



PRE-POAS TRAINING



Before you start, keep the following in mind:

1. USAJFKSWCS policy of NO SUPPLEMENTS for personnel in training status (Nutrition Facts Label=OK and Supplement Facts Label= NO GO)
2. Conduct a Diagnostic APFT prior to starting program and at the end of week 4 for 1 month program and at end of week 4 and 8 for 2 month program
3. Perform all Push Ups and Sit Ups to standard IAW TC 3-22.2
4. Set the goal of being able to max APFT in your age group prior to reporting to PSYOP Assessment and Selection (Minimum of 70%)
5. Do as much of your workout as you can outside to acclimate (Weather and Heat Permitting)
6. Begin all runs with a 10 minute easy jog and end all runs with a 5-10 minute easy cool down
7. Begin all workouts with Movement Prep* (See below for examples)
8. For sprint repeats use McMillanrunning.com run calculator 1/3 work/rest ratio
9. Split up workouts(For example run/rucks in the morning and rest of the workout in the afternoon)
10. Workout programs are different for each individual, this is a general workout that will help prepare you for Assessment and Selection

*Movement Prep (Feel free to look online for different types of movement prep activities); examples: Knee to chest x10, Knee and Shin to Chest x10, Walking Lunge