

**Enlisted Combat Skills
Selection Course
Physical Training Prep Program**



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DISCLAIMERS

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved: Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury.

INTRODUCTION

Enlisted Combat Skills is a mentally and physically demanding selection course. You will be evaluated, tested and assessed on multiple fitness and physical training domains throughout the Enlisted Combat Skills selection course.

To help you prepare for the physical challenges in Enlisted Combat Skills we advise you to thoroughly read through this document. It is advised that you have an understanding of your current fitness levels to include, but not limited to, your most recent ACFT performance measures and your ability to ruck over distance.

This document includes both an 8-week and a 12-week physical training program. To achieve a good baseline fitness level prior to starting the Enlisted Combat Skills selection course, choose one of the physical training programs to follow and complete.

Why prepare for Green Platoon?

*"If you don't have time to do it right,
when will you have time to do it over?"*

*"Success occurs when
opportunity meets preparation"*

PRIOR TO BEGINNING THIS PT PROGRAM

Personal Fitness Assessment:

If you have not completed an US Army ACFT in the past six months, it is advised that you complete a diagnostic ACFT.

It is beneficial to know your most recent:

- 2-mile run time
- Hand-Release Push-up total
- 3-repetition Hex Bar Deadlift weight
- Plank Hold maximum time



PRIOR TO BEGINNING THIS PT PROGRAM

Running Shoe and Boot Assessment:

If you have running shoes and boots older than 1 year, please assess the integrity of each.

1. Is the tread on the bottom of the shoe or boot worn more than 50% or worn unevenly?
2. Look inside your shoes/boots, is the inside portion where your heel sits worn out or torn?
3. Do your running shoes pass all three of the Selecting a Running Shoe Tests?

If you answer 'Yes' to #1 or #2, or 'No' to #3

You should consider replacing your shoes or boots. It is recommended replacing any footwear a minimum of 6-weeks prior to reporting to Green Platoon.



PRIOR TO BEGINNING THIS PT PROGRAM

Three Tests When Selecting a Running Shoe

1. Shoe Liner Test



- Pull both liners out of your running shoes.
- Place the liners on the ground.
- Stand on top of the liners with equal weight on both feet.

Does your foot should fit within the liner and not hang over any part of the liner?
Does your foot match the shape of the liner?

2. Toe Break Test



Squeeze your running shoe from the front & back.

Does your shoe bend where your toes end? - It should.

3. Heel Counter Test



Squeeze the heel of your running shoe between your thumb and fingers. Does the heel collapse?

Good = Some give but does not collapse

WELL ROUNDED PHYSICAL TRAINING STANDARDS

Physical training standards are essential to assess your current training status and to plan towards achieving your own goals and meeting the requirements of the US Army.

You should be able to successfully pass every event in the US Army ACFT.

- 3-repetition Maximum Trap Bar Deadlift
- Standing Power Throw
- Hand-Release Push-Up
- Sprint-Drag-Carry
- Plank
- Two-Mile Run

Below are some additional physical training standards used to assess individual baseline fitness in the US Army in addition to the ACFT.

You should be able to complete the following events:

- **4 mile ruck in 1 hour**
- **4 mile run in 36 minutes**
- **8 mile ruck in 2 hours**

THE WARM UP DRILLS

Complete this PT Warm-Up Routine before every PT session.

- Double Leg Hip Bridges x10
- Push-Up Position to Down-Dog Position x10
- Bear Crawl (Hips Low) x20 meters
 - Walking Knee Hugs x10 each
 - Walking Leg Cradles x10 each
 - Walking Butt Kickers x10 each
 - Standing Leg Swings x10 each
- Walking World's Greatest Stretch x10 each
 - Spiderman Crawl x20 meters
- Walking Lunges with Arm Up x20 meters
 - Running High Knees x20 meters
 - Running Butt Kickers x20 meters
 - Lateral Shuffle-Right x20 meters
 - Lateral Shuffle-Left x20 meters
 - High Knee Skipping x20 meters
- Bear Crawl (Hips Low) x20 meters
 - 2x 50% effort Jog x20 meters
 - 2x 75% effort Run x20 meters
 - 2x 85% effort Run x20 meters

Perform a minimum of one-time through.

Strength training session warm-ups should be a minimum of 8 mins

Running session warm-ups should be a minimum of 10-15 mins

4 x 36 RUN PREP CHART

Use the below chart for determining pacing for all running conditioning PT sessions.

4 Mile Time	2 Mile Time	1 Mile Pace	1/2 Mile Pace	1/4 Mile Pace
>36:00	>18:00	>9:00	4:35	2:20
36:00:00	18:00	9:00	4:30	2:15
34:00:00	17:00	8:30	4:15	2:07
32:00:00	16:00	8:00	4:00	2:00
30:00:00	15:00	7:30	3:45	1:52
28:00:00	14:00	7:00	3:30	1:45
26:00:00	13:00	6:30	3:15	1:37
24:00:00	12:00	6:00	3:00	1:30

How to use the chart:

- If the PT session calls for running 1/2 mile distance intervals, find the 2-mile time that corresponds closest to your most recent 2-mile ACFT Test.
- For a 2-mile time of 16:00 minutes the 1/2-mile pace is 4:00 minutes
 - 1-mile Interval time allowance is +/- 10 secs
 - 1/2-mile Interval time allowance is +/- 7 secs
 - 1/4-mile Interval time allowance is +/- 5 secs
- Adding in the time allowance for a 1/2-mile interval (+/- 7 seconds), your goal is to run each 1/2-mile run between 3:53-4:07 minutes

Why Run Timed Intervals?

Running shorter distances at higher intensities with a prescribed rest break will significantly improve your long-distance runs. The ability to run a short distance, such as a 1/2-mile, in the same time for multiple repetitions improves aerobic conditioning, the ability to recover faster, and the mindset to know you can achieve a goal time to run a longer distance.

8 WEEK PT PLAN

On the next two pages is an eight-week physical training program to better prepare you for the physical and mental rigors of Enlisted Combat Skills selection course. If you have at least eight-weeks to start preparing prior to reporting, it is highly recommended you engage in a consistent and progressive physical training program to develop the mental and physical capabilities to succeed during the Enlisted Combat Skills selection course.

It is highly recommended you prepare for the Enlisted Combat Skills selection course for a minimum of eight-weeks.

It is by no means the only way to prepare. However, if you do not have a program and are unsure of where to start, it is recommended you follow this program from start to completion.

Daily Exercise Program guidelines.

Each day is set up with exercises grouped together in Blocks that are designed to be completed as mini-circuits. Perform the first exercise for the written number of repetitions, then perform the second and third exercises in order followed by the rest break written. After the rest break begin the next set. Complete all sets and reps for all exercises in each block before going on to the next Block of exercises.

Health and Fitness Disclaimer:

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury. If you are unsure, consult your medical officer or a physical therapist.

8 Week Training Plan: Phase 1 Weeks 1-2

		Week 1				Week 2			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
DAY 1									
A Block	Vertical Jump	3	2			3	2		
	Vertical Med Ball Throw	3	2	8 lb		3	2	8 lb	
	Underhand FWD Med Ball Throw	3	1	8 lb	30 sec	3	1	8 lb	30 sec
B Block	DB/KB Reverse Lunges *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	Bench Press *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	Bicep Curls *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
C Block	Bear Crawl Side-to-Side in Place	4	30 sec			4	40 sec		
	Staggered Stance Romanian Deadlifts *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	1-Arm DB/KB Rows *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
D Block	1-Arm KB Suitcase Carry (slow walk)	2	60 sec each	~33% BW		2	75 sec each	~33% BW	
	Standard Push-Ups (3 sec hold at bottom)	2	Max #			2	Max #		
DAY 2									
A Block	1 Mile Repeat Runs	2		80%	4 min	3		80-85%	4 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3									
A Block	1/2 Mile Repeat Runs	3		80%	3 mins	3		80-85%	3 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		80%	60 sec	2		80-85%	60 sec
	<i>Sprint Down & Back 6 times</i>								
	<i>Goal = Run each in 65-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4									
A Block	Broad Jump	3	1			3	1		
	Vertical Med Ball Throw	3	2	8 lb		3	2	8 lb	
	Underhand BWD Med Ball Throw	3	1	8 lb	30 sec	3	1	8 lb	30 sec
B Block	Front Squats	4	8			4	8		
	Pull-Ups or Lat Pulldowns	4	8			4	8		
	Plank Up/Downs	4	8		30 sec	4	8		30 sec
C Block	Kneeling 1-Arm DB/KB Overhead Press	4	8			4	8		
	Trap Bar Deadlifts	4	6			4	6		
	Tricep Extensions/Pressdowns	4	8		30 sec	4	8		30 sec
D Block	BW Step-Ups (fast)	2	35			2	40		
	Crunches	2	35			2	40		
DAY 5									
A Block	4 Mile Ruck Self Test	1	4 miles	100%					
	' ___ distance' Mile Ruck								
B Block	2 Mile Repeat Ruck					2	2 miles	90%	5 min
	<i>Goal = complete each ruck as fast as possible in similar times</i>					Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.			
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6									
A Block	Long Easy Run (On Your Own)	1	30--40 mins			1	35--45 mins		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***DAY 1 - Week 1 descending repetition explanation:**

1st set = 12 reps
2nd set = 10 reps
3rd set = 8 reps
4th set = 6 reps

Abbreviation Legend:

DB - dumbbell
KB - kettlebell
FWD - forward
BWD - backward
BW - body weight

8 Week Training Plan: Phase 1 Weeks 3-4

DAY 1		Week 3				Week 4			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump					3	3		
	Vertical Med Ball Throw					3	2	8 lb	
	Underhand FWD Med Ball Throw					3	2	8 lb	30 sec
B Block	DB/KB Reverse Lunges *					4	10, 8, 8, 6		
	Bench Press *					4	10, 8, 8, 6		
	Bicep Curls *					4	10, 8, 8, 6		30 sec
C Block	Bear Crawl Side-to-Side in Place					4	60 sec		
	Staggered Stance Romanian Deadlifts *					4	10, 8, 8, 6		
	1-Arm DB/KB Rows *					4	10, 8, 8, 6		30 sec
D Block	1-Arm KB Suitcase Carry (slow walk)					2	90 sec each	~33% BW	
	Standard Push-Ups (3 sec hold at bottom)					2	Max #		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	3		80-85%	4 min	3		80-85%	4 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/2 Mile Repeat Runs	4		85-90%	3 mins	4		85-90%	3 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		85-90%	60 sec	2		85-90%	60 sec
	<i>Sprint Down & Back 6 times</i>								
	<i>Goal = Run each in 65-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	2						
	Vertical Med Ball Throw	3	3	8 lb					
	Underhand BWD Med Ball Throw	3	2	8 lb	30 sec				
B Block	Front Squats	4	8						
	Pull-Ups or Lat Pulldowns	4	8						
	Plank Up/Downs	4	12		30 sec				
C Block	Kneeling 1-Arm DB/KB Overhead Press	4	8						
	Trap Bar Deadlifts	4	6						
	Tricep Extensions/Pressdowns	4	12		30 sec				
D Block	BW Step-Ups (fast)	2	50						
	Crunches	2	40						
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test								
	' ___ distance' Mile Ruck					1	5 miles	90%	
B Block	2 Mile Repeat Ruck	2	2 miles	95%	5 min				
	<i>Goal = complete each ruck as fast as possible in similar times</i>								
	<i>Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	35--45 mins			1	40--50 mins		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***DAY 1 - Week 1 descending repetition explanation:**

1st set = 12 reps
2nd set = 10 reps
3rd set = 8 reps
4th set = 6 reps

Abbreviation Legend:

DB - dumbbell
KB - kettlebell
FWD - forward
BWD - backward
BW - body weight

8 Week Training Plan: Phase 1 Weeks 5-6

DAY 1		Week 5				Week 6							
		Sets	Reps	%	Rest	Sets	Reps	%	Rest				
A Block	Vertical Jump	3	4			*** Today Complete the Body Weight Circuit Training Routine on page 14 ***							
	Vertical Med Ball Throw	3	3	10 lb									
	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec								
B Block	Plank Series (Lt Side-Front-Rt Side)	5	20 sec each										
	Trap Bar Deadlift	5	5										
	Incline Bench DB/KB Rows	5	10		60 sec								
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5										
	DB Alternating Bench Press	4	8										
	DB Curl-n-Press	4	12		60 sec								
D Block	6 inch Flutter Kicks	1	45 sec										
	BW Isometric Squats (5 sec hold at bottom)	1	25										
DAY 2		Sets	Reps	%	Rest					Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	4		90-100%	3 min					4		90-100%	3 min
	<i>Goal = Run each in same time +/- 10 sec</i>												
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins							1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest				
A Block	1/2 Mile Repeat Runs	3		90-100%	2 mins	4		90-100%	2 mins				
	<i>Goal = Run each in same time +/- 7 sec</i>												
B Block	300m Shuttle Run (Cones 25m apart)	2		90-100%	2 min	2		95-100%	2 min				
	<i>Sprint Down & Back 6 times</i>												
		<i>Goal = Run each in 60-75sec</i>											
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins						
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest				
A Block	Broad Jump	3	2			3	3						
	Vertical Med Ball Throw	3	2	10 lb		3	3	10 lb					
	Underhand BWD Med Ball Throw	3	2		30 sec	3	3		30 sec				
B Block	DB/KB Goblet Squats	5	15	35-70 lbs	0 sec	5	20	35-70 lbs	0 sec				
	DB/KB Step Ups	5	8 each	20-25 lbs	0 sec	5	10 each	20-25 lbs	0 sec				
	DB/KB Reverse Lunges	5	8 each	20-25 lbs	60 sec	5	10 each	20-25 lbs	60 sec				
C Block	Standard Push-Ups *	4	Max #		2 mins	4	Max #		2 mins				
	TRX/Bar Inverted Rows *	4	= # of Push ups done		1 min	4	= # of Push ups done		1 min				
	6 inch Flutter Kicks	4	30 sec		1 min	4	40 sec		1 min				
D Block	Bear Crawl (hips stay low)	1	3 mins			1	4 mins						
	Dead Hang (from pull up bar)	1	60 sec			1	90 sec						
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest				
A Block	4 Mile Ruck Self Test												
	'X distance' Mile Ruck					1	8 miles	90-95%					
B Block	3 Mile Repeat Ruck	2		95-100%	5 min								
	<i>Goal = complete each ruck in same time</i>												
		<i>Go ruck 3 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 3 miles back.</i>											
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins						
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest				
A Block	Long Easy Run (On Your Own)	1	45 mins	85%		1	50--60 mins	85%					
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins						



Notes:

***Day #4 - Block C:**

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform 1 set of TRX/Bar Inverted Rows for the # of reps just completed for the previous set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

Abbreviation Legend:

DB - dumbbell
 KB - kettlebell
 FWD - forward
 BWD - backward
 BW - body weight

8 Week Training Plan: Phase 1 Weeks 7-8

DAY 1		Week 7				Week 8			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump	3	5			3	2		
	Vertical Med Ball Throw	3	2	10 lb		3	2	10 lb	
	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec	3	1	10 lb	30 sec
B Block	Plank Series (Lt Side-Front-Rt Side)	5	30 sec each			5	25 sec each		
	Trap Bar Deadlift	5	4			5	4		
	Incline Bench DB/KB Rows	5	10		60 sec	5	10		60 sec
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5			4	5		
	DB Alternating Bench Press	4	8			4	8		
	DB Curl-n-Press	4	20		60 sec	4	20		60 sec
D Block	6 inch Flutter Kicks	1	75 sec			1	90 sec		
	BW Isometric Squats (5 sec hold at bottom)	1	35			1	30		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	4		90-100%	3 min	3		95-100%	3 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/2 Mile Repeat Runs	4		90-100%	2 mins	3		85-90%	2 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		95-100%	2 min	2		90-100%	2 min
	<i>Sprint Down & Back 6 times</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
	<i>Goal = Run each in 60-75sec</i>								
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	3			*** Today Complete the Body Weight Circuit Training Routine on page 14 ***			
	Vertical Med Ball Throw	3	3	10 lb					
	Underhand BWD Med Ball Throw	3	3		30 sec				
B Block	DB/KB Goblet Squats	5	20	35-70 lbs	0 sec				
	DB/KB Step Ups	5	10 each	20-25 lbs	0 sec				
	DB/KB Reverse Lunges	5	10 each	20-25 lbs	30 sec				
C Block	Standard Push-Ups *	5	Max #		2 mins				
	TRX/Bar Inverted Rows *	5	= # of Push ups done		1 min				
	6 inch Flutter Kicks	5	50 sec		1 min				
D Block	Bear Crawl (hips stay low)	1	5 mins						
	Dead Hang (from pull up bar)	1	120 sec						
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test					1	4 miles	100%	
	'X distance' Mile Ruck								
B Block	3 Mile Repeat Ruck	2		95%	5 min				
	<i>Goal = complete each ruck in same time</i> Go ruck 3 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 3 miles back.								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	50--60 mins	85%		1	45 mins	80%	
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***Day #4 - Block C:**

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform 1 set of TRX/Bar Inverted Rows for the # of reps just completed for the previous set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

Abbreviation Legend:

- DB - dumbbell
- KB - kettlebell
- FWD - forward
- BWD - backward
- BW - body weight

BODY WEIGHT CIRCUIT TRAINING ROUTINE

This is a body weight circuit training routine. You should complete this during the 8-week or 12-week comprehensive training plan where it states to perform the Body Weight Circuit Training Routine.

You will be instructed to perform this training routine periodically to improve your overall fitness and conditioning levels.

Body Weight Circuit Routine:

Air squats x 20

Push ups x 10

Iron Mike Lunges x 10 each leg

Flutter kicks x 20

Iron Mike Lunges x 10 each leg

Sit ups x 20

Push ups x 10

Air squats x 20

Bear crawl x 2 min continuous without stopping

Rest x 1 min

Run x 2 min(1 min out/1 min back) quick

Rest x 2 min + drink water

Repeat

Repeat for a total time of 55 mins

Health and Fitness Disclaimer:

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury. If you are unsure, consult your medical officer of a physical therapist.

BODY WEIGHT CIRCUIT TRAINING ROUTINE

Once you have completed the body weight circuit training routine, it is advised to perform a 15 minute cool down and stretching routine to improve recovery.

Minimum Stretching Routine:

- Calves
- Hamstrings
- Quadriceps
- Glutes
- Hip Flexors

You should hold each stretch for 1-2 minutes per leg.

- When you hold a stretch, you should feel a mild stretch in the muscle.
- You should not hold or push into a stretch if it hurts or you feel pain.
- You should take deep breaths in and out to help reduce muscle tension.
- Do not hold your breath when stretching as this will be counterproductive to stretching.

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12 WEEK PT PLAN

On the next two pages is an twelve-week physical training program to better prepare you for the physical and mental rigors of Enlisted Combat Skills selection course. If you have at least twelve-weeks to start preparing prior to reporting, it is highly recommended you engage in a consistent and progressive physical training program to develop the mental and physical capabilities to succeed during the Enlisted Combat Skills selection course.

It is highly recommended you prepare for the Enlisted Combat Skills selection course.

It is by no means the only way to prepare. However, if you do not have a program and are unsure of where to start, it is recommended you follow this program from start to completion.

Daily Exercise Program guidelines.

Each day is set up with exercises grouped together in Blocks that are designed to be completed as mini-circuits. Perform the first exercise for the written number of repetitions, then perform the second and third exercises in order followed by the rest break written. After the rest break begin the next set. Complete all sets and reps for all exercises in each block before going on to the next Block of exercises.

Health and Fitness Disclaimer:

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury. If you are unsure, consult your medical officer of a physical therapist.

12 Week Training Plan: Phase 1 Weeks 1-2

DAY 1		Week 1				Week 2			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump	3	2			3	2		
	Vertical Med Ball Throw	3	2	6-10 lb		3	2	6-10 lb	
B Block	DB/KB Goblet Squats	4	20	35-55 lbs	0 sec	4	20	35-55 lbs	0 sec
	DB/KB Step Ups	4	10 each	20 lbs	0 sec	4	10 each	20 lbs	0 sec
	DB/KB Reverse Lunges	4	10 each	20 lbs	60 sec	4	10 each	20 lbs	30 sec
C Block	Standard Push-Ups	4	15			4	15		
	TRX/Bar Inverted Rows	4	15			4	15		
	Flutter Kicks	4	30 sec		30 sec	4	30 sec		30 sec
D Block	Bear Crawl (hips stay low)	1	1 mins			1	1 mins		
	Dead Hang (from pull up bar)	1	60 sec			1	60 sec		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Run Day	1	2 miles	80%		1	2 miles		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/4 Mile Repeat Runs	4		80%	2 mins	4		80%	2 mins
	<i>Goal = Run each in same time +/- 5 sec</i>								
B Block	200m Shuttle Run (Cones 25m apart)	2		80-85%	60sec	3		80-85%	60 sec
	<i>Sprint Down & Back 4 times</i> <i>Goal = Run each in 60-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	2			3	2		
	Vertical Med Ball Throw	3	2	6-10 lb		3	2	6-10 lb	
B Block	DB/KB Lateral Goblet Split Squats	4	8 each			4	8 each		
	Pull-ups/ Lat Pulldowns	4	8 each			4	8 each		
	Plank Hold	4	30 sec each		30 sec	4	40 sec		30 sec
C Block	Trap Bar Deadlifts	4	6			4	6		
	DB Front Shoulder Raises	4	12			4	12		
	Side Planks	4	20 sec each		30 sec	4	25 sec each		30 sec
D Block	2-Arm KB Carry	1	90 sec	75% BW		1	90 sec	75% BW	
	Air Squats (fast to parallel depth)	1	40			1	40		
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test	1	4 miles	100%					
	'X distance' Mile Ruck								
B Block	2 Mile Repeat Ruck					2		90%	5 min
	<i>Goal = complete each ruck in same time</i>					Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.			
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	30--40 mins	70-75%		1	30--40 mins	70-75%	
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

Abbreviation Legend:

- DB - dumbbell
- KB - kettlebell
- FWD - forward
- BWD - backward
- BW - body weight

12 Week Training Plan: Phase 1 Weeks 3-4

DAY 1		Week 3				Week 4			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump	3	3			3	3		
	Vertical Med Ball Throw	3	3	6-10 lb		3	3	6-10 lb	
B Block	DB/KB Goblet Squats	5	20	35-55 lbs	0 sec	5	20	35-55 lbs	0 sec
	DB/KB Step Ups	5	10 each	20 lbs	0 sec	5	10 each	20 lbs	0 sec
	DB/KB Reverse Lunges	5	10 each	20 lbs	15 sec	5	10 each	20 lbs	0 sec
C Block	Standard Push-Ups	5	12			5	15		
	TRX/Bar Inverted Rows	5	12			5	15		
	Flutter Kicks	5	30 sec		30 sec	5	30 sec		30 sec
D Block	Bear Crawl (hips stay low)	1	2 mins			1	2 mins		
	Dead Hang (from pull up bar)	1	75 sec			1	75 sec		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Run Day	1	3 miles			1	3 miles		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/4 Mile Repeat Runs	6		80%	2 mins	6		80%	2 mins
	<i>Goal = Run each in same time +/- 5 sec</i>								
B Block	200m Shuttle Run (Cones 25m apart)	3		80-85%	60 sec	4		80-85%	60 sec
	<i>Sprint Down & Back 4 times</i>								
	<i>Goal = Run each in 60-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	3						
	Vertical Med Ball Throw	3	3	6-10 lb					
B Block	DB/KB Lateral Goblet Split Squats	4	8 each						
	Pull-ups/ Lat Pulldowns	4	8 each						
	Plank Hold	4	50 sec		30 sec				
C Block	Trap Bar Deadlifts	4	6						
	DB Front Shoulder Raises	4	12						
	Side Planks	4	30 sec each		30 sec				
D Block	2-Arm KB Carry	1	90 sec	75% BW					
	Air Squats (fast to parallel depth)	1	50						
<p>***</p> <p>Today Complete the Body Weight Circuit Training Routine on page 14</p> <p>***</p>									
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test								
	'X distance' Mile Ruck					1	4 miles	90-95%	
B Block	2 Mile Repeat Ruck	2		90%	5 min				
	<i>Goal = complete each ruck in same time</i>	Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.							
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	35--45 mins	70-75%		1	35--45 mins	70-75%	
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

Abbreviation Legend:

- DB - dumbbell
- KB - kettlebell
- FWD - forward
- BWD - backward
- BW - body weight

12 Week Training Plan: Phase 2 Weeks 5-6

		Week 5				Week 6			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
DAY 1									
A Block	Vertical Jump	3	2			3	2		
	Vertical Med Ball Throw	3	2	8 lb		3	2	8 lb	
	Underhand FWD Med Ball Throw	3	1	8 lb	30 sec	3	1	8 lb	30 sec
B Block	DB/KB Reverse Lunges *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	Bench Press *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	Bicep Curls *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
C Block	Bear Crawl Side-to-Side in Place	4	30 sec			4	40 sec		
	Staggered Stance Romanian Deadlifts *	4	12, 10, 8, 6			4	12, 10, 8, 6		
	1-Arm DB/KB Rows *	4	12, 10, 8, 6		30 sec	4	12, 10, 8, 6		30 sec
D Block	1-Arm KB Suitcase Carry (slow walk)	2	60 sec each	~33% BW		2	75 sec each	~33% BW	
	Standard Push-Ups (3 sec hold at bottom)	2	Max #			2	Max #		
DAY 2									
A Block	1 Mile Repeat Runs	2		80%	4 min	3		80-85%	4 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3									
A Block	1/2 Mile Repeat Runs	3		80%	3 mins	3		80-85%	3 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		80%	60 sec	2		80-85%	60 sec
	<i>Sprint Down & Back 6 times</i>								
	<i>Goal = Run each in 65-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4									
A Block	Broad Jump	3	1			3	1		
	Vertical Med Ball Throw	3	2	8 lb		3	2	8 lb	
	Underhand BWD Med Ball Throw	3	1	8 lb	30 sec	3	1	8 lb	30 sec
B Block	Front Squats	4	8			4	8		
	Pull-Ups or Lat Pulldowns	4	8			4	8		
	Plank Up/Downs	4	8		30 sec	4	8		30 sec
C Block	Kneeling 1-Arm DB/KB Overhead Press	4	8			4	8		
	Trap Bar Deadlifts	4	6			4	6		
	Tricep Extensions/Pressdowns	4	8		30 sec	4	8		30 sec
D Block	BW Step-Ups (fast)	2	35			2	40		
	Crunches	2	35			2	40		
DAY 5									
A Block	4 Mile Ruck Self Test	1	4 miles	100%					
	' ___ distance' Mile Ruck								
B Block	2 Mile Repeat Ruck					2	2 miles	90%	5 min
	<i>Goal = complete each ruck as fast as possible in similar times</i>					Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.			
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6									
A Block	Long Easy Run (On Your Own)	1	30--40 mins			1	35--45 mins		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***DAY 1 - Week 1 descending repetition explanation:**

1st set = 12 reps
2nd set = 10 reps
3rd set = 8 reps
4th set = 6 reps

Abbreviation Legend:

DB - dumbbell
KB - kettlebell
FWD - forward
BWD - backward
BW - body weight

12 Week Training Plan: Phase 2 Weeks 7-8

DAY 1		Week 7				Week 8			
		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump					3	3		
	Vertical Med Ball Throw					3	2	8 lb	
	Underhand FWD Med Ball Throw					3	2	8 lb	30 sec
B Block	DB/KB Reverse Lunges *					4	10, 8, 8, 6		
	Bench Press *					4	10, 8, 8, 6		
	Bicep Curls *					4	10, 8, 8, 6		30 sec
C Block	Bear Crawl Side-to-Side in Place					4	60 sec		
	Staggered Stance Romanian Deadlifts *					4	10, 8, 8, 6		
	1-Arm DB/KB Rows *					4	10, 8, 8, 6		30 sec
D Block	1-Arm KB Suitcase Carry (slow walk)					2	90 sec each	~33% BW	
	Standard Push-Ups (3 sec hold at bottom)					2	Max #		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	3		80-85%	4 min	3		80-85%	4 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/2 Mile Repeat Runs	4		85-90%	3 mins	4		85-90%	3 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		85-90%	60 sec	2		85-90%	60 sec
	<i>Sprint Down & Back 6 times</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	2						
	Vertical Med Ball Throw	3	3	8 lb					
	Underhand BWD Med Ball Throw	3	2	8 lb	30 sec				
B Block	Front Squats	4	8						
	Pull-Ups or Lat Pulldowns	4	8						
	Plank Up/Downs	4	12		30 sec				
C Block	Kneeling 1-Arm DB/KB Overhead Press	4	8						
	Trap Bar Deadlifts	4	6						
	Tricep Extensions/Pressdowns	4	12		30 sec				
D Block	BW Step-Ups (fast)	2	50						
	Crunches	2	40						
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test								
	' ___ distance' Mile Ruck					1	5 miles	90%	
B Block	2 Mile Repeat Ruck	2	2 miles	95%	5 min				
	<i>Goal = complete each ruck as fast as possible in similar times</i>	Go ruck 2 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 2 miles back.							
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	35--45 mins			1	40--50 mins		
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***DAY 1 - Week 1 descending repetition explanation:**

1st set = 12 reps
2nd set = 10 reps
3rd set = 8 reps
4th set = 6 reps

Abbreviation Legend:

DB - dumbbell
KB - kettlebell
FWD - forward
BWD - backward
BW - body weight

12 Week Training Plan: Phase 3 Weeks 9-10

		Week 9				Week 10			
DAY 1		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump	3	4			*** Today Complete the Body Weight Circuit Training Routine on page 14 ***			
	Vertical Med Ball Throw	3	3	10 lb					
	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec				
B Block	Plank Series (Lt Side-Front-Rt Side)	5	20 sec each						
	Trap Bar Deadlift	5	5						
	Incline Bench DB/KB Rows	5	10		60 sec				
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5						
	DB Alternating Bench Press	4	8						
	DB Curl-n-Press	4	12		60 sec				
D Block	6 inch Flutter Kicks	1	45 sec						
	BW Isometric Squats (5 sec hold at bottom)	1	25						
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	4		90-100%	3 min	4		90-100%	3 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/2 Mile Repeat Runs	3		90-100%	2 mins	4		90-100%	2 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		90-100%	2 min	2		95-100%	2 min
	<i>Sprint Down & Back 6 times</i> <i>Goal = Run each in 60-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	2			3	3		
	Vertical Med Ball Throw	3	2	10 lb		3	3	10 lb	
	Underhand BWD Med Ball Throw	3	2		30 sec	3	3		30 sec
B Block	DB/KB Goblet Squats	5	15	35-70 lbs	0 sec	5	20	35-70 lbs	0 sec
	DB/KB Step Ups	5	8 each	20-25 lbs	0 sec	5	10 each	20-25 lbs	0 sec
	DB/KB Reverse Lunges	5	8 each	20-25 lbs	60 sec	5	10 each	20-25 lbs	60 sec
C Block	Standard Push-Ups *	4	Max #		2 mins	4	Max #		2 mins
	TRX/Bar Inverted Rows *	4	= # of Push ups done		1 min	4	= # of Push ups done		1 min
	6 inch Flutter Kicks	4	30 sec		1 min	4	40 sec		1 min
D Block	Bear Crawl (hips stay low)	1	3 mins			1	4 mins		
	Dead Hang (from pull up bar)	1	60 sec			1	90 sec		
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test								
	'X distance' Mile Ruck					1	8 miles	90-95%	
B Block	3 Mile Repeat Ruck	2		95-100%	5 min				
	<i>Goal = complete each ruck in same time</i>	Go ruck 3 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 3 miles back.							
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	45 mins	85%		1	50--60 mins	85%	
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***Day #4 - Block C:**

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform 1 set of TRX/Bar Inverted Rows for the # of reps just completed for the previous set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

Abbreviation Legend:

DB - dumbbell
 KB - kettlebell
 FWD - forward
 BWD - backward
 BW - body weight

12 Week Training Plan: Phase 3 Weeks 11-12

		Week 11				Week 12			
DAY 1		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Vertical Jump	3	5			3	2		
	Vertical Med Ball Throw	3	2	10 lb		3	2	10 lb	
	Underhand BWD Med Ball Throw	3	2	10 lb	30 sec	3	1	10 lb	30 sec
B Block	Plank Series (Lt Side-Front-Rt Side)	5	30 sec each			5	25 sec each		
	Trap Bar Deadlift	5	4			5	4		
	Incline Bench DB/KB Rows	5	10		60 sec	5	10		60 sec
C Block	Front Squats (Barbell or 2 Kettlebells)	4	5			4	5		
	DB Alternating Bench Press	4	8			4	8		
	DB Curl-n-Press	4	20		60 sec	4	20		60 sec
D Block	6 inch Flutter Kicks	1	75 sec			1	90 sec		
	BW Isometric Squats (5 sec hold at bottom)	1	35			1	30		
DAY 2		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1 Mile Repeat Runs	4		90-100%	3 min	3		95-100%	3 min
	<i>Goal = Run each in same time +/- 10 sec</i>								
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 3		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	1/2 Mile Repeat Runs	4		90-100%	2 mins	3		85-90%	2 mins
	<i>Goal = Run each in same time +/- 7 sec</i>								
B Block	300m Shuttle Run (Cones 25m apart)	2		95-100%	2 min	2		90-100%	2 min
	<i>Sprint Down & Back 6 times</i> <i>Goal = Run each in 60-75sec</i>								
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 4		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Broad Jump	3	3			*** Today Complete the Body Weight Circuit Training Routine on page 14 ***			
	Vertical Med Ball Throw	3	3	10 lb					
	Underhand BWD Med Ball Throw	3	3		30 sec				
B Block	DB/KB Goblet Squats	5	20	35-70 lbs	0 sec				
	DB/KB Step Ups	5	10 each	20-25 lbs	0 sec				
	DB/KB Reverse Lunges	5	10 each	20-25 lbs	30 sec				
C Block	Standard Push-Ups *	5	Max #		2 mins				
	TRX/Bar Inverted Rows *	5	= # of Push ups done		1 min				
	6 inch Flutter Kicks	5	50 sec		1 min				
D Block	Bear Crawl (hips stay low)	1	5 mins						
	Dead Hang (from pull up bar)	1	120 sec						
DAY 5		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	4 Mile Ruck Self Test					1	4 miles	100%	
	'X distance' Mile Ruck								
B Block	3 Mile Repeat Ruck	2		95%	5 min				
	<i>Goal = complete each ruck in same time</i>	Go ruck 3 miles with 25-35lb at a fast pace, rest 5 mins, then ruck 3 miles back.							
C Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		
DAY 6		Sets	Reps	%	Rest	Sets	Reps	%	Rest
A Block	Long Easy Run (On Your Own)	1	50--60 mins	85%		1	45 mins	80%	
B Block	Stretch/ Foam Roll/ Yoga	1	15--20 mins			1	15--20 mins		



Notes:

***Day #4 - Block C:**

-Perform 1 set of Push Ups for as many reps as possible, then rest 2 mins.

-Next perform 1 set of TRX/Bar Inverted Rows for the # of reps just completed for the previous set of Push Ups.

-Repeat the same procedure for the remaining sets in Block C.

Abbreviation Legend:

DB - dumbbell
 KB - kettlebell
 FWD - forward
 BWD - backward
 BW - body weight

RECOVERY

It is recommended you engage in a regular recovery strategies to reduce the risk of injury, improve performance, and

Examples of recovery strategies may include:

- General static stretching (hold for 1-2 mins or more)
- Dynamic stretching and mobility programs
- Soft tissue tools such as foam rollers, stick rollers, ball rollers, and stretching straps
- Hydration replenishment
- Nutritional recovery plans
- Compression socks
- Proper sleep hygiene
- Seeing a physician or physical therapist for any injuries



Recovery Day Checklist

A 24-hour plan to reboot your body



After a tough physical challenge, do as many of the listed tasks as you can to recharge your internal batteries!

1. Rest on your back with legs elevated (15 min)

2. Injury: Cold+Compress+Elevate (20min on/40 off x 3)

3. Get 8 to 10 hours of rest, preferably all at once

4. Drink half your weight in ounces (water or tea)

5. Eat 3 fist-sized portions of dark green veggies

6. Do an easy 30 min cardio flush (run, bike, or swim)

7. Foam roll massage your back, arms, and legs (10 min)

8. Compression socks/sleeves sore body parts at night

SUMMARY

It is highly recommended you prepare with a consistent and progressive physical training program for a minimum of eight-weeks to better prepare you for the physical and mental rigors of the Enlisted Combat Skills selection course.

The mental and physical capabilities needed to succeed during the Enlisted Combat Skills selection course cannot be achieved overnight. Having a well rounded physical training program, engaging in multiple recovery strategies, proper nutrition, and good sleep hygiene will set you up to be successful from the start of the selection course.

You should be able to complete the following physical training standards:

- You should be able to complete a 4 mile ruck in 1 hour
- You should be able to complete a 4 mile run in 36 minutes
- You should be able to complete a 8 mile ruck in 2 hours

Health and Fitness Disclaimer:

It is advised that if you are experiencing pain in any body area, have sustained a recent injury, or have been experiencing a chronic injury that has not completely resolved:

Please seek professional medical advice from your medical officer, a physical therapist, or a physician.

Do not begin or continue with any physical training program if you have any health contraindications (a condition or circumstance that suggests or indicates that you should not exercise), have pain, or have a current injury. If you are unsure, consult your medical officer or a physical therapist.

RESOURCES

The following resources can assist you in assessing your current physical training status, setting goals and achieving milestones, and adjusting your physical training based on your current energy fuel tank.

- **Energy Inventory** - use this resource to gauge your daily energy levels to determine if you are fatigued, overtraining, or overloading.
 - If you do feel fatigued, sick, excessively sore, or under-recovered, you are advised to consult your medical officer, physical therapist, or NCO.
 - Taking a day off of training to recovery is advised if you feel fatigued, sick, excessively sore, or under-recovered.
- **Goal Setting** - use this resource to assist in setting goals and making long term changes that will have a beneficial impact.
- **Get Back on Track** - use this resource to regain your focus and get back on target.
- **Easy Bar Loading Weight Charts** - use these charts to make it easier to determine how much weight is on the bar or which weight plates you need to put on the bar to equal the weight you need/want to lift.
- **Body Weight Percentages Charts** - use these charts to determine what percentage of your body weight you are lifting or need to lift at.

Energy Inventory

NAME: _____

DATE: _____

How is my energy level today?

EXHAUSTED (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) SUPERSTAR

How pain-free am I today?

WORST PAIN EVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) NO PAIN, FEELING GREAT

How recovered do I feel Today? (Or, how much do I feel like working out today?)

I'M A WRECK (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) I'M IMMORTAL

How calm and focused am I today?

FREAKING OUT AND FRAZZLED (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ZEN MASTER

How is my mood and outlook right now?

UTTERLY MISERABLE (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) HOORAY FOR EVERYTHING

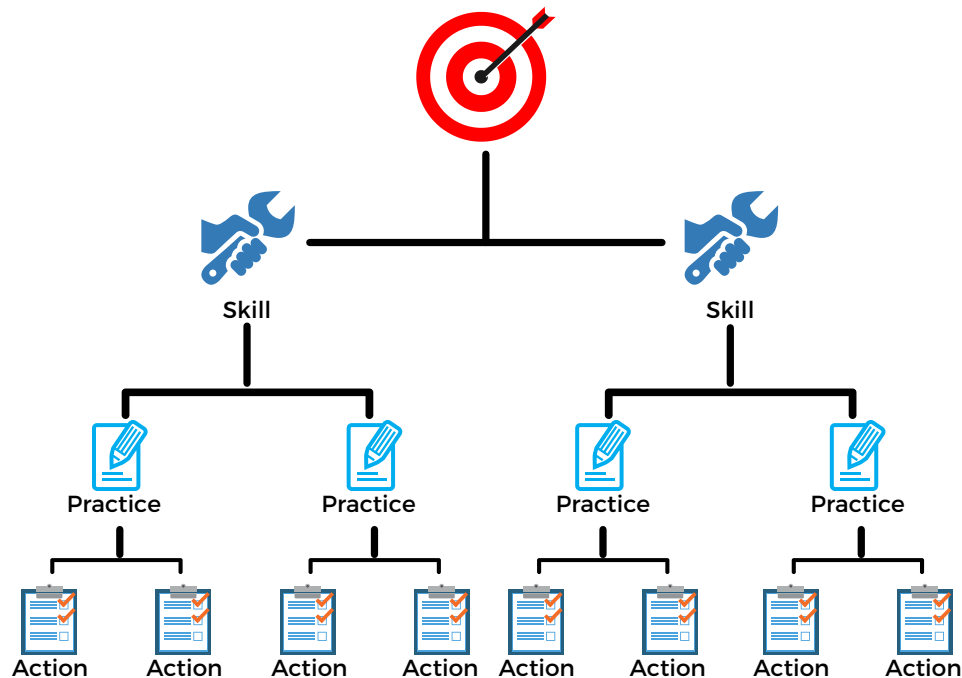
How supported do I feel right now by the people around me?

UTTERLY ALONE (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) GO TEAM

How supported do I feel right now by my environment?

NOT AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ITS A SHRINE TO MY GOALS

Goal Setting



Goal

Where you want to go



Skill

The ability or capacity that you need to achieve your goal



Practice

Something you need to build the skill



Action

Small, specific tasks or behaviors you need to do consistently. Repeated over time, these become habits.

Choosing practices and actions: The 5-S Formula

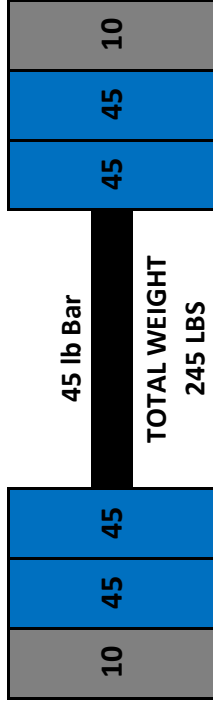
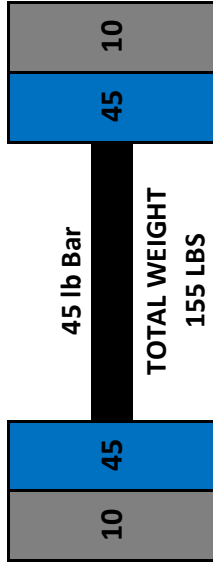
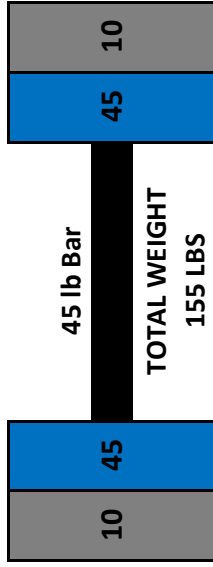
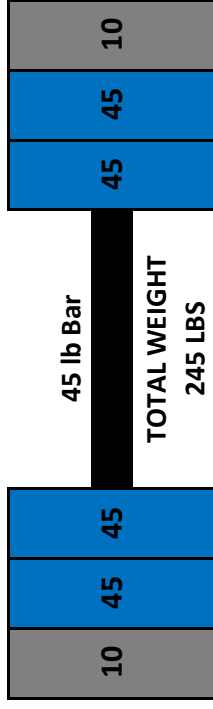
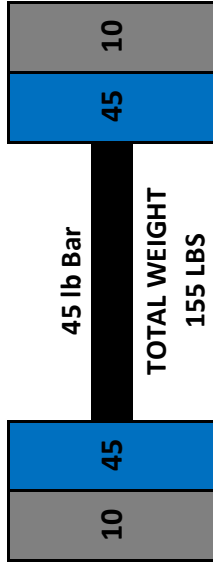
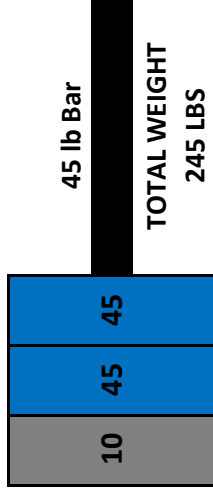
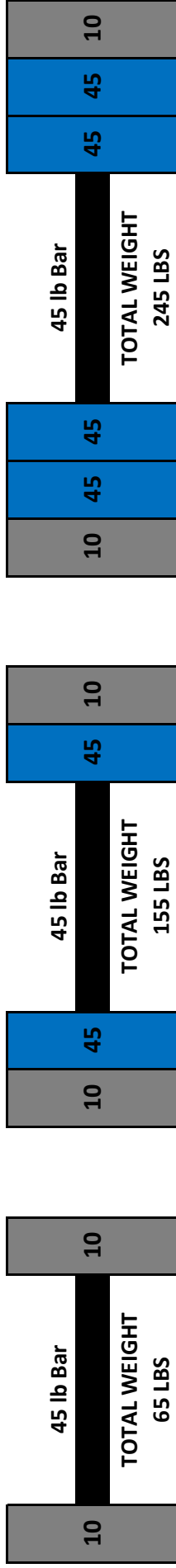
With the above "goals to skills to practice to actions" framework, it can be tricky to figure out how to work to develop practices and the next actions.

Use the 5-S Formula to identify what might be appropriate and successful skills, practices and actions.

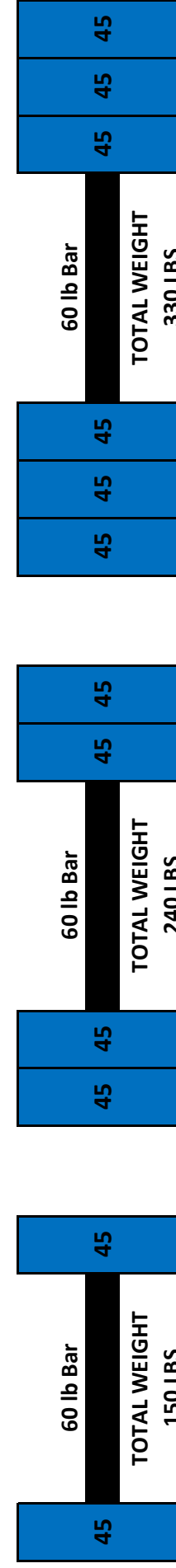
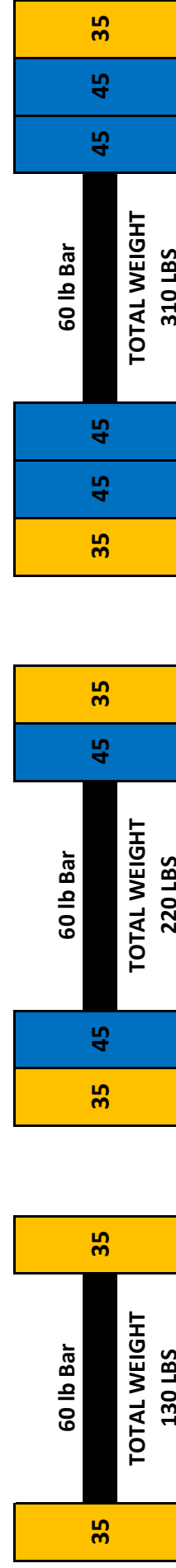
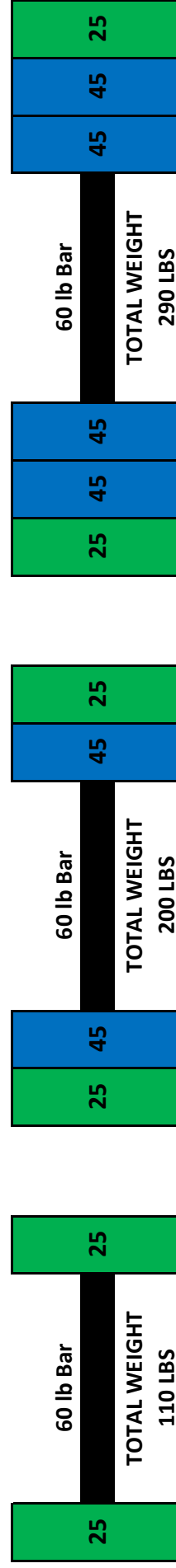
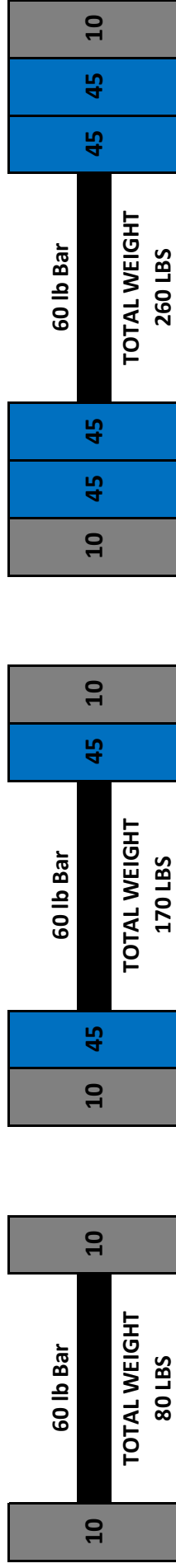
The 5-S Formula:

1. Strategic (add value, use strength, remove negative)
2. Segment (smaller piece of larger whole)
3. Sequential (logical order)
4. Simple (9/10 confidence you will do and can be done every day)
5. Supported (instructor, coach, mentor, accountability)

STRAIGHT BAR WEIGHT PLATE CHART



TRAP BAR WEIGHT PLATE CHART



BODY WEIGHT PERCENTAGES CHART (115-175 lbs)

% BW	115	120	125	130	135	140	145	150	155	160	165	170	175
50%	57.5	60.0	62.5	65.0	67.5	70.0	72.5	75.0	77.5	80.0	82.5	85.0	87.5
55%	63.3	66.0	68.8	71.5	74.3	77.0	79.8	82.5	85.3	88.0	90.8	93.5	96.3
60%	69.0	72.0	75.0	78.0	81.0	84.0	87.0	90.0	93.0	96.0	99.0	102.0	105.0
65%	74.8	78.0	81.3	84.5	87.8	91.0	94.3	97.5	100.8	104.0	107.3	110.5	113.8
70%	80.5	84.0	87.5	91.0	94.5	98.0	101.5	105.0	108.5	112.0	115.5	119.0	122.5
75%	86.3	90.0	93.8	97.5	101.3	105.0	108.8	112.5	116.3	120.0	123.8	127.5	131.3
80%	92.0	96.0	100.0	104.0	108.0	112.0	116.0	120.0	124.0	128.0	132.0	136.0	140.0
85%	97.8	102.0	106.3	110.5	114.8	119.0	123.3	127.5	131.8	136.0	140.3	144.5	148.8
90%	103.5	108.0	112.5	117.0	121.5	126.0	130.5	135.0	139.5	144.0	148.5	153.0	157.5
95%	109.3	114.0	118.8	123.5	128.3	133.0	137.8	142.5	147.3	152.0	156.8	161.5	166.3
100%	115.0	120.0	125.0	130.0	135.0	140.0	145.0	150.0	155.0	160.0	165.0	170.0	175.0
105%	120.8	126.0	131.3	136.5	141.8	147.0	152.3	157.5	162.8	168.0	173.3	178.5	183.8
110%	126.5	132.0	137.5	143.0	148.5	154.0	159.5	165.0	170.5	176.0	181.5	187.0	192.5
115%	132.3	138.0	143.8	149.5	155.3	161.0	166.8	172.5	178.3	184.0	189.8	195.5	201.3
120%	138.0	144.0	150.0	156.0	162.0	168.0	174.0	180.0	186.0	192.0	198.0	204.0	210.0
125%	143.8	150.0	156.3	162.5	168.8	175.0	181.3	187.5	193.8	200.0	206.3	212.5	218.8
130%	149.5	156.0	162.5	169.0	175.5	182.0	188.5	195.0	201.5	208.0	214.5	221.0	227.5
135%	155.3	162.0	168.8	175.5	182.3	189.0	195.8	202.5	209.3	216.0	222.8	229.5	236.3
140%	161.0	168.0	175.0	182.0	189.0	196.0	203.0	210.0	217.0	224.0	231.0	238.0	245.0
145%	166.8	174.0	181.3	188.5	195.8	203.0	210.3	217.5	224.8	232.0	239.3	246.5	253.8
150%	172.5	180.0	187.5	195.0	202.5	210.0	217.5	225.0	232.5	240.0	247.5	255.0	262.5
155%	178.3	186.0	193.8	201.5	209.3	217.0	224.8	232.5	240.3	248.0	255.8	263.5	271.3
160%	184.0	192.0	200.0	208.0	216.0	224.0	232.0	240.0	248.0	256.0	264.0	272.0	280.0
165%	189.8	198.0	206.3	214.5	222.8	231.0	239.3	247.5	255.8	264.0	272.3	280.5	288.8
170%	195.5	204.0	212.5	221.0	229.5	238.0	246.5	255.0	263.5	272.0	280.5	289.0	297.5
175%	201.3	210.0	218.8	227.5	236.3	245.0	253.8	262.5	271.3	280.0	288.8	297.5	306.3
180%	207.0	216.0	225.0	234.0	243.0	252.0	261.0	270.0	279.0	288.0	297.0	306.0	315.0
185%	212.8	222.0	231.3	240.5	249.8	259.0	268.3	277.5	286.8	296.0	305.3	314.5	323.8
190%	218.5	228.0	237.5	247.0	256.5	266.0	275.5	285.0	294.5	304.0	313.5	323.0	332.5
195%	224.3	234.0	243.8	253.5	263.3	273.0	282.8	292.5	302.3	312.0	321.8	331.5	341.3
200%	230.0	240.0	250.0	260.0	270.0	280.0	290.0	300.0	310.0	320.0	330.0	340.0	350.0

BODY WEIGHT PERCENTAGES CHART (180-240 lbs)

% BW	180	185	190	195	200	205	210	215	220	225	230	235	240
50%	90.0	92.5	95.0	97.5	100.0	102.5	105.0	107.5	110.0	112.5	115.0	117.5	120.0
55%	99.0	101.8	104.5	107.3	110.0	112.8	115.5	118.3	121.0	123.8	126.5	129.3	132.0
60%	108.0	111.0	114.0	117.0	120.0	123.0	126.0	129.0	132.0	135.0	138.0	141.0	144.0
65%	117.0	120.3	123.5	126.8	130.0	133.3	136.5	139.8	143.0	146.3	149.5	152.8	156.0
70%	126.0	129.5	133.0	136.5	140.0	143.5	147.0	150.5	154.0	157.5	161.0	164.5	168.0
75%	135.0	138.8	142.5	146.3	150.0	153.8	157.5	161.3	165.0	168.8	172.5	176.3	180.0
80%	144.0	148.0	152.0	156.0	160.0	164.0	168.0	172.0	176.0	180.0	184.0	188.0	192.0
85%	153.0	157.3	161.5	165.8	170.0	174.3	178.5	182.8	187.0	191.3	195.5	199.8	204.0
90%	162.0	166.5	171.0	175.5	180.0	184.5	189.0	193.5	198.0	202.5	207.0	211.5	216.0
95%	171.0	175.8	180.5	185.3	190.0	194.8	199.5	204.3	209.0	213.8	218.5	223.3	228.0
100%	180.0	185.0	190.0	195.0	200.0	205.0	210.0	215.0	220.0	225.0	230.0	235.0	240.0
105%	189.0	194.3	199.5	204.8	210.0	215.3	220.5	225.8	231.0	236.3	241.5	246.8	252.0
110%	198.0	203.5	209.0	214.5	220.0	225.5	231.0	236.5	242.0	247.5	253.0	258.5	264.0
115%	207.0	212.8	218.5	224.3	230.0	235.8	241.5	247.3	253.0	258.8	264.5	270.3	276.0
120%	216.0	222.0	228.0	234.0	240.0	246.0	252.0	258.0	264.0	270.0	276.0	282.0	288.0
125%	225.0	231.3	237.5	243.8	250.0	256.3	262.5	268.8	275.0	281.3	287.5	293.8	300.0
130%	234.0	240.5	247.0	253.5	260.0	266.5	273.0	279.5	286.0	292.5	299.0	305.5	312.0
135%	243.0	249.8	256.5	263.3	270.0	276.8	283.5	290.3	297.0	303.8	310.5	317.3	324.0
140%	252.0	259.0	266.0	273.0	280.0	287.0	294.0	301.0	308.0	315.0	322.0	329.0	336.0
145%	261.0	268.3	275.5	282.8	290.0	297.3	304.5	311.8	319.0	326.3	333.5	340.8	348.0
150%	270.0	277.5	285.0	292.5	300.0	307.5	315.0	322.5	330.0	337.5	345.0	352.5	360.0
155%	279.0	286.8	294.5	302.3	310.0	317.8	325.5	333.3	341.0	348.8	356.5	364.3	372.0
160%	288.0	296.0	304.0	312.0	320.0	328.0	336.0	344.0	352.0	360.0	368.0	376.0	384.0
165%	297.0	305.3	313.5	321.8	330.0	338.3	346.5	354.8	363.0	371.3	379.5	387.8	396.0
170%	306.0	314.5	323.0	331.5	340.0	348.5	357.0	365.5	374.0	382.5	391.0	399.5	408.0
175%	315.0	323.8	332.5	341.3	350.0	358.8	367.5	376.3	385.0	393.8	402.5	411.3	420.0
180%	324.0	333.0	342.0	351.0	360.0	369.0	378.0	387.0	396.0	405.0	414.0	423.0	432.0
185%	333.0	342.3	351.5	360.8	370.0	379.3	388.5	397.8	407.0	416.3	425.5	434.8	444.0
190%	342.0	351.5	361.0	370.5	380.0	389.5	399.0	408.5	418.0	427.5	437.0	446.5	456.0
195%	351.0	360.8	370.5	380.3	390.0	399.8	409.5	419.3	429.0	438.8	448.5	458.3	468.0
200%	360.0	370.0	380.0	390.0	400.0	410.0	420.0	430.0	440.0	450.0	460.0	470.0	480.0