

# SOFOQ

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# Tactical Athlete Training Program

# Army Ranger Wing

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## Tactical Athlete Training Special Operation Forces - Qualification

### Foreword

The ARW Tactical Athlete Training (TAT) program is designed by the ARW Human Performance Cell to guide ARW candidates in preparing effectively for the demands of the Special Operation Forces – Qualification (SOF-Q) process. The TAT emphasises the physical preparation for SOF-Q MOD 1 – Assessment and Selection. SOF-Q MOD 1 is designed to select candidates who have the potential for further training in the SOF-Q – preparation any motivated Soldier, Sailor or Airman can pass SOF-Q MOD 1 and put himself/herself in the position to continue through the SOF-Q modules. A word of caution, this is an extended strenuous period of physical training. Candidates should be injury free and reasonably fit before commencing the programme.

**“We must prepare as if we are going to compete in the Olympics, without knowing when or what event we are competing in”**

Every operational member of the ARW is unique, as each is trained to perform a task that is vital to the successful completion of the mission. The physical demands of the unpredictable nature of service in the ARW requires that Unit members maintain an excellent standard of physical fitness, be adaptable and face challenges head on. Physical fitness is a critical attribute for an ARW Operator. Therefore, the physical demands placed on ARW candidates during the SOF-Q process reflect the actual job demands.

# How to increase your chance of success

## Attend the SOF-Q Prep & Orientation Course

This course is conducted annually, generally in Quarter 2 (Apr-June). It is approximately, one week in duration and gives the SOF-Q candidate an unprecedented insight into the SOF-Q process and operational service in the ARW. The weeks training concentrates on developing the candidate's ability to navigate in mountain terrain, both in day and night and in all weather conditions. Heavy emphasis is also put on the candidates physical and mental preparation in advance of SOF-Q. This tuition is provided by the ARW Human Performance Cell and Task Unit Members.

## Talk to your Commander

Time and sufficient preparation are the primary reasons why many candidates do not complete the TAT. Talk to your commander and explain the demands of the programme. In many instances, Commanders may facilitate the completion of elements of the TAT during duty hours. ARW statistics indicate that most voluntary withdrawals from SOF-Q MOD 1 can be attributed to candidates NOT preparing adequately, further emphasising the importance of fully completing the TAT.

## Train as a group

The TAT and process involved in preparing for SOF-Q MOD 1 is very demanding on the candidate. If several candidates from your unit are intending on participating in SOF-Q MOD 1 then group training is strongly advised. Talk to your Unit PTI and ask for assistance in conducting the training sessions for the group. It is highly recommended that hill training days are conducted as a group for safety reasons.

## Be Consistent

Consistency is the key rule for any training program, it is what all successful Olympic athletes have in common. Following this program in a logical sequence will help you achieve optimal fitness, while managing load, thus reducing the chances of injury. Get organised! Have a routine of the days and times you train and record your ongoing performance. This ensures you can monitor your progression over time. What's recorded is achieved.

## Use Rate of Perceived Exertion (RPE) to monitor training load and intensity:

RPE on the Borg Scale is an excellent tool for monitoring training load and intensity. Consistently, high training loads without adequate recovery will lead to injury and burnout. The RPE allows the candidate to monitor his/her training loads, thus reducing the risk of injury.

# Time to get started

## The ARW TAT has four distinct stages:

### Preparation (1+ Weeks):

This is the initial preparation phase. It is designed to prepare the body and mind for the subsequent stages. Preparation concentrates on getting the candidates into a frequency of training similar to that of subsequent weeks on the program. There are no specific sessions, just do 5-6 session each week, lasting between 30 - 40 min each session. This training should be all low intensity and low weight. There are no goals in these sessions, just preparation of body and mind.

### Phase 2 (12 Weeks):

This is the base stage of the TAT. It is here that the foundation for the tactical athlete is built, it is an essential stage that builds the general physical requirements for SOF-Q MOD 1. These general abilities are required before you can move on to the specific abilities. Within this phase there are a number of assessment weeks which is essential to ensure effectiveness and progression.

### Phase 3 (11 Weeks):

This is the specific phase in the training program. It is here where the majority of specific fitness will be gained. In this phase you will transition into battle runs and hill walks with increasing weight and distance. You will also notice there is a series of hard days in a row. This is to condition the body to what will be expected on the course. This stage should be completed with caution. **Elements of this training stage can either be removed or reduced in duration and or intensity if the candidate feels that injury or over training is likely.** However, this phase helps the candidate develop his/her fitness, resilience and confidence specifically for SOF-Q MOD 1.

### Stage 4 (2 Weeks):

Stage 4 is the culmination of the TAT. This is a taper phase where your ultimate goal is to get rid of any fatigue and realise optimal fitness. This taper is essential to ensure that the candidate is in optimal physical condition commencing SOFQ MOD 1. Remember, coming into the last 3 weeks before SOF-Q MOD 1 is not the time to increase training (panic train), if you have worked hard the previous weeks this is when you achieve your true potential, your aim is to start SOF-Q MOD 1 in peak condition, not fatigued!

Use reliable freely available resources to assist with the different exercises on the program, for example the NSCA. In addition contact your local Physical Training Instructor for assistance.

**Note:** One important component that is not mentioned in the program is: foam rolling, mobility, activation and flexibility. These components are considered paramount and should be done before each session. Also due to their restorative qualities they should also be done on recovery days. The physiotherapy service has a document available call TAC-P, you should consult this for different ideas.

**Below outlines a cost effective, valid and reliable method of gauging intensity and load.**

Rate of Perceived Exertion (RPE) Scale and session RPE (sRPE)

The RPE scale allows you to subjectively gauge intensity. By multiplying this RPE number by training time in minutes you will get a sRPE, this give you an idea of your training load.

Example:

180 min hike at a RPE of 6  
 $180 \times 6 = 1080$  points of load

90 min gym session at a RPE of 8  
 $90 \times 8 = 720$  points of load

Each week you will add up this load leading to the accumulated weekly load, this weekly load should then increase as the week's progress. This is an effective system used by elite sports athletes throughout the world.



# RPE Scale

Rate of Perceived Exertion	
10	Maximal/Exhaustion
9	Extremely Hard
8	Very Hard
7	Hard
6	Difficult
5	Somewhat Difficult
4	Comfortable
3	Easy
2	Very Easy
1	Resting

# TAT Program Legend:

The ARW TAT has four distinct stages:

	<p><b>Resistance Type Training</b></p>	<p>This training is a mixture of body weight and gym based training. Resistance training is an essential part of training for any athlete and is very important for the tactical athlete wishing to pass SOF-Q. The main focus of this phase is to strengthen and condition the muscles and structures to the loads they will have to withstand during the course. Progression is key in this phase, therefore it is important to monitor your training. For example, write down the weight you lifted and how it felt (RPE), then later in the program come back to this and see if there is improvement.</p>
	<p><b>Run Based Training</b></p>	<p>Like resistance training the run based training will condition the muscles and the bodies systems to the level required. Running will be a mix of interval, speed and tempo. The running is structured in a logical sequence to get the best adaptations.</p>
	<p><b>Tests - Max effort: Pull up, Sit up, Push up, 3.2k run, 15:30 min swim, 10 k battle run with 35 lbs</b></p>	<p>This is an essential part of training. It will give you an idea of where you are and where you need to be. Therefore testing should be completed every 4 weeks. You can also use the information to give you training zones. For example, part 3, the 10 k battle run will allow you to judge how fast you should go for the subsequent battle runs. Or the 3.2k will allow you to know how fast you need to run the 7 min intervals. Part of the ARW IT's is a swim test, you will not be expected to pass this until later in the SOF-Q process but it is advantageous to be "comfortable in the water" but being a competent swimmer is <b>not</b> a prerequisite.</p>
	<p><b>Aerobic Type Training (ATT). Any form of cardiovascular type training, performed at low intensity.</b></p>	<p>The goal here is to increase your cardiovascular fitness, build overall mileage and condition the bodies musculature. Therefore, for this to be effective and not lead to injuries and over training the intensity needs to be low. Furthermore the adaptations from this type of training for cardiovascular type fitness are great. As a guide, to achieve the correct intensity you should easily be able to have a conversation. On the RPE scale you are at a 4/10. A great gauge for this intensity is that you should have the ability to have a sustained conversation. The mode of training used does not have to be run based, in fact to reduce impact forces it is advised to use different modalities along with running, for example: cycling, rowing, cross-trainer, swimming etc.</p>
	<p><b>Constant Effort Battle Run</b></p>	<p>This is very specific training. It is a <b>hard but sustainable effort</b>, with increasing weight and distance. You can break this into smaller type efforts, for example 5 x 10 minute efforts separated with 1 min of walking. It is important to ensure equipment fits and is right for you.</p>
	<p><b>Hill Walks</b></p>	<p>This is the main component of SOF-Q Mod 1, all pervious training has led up to this phase. Effort on walks should be hard and sustained for long periods of time (Min of 4kph average). Choose terrain that is similar to what you are going to be walking on during SOF-Q. Weight carriage should be progressive. It is highly recommended you <b>do NOT exceed 60 lbs</b> (water inclusive).</p>

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# The Program



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Prep		Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Rest Day		
		Preparation	Preparation	Preparation	Preparation	Preparation	Preparation	Rest Day		
		Test: Pull up, Sit up, Push up, 3.2k run	Mobility and foam roll.	Test: Swim 15:30	30 min - 45 min. Aerobic type exercise, keeping intensity low.	Test: 10 k battle Run 35 LBS	Rest Day - Mobility and foam roll.	30 min - 45 min. Aerobic type exercise, keeping intensity low.		
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Phase 2, Block 1	25 weeks out	AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 10 x 45 sec v fast (9/10), 90 sec jog recovery, 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Rest Day - Mobility and foam roll.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit		
	24 weeks out	AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 5 x 45 sec v fast, 90 sec jog recovery, 4 x 90 sec v fast (9/10), 2 min recovery. 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Rest Day - Mobility and foam roll.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit		
	23 weeks out	AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 3 x 45 sec v fast, 90 sec jog recovery, 6 x 90 sec v fast (9/10), 2 min recovery. 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Rest Day - Mobility and foam roll.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit		
	22 weeks out	AM	Rest Day - Mobility and foam roll.	Test: Pull up, Sit up, Push up, 3.2k run	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Swim 15:30	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: 10 k battle Run 35 LBS	Rest Day - Mobility and foam roll.	
		PM		Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.		
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Phase 2, Block 2	21 weeks out	AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 10 x 1 min fast (9/10), 1 min recovery, 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 3 x 7 min @7/10 1 min rest, 1 x 13 min, 1 min recovery. Cool down	Rest Day - Mobility and foam roll.
			PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit	
		20 weeks out	AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 5 x 2 min fast (9/10), 2 min recovery, 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 4 x 7 min @7/10 1 min rest, 2 k	Rest Day - Mobility and foam roll.
PM			45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit		
19 weeks out		AM	Upper Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 1 - Pick 2 from A, 2 from B, 1 from C, 1 from D	45 min - 1hr. Aerobic type exercise, keeping intensity low.	3 k warm up, 8 x 2 min fast (9/10), 2 min recovery. 3 k cool down.	Whole Body - Upper body 1: Pick 1 from A, 1 from B and 1 from D. Lower Body 1: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 7 min @7/10, 1 min rest, 13 min@7/10. Cool down	Rest Day - Mobility and foam roll.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit		
18 weeks out		AM	Rest Day - Mobility and foam roll.	Test: Pull up, Sit up, Push up, 3.2k run	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Swim 15:30	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: 10 k battle Run 35 LBS	Rest Day - Mobility and foam roll.	
		PM		Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.		

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Phase 2, Block 3	17 weeks out	AM	Upper Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	60 min - 90min. Aerobic type exercise, keeping intensity low.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Whole Body - Upper body 2: Pick 1 from A, 1 from B and 1 from D. Lower Body 2: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 5 x 7 min @7/10, 1 min recovery. Cool down	Mobility and foam roll.	
		PM	60 min - 90min. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	16 weeks out	AM	Upper Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	60 min - 90min. Aerobic type exercise, keeping intensity low.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Whole Body - Upper body 2: Pick 1 from A, 1 from B and 1 from D. Lower Body 2: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 2 x 14 min @7/10, 2 min recovery. Cool down	Rest Day - Mobility and foam roll.	
		PM	60 min - 90min. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	15 weeks out	AM	Upper Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	Lower Body 2 - Pick 2 from A, 2 from B, 1 from C, 1 from D	60 min - 90min. Aerobic type exercise, keeping intensity low.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Whole Body - Upper body 2: Pick 1 from A, 1 from B and 1 from D. Lower Body 2: Pick 1 from A, 1 from B and 1 from D	2 k warm up, 5 x 7 min @7/10, 1 min recovery. Cool down	Rest Day - Mobility and foam roll.	
		PM	60 min - 90min. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	14 weeks out	AM	Rest Day - Mobility and foam roll.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Pull up, Sit up, Push up, 3.2k run	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Swim 15:30	Test: 10 k battle Run 35 LBS	Rest Day - Mobility and foam roll.	
		PM		Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.		
	Phase 3, Block 1	13 weeks out	AM	Whole Body 3 a - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	3k warm up, 4x3 min @ 8 /10, 2 min recovery. Cool down	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Whole Body 3 b - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	2 k warm up, 2 x 14 min @7/10, 2 min recovery. Cool down	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Hills - 15 k with 45LB, Maintain a minimum of 4 kph.
			PM	60 min - 90min. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit	
		12 weeks out	AM	Whole Body 3 a - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	3k warm up, 4x4 min @ 8 /10, 3 min recovery. Cool down	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 3 b - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	2 k warm up, 5 x 7min k, 1 min recovery. Cool down	60 min - 90min. Aerobic type exercise, keeping intensity low.	Hills - 17 k with 45LB, Maintain a minimum of 4 kph.
			PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit	
		11 weeks out	AM	Whole Body 3 a - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	3k warm up, 5x4 min @ 8 /10, 3 min recovery. Cool down	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 3 b - Pick 2 from A, 1 from B, 1 from C 1 from D, 1 from E	2 k warm up, 2 x 14 min @7/10, 2 min recovery, 1 x 1.6 k @7/10, 2 min recovery. Cool down	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Hills - 20 k with 45LB, Maintain a minimum of 4 kph.
			PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.	Body Weight Circuit	
		10 weeks out	AM	Day off	Test: Pull up, Sit up, Push up, 3.2k run	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Swim 15:30	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: 10 k battle Run 35 LBS	45 min - 1hr. Aerobic type exercise, keeping intensity low.
			PM		Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Phase 3, Block 2	9 weeks out	AM	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	3k warm up, 4x4 min @ 8 /10, 3 min recovery. Cool down	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Battle Run with 40 lbs. Warm up 15 min. 5 x 7 min @ slightly faster than 10 k test pace. 1 min rest. 10 min steady.	Hills - 18 k with 50LB. Maintain a minimum of 4 kph.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	8 weeks out	AM	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	3k warm up, 5x4 min @ 8 /10, 3 min recovery. Cool down	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Battle Run with 45 lbs. Warm up 15 min. 4 x 7 min @ 10 k test pace. 1 min rest. 10 min steady.	Hills - 20 k with 50LB. Maintain a minimum of 4 kph.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	7 weeks out	AM	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	45 min - 1hr. Aerobic type exercise, keeping intensity low.	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	Battle Run with 50 lbs. Warm up 15 min. 4 x 7 min @ 10 k test pace. 1 min rest. 10 min steady.	Hills - 22 k with 50LB. Maintain a minimum of 4 kph.	Hills Foeman aft man Route, 45 LB, Maintain a minimum of 4 kph.	
		PM	45 min - 1hr. Aerobic type exercise, keeping intensity low.		Mobility and foam roll.		Mobility and foam roll.			
	6 weeks out	AM	Day off	Day off	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Pull up, Sit up, Push up, 3.2k run	45 min - 1hr. Aerobic type exercise, keeping intensity low.	12.8 k Battle with 55 lbs TEST	45 min - 1hr. Aerobic type exercise, keeping intensity low.	
		PM				Mobility and foam roll.		Mobility and foam roll.		
	Phase 3, Block 3	5 weeks out	AM	45 min - 1hr. Aerobic type exercise, keeping intensity low.	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	Battle Run with 50 lbs. Warm up 15 min. 2 x 20 min @ slightly faster than 12.8 k test pace. 2 min rest. 10 min steady.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Hills - 20 k with 55 LB. Maintain a minimum of 4 kph.	Hills - 16 k with 55 LB. Maintain a minimum of 4 kph.
			PM	Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.		
		4 weeks out	AM	45 min - 1hr. Aerobic type exercise, keeping intensity low.	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	Battle Run with 55 lbs. Warm up 15 min. 2 x 20 min @ 12.8 k test pace. 2 min rest. 10 min steady.	Hills - 24 k with 60 LB. Maintain a minimum of 4 kph.	Hills Foeman aft man Route, 50 LB, Maintain a minimum of 4 kph.	Rest Day - Mobility and foam roll.
			PM	Mobility and foam roll.		Mobility and foam roll.		Mobility and foam roll.		
3 weeks out		AM	Day off	Day off	12.8 k Battle with 55 lbs TEST	Rest Day - Mobility and foam roll.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Test: Pull up, Sit up, Push up, 3.2k run	Rest Day - Mobility and foam roll.	
		PM			Mobility and foam roll.			Mobility and foam roll.		
Phase 4		2 weeks out	AM	Body Weight Circuit	60 min - 90min. Aerobic type exercise, keeping intensity low.	Whole Body 4 - Do A, B, C in a circuit style. Do E in sets	Battle Run with 50 lbs. Warm up 15 min. 4 x 7 min hard. 1 min rest. 10 min steady.	Rest Day - Mobility and foam roll.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Hills - 15 k with 45 LBs. Maintain a minimum of 4 kph.
			PM	Mobility and foam roll.		Mobility and foam roll.			Mobility and foam roll.	
		Final Week	AM	Body Weight Circuit	Battle Run with 50 lbs. Warm up 15 min. 3 x 7 min hard. 2 min rest. 10 min steady.	Rest Day - Mobility and foam roll.	45 min - 1hr. Aerobic type exercise, keeping intensity low.	Day off, Prep	Day off, Prep	<b>SOF-Q Mod 1</b>
			PM	Mobility and foam roll.		Mobility and foam roll.				

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**Exercise Selection**

	Upper Body 1			Set 1	Set 2	Set 3	Set 4
<b>A</b>	Barbell Bench Press	4 sets 10 reps @ 73% of 1rm. Rest - 90 sec	Week 1				
	DB Bench Press		Week 2				
	Inclined BB press		Week 3				
	Inclined DB press			Set 1	Set 2	Set 3	Set 4
<b>B</b>	Bent Over Row	4 sets 10 reps @ 73% of 1rm. Rest - 90 sec	Week 1				
	WG Pull down/chin up		Week 2				
	Single arm DB Row		Week 3				
	Pull down grip variants			Set 1	Set 2	Set 3	Set 4
<b>C</b>	Landmine Press	4 sets 10 reps @ 7/10 Rest - 60 sec	Week 1				
	Seated (on ground) DB shoulder press		Week 2				
			Week 3				
<b>D</b>	IYTW (Bent over)	3 set of 3 rounds, Rest - 60 sec		Set 1	Set 2	Set 3	
	Face pull - light band		Week 1				
			Week 2				
			Week 3				
	<b>Lower Body 1</b>						
<b>A</b>	Squat - Back (Box)	6 sets 10 - 12 reps @ 70 - 75% 1 RM, Rest - 90 sec		Set 1	Set 2	Set 3	Set 4
	Squat - Front		Week 1				
	Squat - Sumo		Week 2				
	Squat - Zercher		Week 3				
<b>B</b>	Trap Bar Deadlift	4 sets 8 - 10 reps @ 75 - 80% 1 RM, Rest - 90 sec		Set 1	Set 2	Set 3	Set 4
	Straight bar Deadlift		Week 1				
	Sumo Deadlift		Week 2				
	Romanian Deadlift		Week 3				
<b>C</b>	Romanian Deadlift	4 sets 12 reps @ 7/10, Rest - 60 sec		Set 1	Set 2	Set 3	Set 4
	Machine leg curls/		Week 1				
	Nordic drops (assisted)		Week 2				
			Week 3				
<b>D</b>	Shoulder elevated Glute Bridge	3 sets 12 reps, Rest - 60 sec		Set 1	Set 2	Set 3	
	Split Squat		Week 1				
	Step up		Week 2				
			Week 3				



	Upper Body 2			Set 1	Set 2	Set 3	Set 4	Set 5
<b>A</b>	Barbell Bench Press	5 sets of 5 reps @ 85% 1 rep max (9/10). 2 min recovery.	Week 1					
	DB Bench Press		Week 2					
	Inclined BB press		Week 3					
	Inclined DB press			Set 1	Set 2	Set 3	Set 4	Set 5
<b>B</b>	Bent Over Row	5 sets of 5 reps @ 85% 1 rep max (9/10). 2 min recovery.	Week 1					
	WG Pull down/chin up		Week 2					
	Single arm DB Row		Week 3					
	Pull down grip variants			Set 1	Set 2	Set 3	Set 4	Set 5
<b>C</b>	Landmine Press	5 sets of 5 reps @ 85% 1 rep max (9/10). 2 min recovery.	Week 1					
	Seated (on ground) DB shoulder press		Week 2					
			Week 3					
<b>D</b>	IYTW (Bent over)	3 set of 3 rounds		Set 1	Set 2	Set 3		
	Face pull - light band	3 sets 12 reps	Week 1					
			Week 2					
	Week 3							
	Lower Body 2							
<b>A</b>	Squat - Back (Box)	5 sets of 5 reps @ 85% 1 rep max (9/10). 2 min recovery.		Set 1	Set 2	Set 3	Set 4	Set 5
	Squat - Front		Week 1					
	Squat - Sumo		Week 2					
	Squat - Zercher		Week 3					
<b>B</b>	Trap Bar Deadlift	5 sets of 5 reps @ 85% 1 rep max (9/10). 2 min recovery.		Set 1	Set 2	Set 3	Set 4	Set 5
	Straight bar Deadlift		Week 1					
	Sumo Deadlift		Week 2					
	Romanian Deadlift		Week 3					
<b>C</b>	Romanian Deadlift	5 sets of 8 reps @ 8/10. 60 sec recovery.		Set 1	Set 2	Set 3	Set 4	Set 5
	Machine leg curls/ Nordic drops (assisted)		Week 1					
			Week 2					
<b>D</b>	Shoulder elevated Glute Bridge	3 sets of 12 reps @ 6/10, 60 sec recovery.		Set 1	Set 2	Set 3		
	Split Squat		Week 1					
	Step up		Week 2					
			Week 3					

Whole Body 3 a				Set 1	Set 2	Set 3	Set 4
A	Barbell Bench Press	4 sets of 15 reps. 1 min recovery.	Week 1				
	DB Bench Press		Week 2				
	Inclined BB press		Week 3				
	Inclined DB press			Set 1	Set 2	Set 3	Set 4
B	Trap Bar Deadlift	4 sets of 15 reps. 1 min recovery.	Week 1				
	Straight bar Deadlift		Week 2				
	Sumo Deadlift		Week 3				
	Romanian Deadlift			Set 1	Set 2	Set 3	Set 4
C	Military Press	4 sets of 15 reps. 1 min recovery.	Week 1				
	Seated (on ground) DB shoulder press		Week 2				
			Week 3				
D	Shoulder elevated Glute Bridge	3 sets of 12 reps @ 6/10, 60 sec recovery.		Set 1	Set 2	Set 3	Set 4
	Split Squat		Week 1				
	Step up		Week 2				
			Week 3				
E	IYTW (Bent over)	3 set of 3 rounds		Set 1	Set 2	Set 3	
	Face pull - light band	3 sets 12 reps	Week 1				
			Week 2				
			Week 3				
Whole Body 3 b							
A	Squat - Back (Box)	4 sets of 15 reps. 1 min recovery.		Set 1	Set 2	Set 3	Set 4
	Squat - Front		Week 1				
	Squat - Sumo		Week 2				
	Squat - Zercher		Week 3				
B	Bent Over Row	4 sets of 15 reps. 1 min recovery.		Set 1	Set 2	Set 3	Set 4
	WG Pull down/chin up		Week 1				
	Single arm DB Row		Week 2				
	Pull down/up grip variants		Week 3				
C	Romanian Deadlift	4 sets of 15 reps. 1 min recovery.		Set 1	Set 2	Set 3	Set 4
	Machine leg curls/		Week 1				
	Nordic drops (assisted)		Week 2				
D	Deadlift 5 reps, Farmers Walk 20 m, deadlifts 5 reps	4 sets		Set 1	Set 2	Set 3	Set 4
	Squat 5 reps, sled push, squats 5 reps		Week 1				
			Week 2				
			Week 3				
E	Overhead Lunge	3 sets of 12 reps @ 6/10, 60 sec recovery.		Set 1	Set 2	Set 3	
	Bulgarian Split Squat		Week 1				
	Step up		Week 2				
				Week 3			

<b>Whole Body 4</b>				
<b>A</b>	Push up	20 reps, 20 sec rest between exercises	This can be done in uniform with a weighted vest. Adjust where necessary, swapping out equipment with what is available. For example: if you have no access to sled use sand bags with ropes.	
	Air Squat			
	Inverted Row			
	Deadlift 10 reps, Farmers Walk 20 m, deadlifts 10 reps			
		2 min recovery		
<b>B</b>	Close grip push up	20 reps, 20 sec rest between exercises		
	Goblet Squat			
	Assisted chin ups			
	Squat 10 reps, sled push 20m, squats 10 reps			
		2 min recovery		
<b>C</b>	Exercise ball push up	20 reps, 20 sec rest between exercises		
	Walking Lunge			
	Bent over row			
	RDL 10 reps, Sled drag 20m, RDL 10 reps			
<b>E</b>	Clock Squat (12, 3, 6, 9)	3 set of 2		
	Prone pull down behind the head, shoulder wide grip, (wooden dowel)	3 sets 12 reps		

<b>Body Weight Circuit</b>		
Push up	20 reps	Do 3 rounds, 1 min rest between rounds.
Sit up	20 reps	
Squat	20 reps	
Horizontal row	20 reps	
Walking Lunge	20 reps	
Plank: Front and side	30 sec holds	