

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

RJ Alexander



Sfas Preparation Program Calendar:

Reviewing **Sfas Preparation Program Calendar**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sfas Preparation Program Calendar**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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