

# 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](http://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

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

# Sas Pre Selection Training Program

**M Mosston**



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web bab ii kajian teori a belajar 1 pengertian belajar proses pembelajaran dapat terjadi dilingkungan mana saja seperti keadaan alam manusia tumbuhan hewan dan hal lainnya yang dapat dijadikan sebagai sumber belajar dalam kamus besar bahasa indonesia secara etimologis belajar memiliki arti berusaha memperoleh kepandaian ilmu

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web a landasan teori 1 model pembelajaran a pengertian model pembelajaran pembelajaran pada hakikatnya merupakan suatu proses interaksi antara pendidik dengan peserta didik baik interaksi secara langsung seperti kegiatan tatap muka maupun tidak langsung yaitu dengan menggunakan berbagai media

*bab ii kajian teori a hakikat belajar 1 pengertian belajar - Jul 24 2022*

web bab ii kajian teori hakikat belajar pengertian belajar dan pembelajaran belajar merupakan salah satu proses dan aktivitas yang dilakukan dan dialami manusia sejak manusia didalam kandungan buaian tumbuh berkembang dari anak remaja hingga menjadi dewasa sampai kelahirannya sesuai dengan prinsip pembelajaran sepanjang

*bab ii kajian teori a definisi pembelajaran universitas - Jun 22 2022*

web c pembelajaran ips di sekolah dasar 1 definisi pembelajaran ips menurut kurikulum depdiknas 2006 5 pengetahuan sosial itu adalah suatu bahan adaptasi seleksi dan modifikasi yang diorganisasikan dari konsep konsep dan keterampilan keterampilan sejarah geografi sosiologi antropologi dan ekonomi

**bab ii kajian teoritis a belajar dan pembelajaran 1 belajar - Mar 20 2022**

web bab ii kajian teoritis a belajar dan pembelajaran 1 belajar belajar merupakan tindakan dan prilaku siswa yang kompleks sebagai tindakan maka belajar hanya dialami oleh siswa sendiri siswa adalah penentu terjadi atau tidaknya proses belajar dimana proses belajar terjadi berkat siswa memperoleh sesuatu yang ada di lingkungan

**bab ii kajian pustaka a kajian teori 1 pengertian pembelajaran - May 02 2023**

web apa yang dipelajari pembelajaran sendiri menurut piaget konkret dan abstrak menjelaskan bahwa proses pembelajaran terbagi menjadi 3 yaitu asimilasi akomodasi dan ekuilibrasi asimilasi adalah proses penyatuan informasi kedalam unsur kognitif yang sudah ada proses akomodasi adalah penyesuaian struktur kognitif kedalam