

# 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

**Robert R. Redfield**



**Sfas Preparation Program Calendar:**

## Whispering the Secrets of Language: An Psychological Quest through **Sfas Preparation Program Calendar**

In a digitally-driven world wherever displays reign great and immediate communication drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases often go unheard. However, located within the pages of **Sfas Preparation Program Calendar** a interesting fictional value pulsing with natural emotions, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of each and every word. Within the mental depths of the moving review, we can embark upon a genuine exploration of the book is primary subjects, dissect its interesting publishing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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