The Special Forces Pre-selection Program

Comrades,

Are you looking to join the US Army Special Forces? What about the Rangers? Are you an operator who just wants to kick your ruck marching back into over drive but you aren't sure where to start? Look no further! The following 13-week program is an awesome tool that will deliver strength, speed, and stamina of both mind and body. This program came from some of our coalition brothers who remain anonymous for now, but boy can those men move out! This program will get you in shape to hump the heaviest loads for miles. This is not for the meek and mild!

Required Equipment:
- PT Uniform
  - Shoes
  - Socks
  - Running Shorts
  - T-shirt
- Battle Dress Uniform (BDU)
  - Boots
  - Socks
  - Trousers
  - Shirt
- Rifle (service rifle or a large caliber hunting rifle)
- Webbing Kit (load bearing equipment [LBE], min 8kg)
- Ruck Sack (ALICE, Bergen, or comparable pack)
- Bicycle (road or mountain type)
- Swim goggles and trunks (Speedos are fine)
- Super Joints (go to www.dragondoor.com)

Legend:
PT= PT uniform worn
RIFLE= Rifle carried in hands, never slung
BDU= BDU uniform & Rifle
KIT= BDU, Webbing Kit w/8kg, & Rifle
FULL KIT= KIT & Ruck

WEEK 1

		ACTIVITY	UNIFORM
M	AM	5km Run	PT
	PM	KB-1	PT
T	AM	8km Walk	BDU
	PM	5x20 Pushups, 5x5 Pull-ups, 100 Sit-ups	PT
W	AM	15km, Cycle	PT
	PM	KB-2	PT
T	AM	6km Run	PT
	PM	Swim 8x50m, 30 sec RI	PT
F	AM	10km Walk	BDU
	PM	6x20 Pushups, 6x5 Pull-ups, 110 sit-ups	PT
S	AM	7km Run	PT
	PM	KB-1	PT

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