-30 minutes active recovery

## Week 3

### Day 1 - Strength and Threshold Intervals

| Exercise  | Sets  | Reps                | Weight  | Notes  |
|---|---|---------------------|---------|--|
| A1) Push press  | 4-6   | 5                   | RPE 7-8 | Rest 60-75 sec between A2&1  |
| A2) Concept 2 ski / row/<br>or med ball slams<br>(ATP 7-22.02, pg. 9-3) | 6   | 100m<br>/10<br>reps | RPE 10  | 100m sprint or 10 slams<br>between each set of push<br>press       |
| B1) Front Squat   | 3-5   | 5                   | RPE 7-8 |  |
| B2) Tuck Jumps or Box<br>jumps if able                                  | 3-5   | 3                   | BW      | Either tuck jump or box jump to<br>a challenging height for 3 reps |
| C1) American kettlebell<br>swings                                       | 3-5   | 10                  | 35lbs   | Be FAST on the way up, use<br>perfect form                         |
| D1) AMRAP in 10-15 min: 5 chin-ups, 10 pushups, 15 burpees              |   |                     |         |  |
| E1) Threshold intervals   | All intervals completed at just slower than goal 2-mile pace<br>2x800m, 3x400m, 4x200m. 1:1 work to rest ratio during<br>intervals with 3 min rest between distance types |                     |         |  |
| Cool down with 5-10 minutes of stretching                               |   |                     |         |  |

### Day 2 - Tactical Circuit

| Exercise   | Sets  | Reps          | Weight | Notes                              |
|--|---|---------------|--------|------------------------------------|
| <b><u>4-6 rounds with 3-4 minutes rest between rounds</u></b>  |   |               |        |                                    |
| A1) Speed trap bar DL  |   | 3             | RPE 6  | Be explosive!                      |
| A2) Empty sled push for<br>100m shuttle (sub sled pull if<br>needed)   |   | 100m<br>total | Empty  | Out and back as<br>needed for 100m |
| A3) Weighted low plank   | With 10-45lbs on back, 45-second plank, *slow<br>breathing pattern down here, focus on recovery |               |        |                                    |
| <u>E4MO4M x 12-16 min (3-4 rounds)</u> *all while wearing kit or 20lb weight vest if able: 1)<br>50m farmer carry with 50lb KB, 2) 50m sled drag with 90lbs loaded, 3) Landmine<br>reverse lunge to press x 5 each leg (ATP 7-22.02, pg. 11-9) 4) 5 box step ups to 18-<br>24" box (ATP 7-22.02, pg. 13-4) 5) 10 burpees |   |               |        |                                    |

### **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise  | Sets  | Reps           | Weight | Notes   |
|---|---|----------------|--------|---|
| A1) Pull-ups  | EMOM x 9 minutes: 1) 2-3 chin-ups, 2) 4-5 chin-ups, 3) 5-6 chin-ups (be consistent, use band if needed) |                |        |   |
| B1) Weighted pushups  | 3-5   | 12-15          | RPE 8  | 5 working sets of 12-15 reps with load, working muscle endurance with no drop sets. Perfect form                            |
| C1) Low planks  | 2-3   | RE Challenging |        | Challenge yourself to complete long duration sets of planks   |
| D1) Banded or med ball chops<br>(ATP 7-22.02, pg. 9-2)                                | 3-5   | 5-7 reps each  | RPE 7  | Alternate with minimal rest between each. Complete 5-7 reps of each movement in the SSD and each direction in the chopping. |
| D2) Shoulder stability drill (SSD)<br>(ATP 7-22.02, pg. 4-4)                          | 3-5   | 5-7 reps each  | RPE 7  |   |
| E1) <u>Tempo run</u> : 1x1.5 miles, rest 3 min, 1x1 mile within 10% of goal 2-mi pace |   |                |        |   |
| Cool down with 5-10 minutes of stretching   |   |                |        |   |

### **Day 4 – Optional Aerobic Base & Recovery**

3-4 mile run at RPE 6, then 20 min dynamic air compression / icing lower extremities

### **Day 5 - Strength and Tactical Circuit**

| Exercise  | Sets | Reps | Weight  | Notes |
|---|------|------|---------|-------|
| A1) Trap bar DL   | 3-6  | 2    | RPE 7-9 |       |
| A2) KB/DB Shoulder press<br>(ATP 7-22.02, pg. 13-9)   | 3-6  | 6    | RPE 7-9 |       |
| B1) Flat bench  | 3-6  | 2    | RPE 7-9 |       |
| B2) Ring/TRX rows   | 3-6  | 8-12 | BW      |       |
| C1) <u>10 min AMRAP</u> : As many reps as possible of 1 burpee into 50lb med ball/sandbag loaded over a 36-48" box back and forth, every 2 min on the 2 min- complete 8 American kettlebell swings at 35lbs |      |      |         |       |
| Cool down with 5-10 minutes of stretching   |      |      |         |       |

### **Day 6 - Steady State Aerobic**

Ruck for 5-7 miles at 45lbs at 45 seconds/mile slower than week 1 / at RPE 7-8 / RE Moderate

### **Day 7 - Recovery Training (Optional)**

10-30 minutes active recovery

## **Week 4**

### **Day 1 - Strength and Threshold Intervals**

| Exercise   | Sets  | Reps | Weight   | Notes   |
|--|---|------|----------|---|
| A1) Push Press   | 4-6   | 5    | RPE 8-9  | Rest 60-75 sec between A2&1                     |
| A2) Ski/row erg or med ball slams  | 6   |      | RPE 8-9  | 150m sprint or 5 reps between sets              |
| B1) Front Squat  | 3-5   | 5    | RPE 8-9  |   |
| B2) Max distance standing long jump (ATP 7-22.01, pg. 1-7)                             | 3-5   | 3    | BW       | Three separate max length jumps                 |
| C1) American kettlebell swings   | 4-6   | 8-12 | 35-45lbs | Fast on way up, try to use heavier bell if able |
| D1) <u>AMRAP in 12-17 min</u> : 21 burpees, 15 calories on assault runner, 9 T-pushups |   |      |          |   |
| E1) Threshold intervals  | All intervals completed at 1 min/mi faster than goal 5 mi<br>1x1600m, 1x1200m, 2x800m, 3x400m. 1:1 work to rest ratio during intervals w/ 3 min rest between distance types |      |          |   |
| Cool down with 5-10 minutes of stretching  |   |      |          |   |

## **Day 2 - Tactical Circuit**

| Exercise  | Sets   | Reps | Weight  | Notes                                    |
|---|--|------|---------|--|
| <b><u>4-7 rounds with 2-3 minutes rest between rounds</u></b>   |  |      |         |  |
| A1) Speed trap bar DL   |  | 2    | RPE 6-7 | Slightly heavier, fast!                  |
| A2) Empty sled push for 100m shuttle  |  | 100m | Empty   | Shuttle as needed to reach 100m distance |
| A3) Weighted low plank  | With 10-45lbs on back, 45-sec low plank, RECOVER |      |         |  |
| <u>E4MO4M x 16-24 min</u> *all while wearing kit/weighted vest: 1) 50m med ball bear hug carry with 80lbs, 2) 50m Sled drag with 90lbs loaded, 3) 1 handed farmer carry with 50lbs 4) 15-20 burpees   |  |      |         |  |
| Once complete with tactical circuit, go IMMEDIATELY into a 2 to 4-mile ruck with 35lbs. Goal is to practice stride length and fast rucking while fatigued. Expectation is to finish within 3-5 minutes of week 1's 4-mile ruck time or pace; RPE 8-10, up to you. |  |      |         |  |

## **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise   | Sets  | Reps      | Weight | Notes  |
|--|---|-----------|--------|--|
| A1) Pull-ups   | EMOM x 9-15 minutes: 1) 3-4 chin-ups, 2) 4-5 chin-ups, 3) 5-6 chin-ups (3-5 rds., use band if needed) |           |        |  |
| B1) Weighted pushups   | 5   | 12-15     | RPE 9  | 5 working sets of 12-15 reps with load, working muscle endurance with no drop sets. Perfect form               |
| C1) Burpees  | 3   | AMRAP     | RPE 9  | Complete AMRAP in 2 minutes for 3 sets & 1 min rest between each   |
| D1) Banded or med ball chops   | 3-5   | 6-10 reps | RPE 7  | Alternate with minimal rest between each. Complete 6-10 reps of each way chopping and each exercise in the SSD |
| D2) Shoulder stability drill (SSD)   | 3-5   | 6-10 reps | RPE 7  |  |
| E1) <u>Tempo run</u> : 1x1600, 1x1200, 1x800, 4x(200run then 50m walk), with 3 min rest between each interval type at RPE 9 for each set- get faster as distance decreases |   |           |        |  |
| Cool down with 5-10 minutes of stretching  |   |           |        |  |

## **Day 4 – Optional Recovery**

20-30 minutes of active recovery walking or cycling

### **Day 5 - Strength and Tactical Circuit**

| Exercise   | Sets | Reps | Weight  | Notes |
|--|------|------|---------|-------|
| A1) Heavy hex bar DL   | 2-5  | 2    | RPE 8-9 |       |
| A2) KB/DB Shoulder press   | 4    | 5-8  | RPE 8-9 |       |
| B1) Flat bench   | 3-5  | 2    | RPE 8-9 |       |
| B2) Ring/TRX rows  | 3-5  | 8-12 | BW      |       |
| C1) <u>6 min AMRAP</u> : Reps of 50lb sandbag ground to overhead, every minute on the minute- complete 6 burpees |      |      |         |       |
| Cool down with 5-10 minutes of stretching  |      |      |         |       |

### **Day 6 - Steady State Aerobic**

Ruck 4-6 miles with 45lbs at 30-45 sec/mile slower than week 1 PR pace / at RPE 8-9 / RE Challenging intensity

### **Day 7 - Recovery Training (Optional)**

Complete some form of stretching, walking, or movement to enhance recovery and prepare for the next week

## **Week 5**

### **Day 1 - Strength and Threshold Intervals**

| Exercise                                  | Sets  | Reps  | Weight     | Notes  |
|---|---|---|------------|--|
| A1) Front Squat                           | 3-5   | 3   | RPE 8-9    |  |
| A2) Standing long jump                    | 5   | 4 reps max distance jumps; low rest between each    |            |  |
| B1) Push Press                            | 3-5   | 5   | RPE 8-9    | Rest 60-75 sec between B2&1                            |
| B2) Band Y-raises, standing (SSD3)        | 3-5   | 15-25   | Light band | Y-raise from a standing position, with band resistance |
| C1) American KB swings                    | 4-6   | 20  | 35         | 20-30 sec rest between sets                            |
| D1) Burpees                               | 15  | 15-14-13-...3-2-1, with 20-30 sec rest between sets |            |  |
| E1) Threshold intervals                   | All sets are done at within 5% of goal 2-mile pace, 1 set each of 800m, 600m, 400m, 600m, 800m. Walk 2 min between sets |   |            |  |
| Cool down with 5-10 minutes of stretching |   |   |            |  |

## **Day 2 - Tactical Circuit**

| Exercise  | Sets | Reps | Weight | Notes |
|---|------|------|--------|-------|
| <p><u>AMRAP in 20-30 minutes</u> *all while wearing kit or weight vest:</p> <p>1) 50m med ball bear hug carry with 50lbs,<br/>           2) sled push 50m with empty sled<br/>           3) 1 hand farmer carry with 70lbs while the other has 50lbs, 50m<br/>           4) 5 tire flips or 5 KB deadlifts with 40-70lbs<br/>           5) Rest 60-90 seconds</p> |      |      |        |       |
| <p>Once complete with tactical circuit, go directly into a run for 1-4 miles at a low-moderate effort, heart rate below 70% of max, RPE 5-6</p>   |      |      |        |       |
| <p>Cool down with active recovery! 10-minute bike or easy walk</p>  |      |      |        |       |

## **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise   | Sets  | Reps         | Weight | Notes   |
|--|---|--------------|--------|---|
| A1) Pull-ups   | Accumulate 30-75 reps in as few sets as possible. Set a number and don't stop until it is reached. 10-minute time cap |              |        |   |
| B1) T-Pushups  | 6-8   | 8-15         | BW     | Sets of perfect pushups to groove movement with great technique |
| C1) Alternating sideways med ball throws (ATP 7-22.02, pg. 9-2)  | 3-5   | 6-8 ea. side | RPE 7  | Alternate between the two with minimal rest                     |
| C2) Bent leg body twist (ATP 7-22.02, pg. 3-8)   | 3-5   | 6-12         |        |   |
| <p>D1) <u>Tempo run</u>: 3x 1,000m at RPE 8-9 / right at goal 2-mile pace. Rest is only 30 seconds between sets. This is 1.88 miles total-should complete at goal pace or need to adjust goal pace to what was the average moving pace in today's session.</p> |   |              |        |   |
| <p>Cool down with 5-10 minutes of stretching</p>   |   |              |        |   |

## **Day 4 - Optional Recovery**

Active recovery if able- walk or bike 10-30 minutes

### **Day 5 - Strength and Tactical Circuit**

| Exercise  | Sets | Reps | Weight  | Notes            |
|---|------|------|---------|------------------|
| A1) Trap bar DL   | 3-6  | 1    | RPE 7-9 | Great technique* |
| A2) Stand DB shoulder press   | 3-6  | 6-10 | RPE 8-9 |                  |
| B1) Flat bench  | 3-6  | 1    | RPE 7-9 |                  |
| B2) Ring/TRX rows   | 2-4  | 8-12 | BW      |                  |
| C1) Tabata [(20 sec work, 10 sec rest) x 8 rounds= 4 min]: Burpees. |      |      |         |                  |
| Cool down with 5-10 minutes of stretching                           |      |      |         |                  |

### **Day 6 - Steady State Aerobic**

Ruck for 4-6 miles with 45lbs at week 1 pace if possible / at RPE 10 / all-out effort

### **Day 7 - Recovery Training (Optional)**

10-30 minutes active recovery

## **Week 6**

### **Day 1 - Strength and Threshold Intervals**

| Exercise                                  | Sets  | Reps   | Weight   | Notes                 |
|---|---|--|----------|-----------------------|
| A1) Front Squat                           | 1-2   | 3  | RPE 8-10 | Set a new 3RM if able |
| B1) Push Press                            | 1-2   | 3  | RPE 8-10 | Set a new 3RM if able |
| C1) Perfect T-pushups                     | 4   | 1x1:30, 1:00, 0:45, and 0:30, 2min rest between sets |          |                       |
| D1) Low planks                            | 2-4   | Go until near failure each set, rest 1 min between   |          |                       |
| E1) Threshold intervals                   | All sets are done at 5-10% faster than goal 2-mile pace:<br>10x200m with 45 seconds rest between sets |  |          |                       |
| Cool down with 5-10 minutes of stretching |   |  |          |                       |

## **Day 2 - Tactical Circuit**

| Exercise  | Sets | Reps | Weight | Notes |
|---|------|------|--------|-------|
| <b>AMRAP in 20-30 minutes</b> *bodyweight this week, no kit:  |      |      |        |       |
| 1) Run 400m   |      |      |        |       |
| 2) 10-20 reps American kettlebell swing with 35lbs  |      |      |        |       |
| 3) 100m farmer carry with 50lb kettlebells  |      |      |        |       |
| 4) 100m sled push / sled pull with 45-90lbs   |      |      |        |       |
| 5) 15 burpees   |      |      |        |       |
| 6) Rest 20-30 seconds   |      |      |        |       |
| Cool down with active recovery! 10-minute bike or easy walk, compression boots, ice bath, soft tissue tools, etc. This is a very challenging day that you need to recover from! |      |      |        |       |

## **Day 3 - Bodyweight Strength and Endurance Training**

| Exercise   | Sets   | Reps   | Weight | Notes   |
|--|--|--|--------|---|
| A1) Pull-ups   | Accumulate as many quality reps as able in 5 minutes |  |        |   |
| B1) T-Pushups  | 4-8  | 12-15  | BW     | Sets of perfect pushups to groove movement with great technique |
| C1) Low planks   | 2-4  | Go to near failure each set, rest 1 min between each |        |   |
| D1) Alternating sideways med ball throws   | 3-5  | 8-12<br>ea.<br>side                                  |        | Alternate between both with low rest                            |
| D2) Band Y-raise, standing   | 3-5  | 12-20  |        |   |
| E1) <u>Tempo run</u> : 4 x 400m at within 5% of goal 2-mile pace, 2-3 minutes rest between |  |  |        |   |
| Cool down with 5-10 minutes of stretching  |  |  |        |   |

## **Day 4 - Optional Recovery**

10-20 minutes of active recovery

### **Day 5 - Strength and Tactical Circuit**

| Exercise   | Sets | Reps | Weight   | Notes                 |
|--|------|------|----------|-----------------------|
| A1) Trap bar DL  | 1-2  | 2-4  | RPE 8-10 | Set a new 3RM if able |
| B1) Flat bench   | 1-4  | 2-4  | RPE 8-10 | Challenging weight    |
| C1) Finish with easy 10-20 minutes on conditioning piece of your choice, light jog, cycling, rowing, ski, etc. |      |      |          |                       |
| Cool down with 5-10 minutes of stretching  |      |      |          |                       |

### **Day 6 - Steady State Aerobic**

Ruck for 2-3 miles with 25lbs at 2-3min/mi slower than PR pace / at RPE 5-6 / low effort

### **Day 7 - Recovery Training (Optional)**

10-30 minutes active recovery

## **Week Prior to A&S**

The week leading into SFAC A&S is meant to be focused on RECOVERY. Be active throughout the week, only conduct easy resistance training and light conditioning training sessions, and mentally prepare for what is about to come.

## **COGNITIVE PERFORMANCE SKILLS**

During SFAC Assessment and Selection, your ability to endure and perform under stress will be challenged. To prepare for this grueling assessment of your physical and mental fitness, you'll want to develop skills to manage stress and boost overall performance.

The following skills can be practiced and mastered in conjunction with completing this fitness program.

**Reappraisal:** The physical demands of A&S will push your capacity in multiple domains of fitness and leave your body sore going into the next day. Physical discomfort can be alarming and distracting for even the fittest candidates. To combat the temptation to slow down or quit, you'll reevaluate the current situation.

Consider how much discomfort you're experiencing now compared to past challenges, then rate your discomfort level on a scale from 1-to 10. This skill can help you obtain a more objective view of the current situation and support your efforts to maintain a high-quality performance while completing any task.

**Chunking:** Thinking about the enormity of a task or problem can often be distracting or overwhelming. Breaking up information or tasks into manageable "chunks" can improve your ability to focus, endure stressors and sustain your level of effort.

Try mentally chunking your workload during your workouts. For instance, instead of counting to 20 reps of T-Pushups, count to 10 two times. On runs or rucks, you can chunk the distance or time domain into smaller goals, such as focusing on making it to the next light post or street corner.

**Diaphragmatic Breathing:** This type of deep breathing reduces the frequency of your breaths and brings more air into your lungs by engaging your diaphragm, the muscle responsible for expanding and compressing the lungs. Diaphragmatic breathing relaxes your body and mind, allowing you to think clearly and act with intention in critical moments. Learn to use diaphragmatic breathing during stressful moments and in-between exercises during your workouts to maximize recovery.

Try it: Place one hand on your chest and the other on your stomach. As you take a slow deep breath, you should feel the hand on your belly rise as you inhale and fall as you exhale. Then repeat.

Proficiency in using cognitive skills to manage stress can be developed over time to improve your mental and physical performance at A&S. Cognitive skills should be trained regularly in everyday moments, in the gym, and on field exercises.

## **FREQUENTLY ASKED QUESTIONS**

1. To optimize your response to the program, ALWAYS adjust the sessions as needed
2. If you start to feel injurious pain, modify the movement to meet the goal for the day without increasing / causing pain
3. If you feel great on one day, err on the higher end of sets, weight, and/or RPE
4. If you feel poorly on one day, err on the lower end of sets, weight, and/or RPE
5. If you are unable to do any movement due to pain, equipment limitations, or others, modify as needed
6. If you have specific limitations speak with a physical therapist or strength coach on ways to modify the exercise or improve specific muscle group strength/mobility deficits
7. If you have further questions about the program, see contact information for contributors on the final page. Send an email with specific questions, and your question will be answered as soon as they are able



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