

The Special Forces Pre-selection Program

Comrades,

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

Required Equipment:

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

Legend:

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

WEEK 1

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

Sas Pre Selection Training Program

Mark Steyvers



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Resources in education ,1988-03 *American Gas Association Monthly* American Gas Association,1945 **SAS/AF User's Guide** ,1985 User s guide to the SAS AF computer programme for data analysis in business or information processing applications customized training programmes or help facilities gives an introduction to the procedures and types of screen possibilities covers information retrieval data modification and programming report writing statistical analysis file handling

SAS Communications SAS Institute,1985 *Naval Reservist* ,1957 Commerce Business Daily ,2001-10 The Best of Soccer Journal Jay Martin,2011-09 Includes the best articles from Soccer Journal that cover the most important aspects of soccer technique tactics the mental game and the physical game *Operations Manual* California. Department of Corrections,2000 **Canadian Air Cadet** ,1948 **National 4-H Club News** ,1953 **Research in Education** ,1969

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Journal of the American Veterinary Medical Association American Veterinary Medical Association,2006 Vols for 1915 49 and 1956 include the Proceedings of the annual meeting of the association *Books and Pamphlets, Including Serials and Contributions to Periodicals* Library of Congress. Copyright Office,1968

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