

# 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

**American Gas Association**

The logo of the American Gas Association, featuring a stylized red flame or gas burner shape.

## Sas Pre Selection Training Program:

**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

*Commerce Business Daily* ,2001-10      **SAS Communications** SAS Institute,1985      *The Best of Soccer Journal* Jay Martin,2011-09 Includes the best articles from Soccer Journal that cover the most important aspects of soccer technique tactics the mental game and the physical game      **Naval Reservist** ,1957      **Operations Manual** California. Department of Corrections,2000      **Canadian Air Cadet** ,1948      **National 4-H Club News** ,1953      International Aerospace Abstracts ,1992      **Government Reports Announcements & Index** ,1986-08      **Contemporary Issues in Mentoring** ,1999      **The National Underwriter** ,1923      **Congressional Record** United States. Congress,1994 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873      **The Makio** ,1919      **Musical Observer** ,1919      *Army and Navy Journal* ,1924      **The Weekly Underwriter** Alasco Delancey Brigham, Henry Rogers Hayden,1925      Research in Education ,1969

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