

SFAS TRAINING

PHASE 1 | WEEK 1

DAY 1

Strength & conditioning

PT Test Prep

3 rounds of 1 min max pushup
3 min rest between rounds

Rest 3-5 mins

3 sets pull-ups with 2 RIR
2 min rest between sets

Pushups round 1: _____
Pushups round 2: _____
Pushups round 3: _____

Pull up round 1: _____
Pull up round 2: _____
Pull up round 3: _____

2 Mile Prep

800M warmup
4x400 meter repeats @ goal 2 mile pace
1/1 work/rest
800M cooldown

DAY 2

Full body lift & conditioning

All movements 1-2 RIR

A. Goblet Squat	3x12-15
B. DB or Hex RDL	2x8-10
C1. Dumbbell Chest Press	2x8-10
C2. Chest Supported Row	2x8-10
D1. EZ bar Curls	2x12-15
D2. Rope pressdowns	2x12-15
E. Odd obj. carries (SEE FAQ)	60-80 lbs 3x50yd each side

Conditioning

Ruck 50 lbs, walking for 45 minutes. 13-15 min pace.

DAY 3

Conditioning

Weightless Wednesday

45 minutes of non impact conditioning @ zone 2
(120-140 bpm or convo pace)
Recommend: rower, airbike, or Jacobs ladder, light sled drags

Accumulate 200 meters of suitcase carries
(100M each hand) with 30% bodyweight KB or DB

DAY 4

Conditioning

Tempo Run

20 minutes @ goal 5 mile pace
*If your 5 mile is currently slower than 40 minutes:
Heart rate @ 150-170 bpm or can only say 2-3 words at a time, not a full sentence

Distance/
mile pace: _____

Sfas Preparation Program Calendar

Huangqi Zhang



Sfas Preparation Program Calendar:

Sfas Preparation Program Calendar Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Sfas Preparation Program Calendar**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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