

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

		<u>ACTIVITY</u>	<u>UNIFORM</u>
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

Sas Pre Selection Training Program

Wolfgang Guggemos



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Resources in Education ,1982 **American Gas Association Monthly** American Gas Association,1945 **SAS/AF User's Guide** ,1985 User s guide to the SAS AF computer programme for data analysis in business or information processing applications customized training programmes or help facilities gives an introduction to the procedures and types of screen possibilities covers information retrieval data modification and programming report writing statistical analysis file handling

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sejarah tsunami aceh 2004 penyebab dan dampaknya tirta id - Mar 26 2022

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web tsunami adalah gelombang air raksasa yang terjadi akibat gempa bumi letusan gunung berapi atau longsor bawah laut tsunami dapat menyebabkan dampak negatif bagi keseimbangan ekosistem seperti

tips pencegahan dampak tsunami kemkes go id - Feb 22 2022

web dec 15 2021 dalam penerapannya proses persiapan yang dilakukan merupakan satu satunya cara yang harus dilakukan untuk mencegah dampak tsunami yang lebih besar lagi berikut ini merupakan beberapa tips tindakan pencegahan agar terhindar dari dampak tsunami cari info jalur evakuasi dan tempat aman