

# 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

Pushups round 1: \_\_\_\_  
Pushups round 2: \_\_\_\_  
Pushups round 3: \_\_\_\_

Rest 3-5 mins

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

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

**O. Ray Whittington**



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