



USAJFKSWCS
SPECIAL FORCES ASSESSMENT AND SELECTION
PREPARATION PROGRAM
14 WEEK

WEEK 1

DAY 1

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

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 3 MILE TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 2

DAY 1

RUN:
4 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

RUN: 3 MILE TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 3

DAY 1

RUN:
6 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

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

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 4

DAY 1

RUN:
3 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

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

DAY 6

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7

REST



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WEEK 5

DAY 1

RUN:
4 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 10 Km TIME TRIAL

DAY 4

SESSION 1

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

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 20% OF BODYWEIGHT (DRY)
DISTANCE: 3 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 6

DAY 1

RUN:
6 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

RUN: 10 Km TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 4

SESSION 1

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

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 7

DAY 1

RUN:
8 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

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

DAY 4

SESSION 1
NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 12 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 8

DAY 1

RUN:
5 X 800 METERS

REST:
4 MINUTES BETWEEN REPS

DAY 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3

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

DAY 4

SESSION 1

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

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 7 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 9

DAY 1

WALK:
2 MILES

DAY 2

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 3.5 MILES
PACE: FAST

DAY 3

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

DAY 4

SESSION 1

RUN: 5 MIN WARM-UP (EASY)

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

5 MINUTE COOLDOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 7 MILES
PACE: MODERATE

DAY 7

REST



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WEEK 10

DAY 1

WALK:
3 MILES

DAY 2

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

DAY 3

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

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

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

5 MINUTE COOLDOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 11

DAY 1

WALK:
4 MILES

DAY 2

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

DAY 3

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

DAY 4

SESSION 1

RUN: 5 MINUTE WARM-UP (EASY)

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

5 MINUTES (EASY)

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

5 MINUTE COOL-DOWN (EASY)

SESSION 2

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 12

DAY 1

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

DAY 2

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

DAY 3

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

DAY 4

SESSION 1
RUN: 20 MINUTES

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 13

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
30 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

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

DAY 5

REST

DAY 6

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

DAY 7

REST



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WEEK 14

DAY 1

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2

RUN:
20 MINUTES (EASY)

DAY 3

STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4

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

DAY 5

REST

DAY 6

REST

DAY 7

REST

WEEK 15

SELECTION