SFAS TRANINING

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:
_____

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