



USAJFKSWCS  
SPECIAL FORCES ASSESSMENT AND SELECTION  
PREPARATION PROGRAM  
14 WEEK

**WEEK 1**

DAY 1

APFT  
PUSH-UPS: AMRAP IN 2 MINUTES  
SIT-UPS: AMRAP IN 2 MINUTES  
RUN: 2 MILES FOR TIME

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES  
JOG: 1 MINUTE  
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

RUN: 3 MILE TIME TRIAL  
(AS FAST AS POSSIBLE)

DAY 6

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 7

REST



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**WEEK 2**

DAY 1

RUN:  
4 X 400 METERS  
3 MIN REST BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES  
JOG: 1 MINUTE  
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

RUN: 3 MILE TEMPO  
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN  
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)  
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 6

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 7

REST



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**WEEK 3**

DAY 1

RUN:  
6 X 400 METERS  
3 MIN REST BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES  
JOG: 1 MINUTE  
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

RUN: 5 MILE TIME TRIAL  
(AS FAST AS POSSIBLE)

DAY 6

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 7

REST



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**WEEK 4**

DAY 1

RUN:  
3 X 400 METERS  
3 MIN REST BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN:  
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES  
JOG: 1 MINUTE  
REPEAT 6X

5 MINUTE COOLDOWN (EASY)

DAY 4

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

RUN: 5 MILE TEMPO  
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN  
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)  
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 6

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 7

REST



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**WEEK 5**

DAY 1

RUN:  
4 X 800 METERS

REST:  
4 MINUTES BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN: 10 Km TIME TRIAL

DAY 4

**SESSION 1**

NON-IMPACT CONDITIONING  
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
3 X 5 MINUTES  
REST 5 MINUTES BETWEEN SETS

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 20% OF BODYWEIGHT (DRY)  
DISTANCE: 3 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 6**

DAY 1

RUN:  
6 X 800 METERS

REST:  
4 MINUTES BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN: 10 Km TEMPO  
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN  
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)  
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 4

**SESSION 1**

NON-IMPACT CONDITIONING  
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
3 X 8 MINUTES  
REST 5 MINUTES BETWEEN SETS

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 20% OF BODYWEIGHT (DRY)  
DISTANCE: 5 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 7**

DAY 1

RUN:  
8 X 800 METERS

REST:  
4 MINUTES BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN: 12 Km TIME TRIAL  
(AS FAST AS POSSIBLE)

DAY 4

**SESSION 1**  
NON-IMPACT CONDITIONING  
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
3 X 12 MINUTES  
REST 5 MINUTES BETWEEN SETS

**SESSION 2**  
**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 25% OF BODYWEIGHT (DRY)  
DISTANCE: 5 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 8**

DAY 1

RUN:  
5 X 800 METERS

REST:  
4 MINUTES BETWEEN REPS

DAY 2

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 3

RUN: 12 Km TEMPO  
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN  
CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)  
<http://www.mcmillanrunning.com/index.php/calcUsage/calculate>

DAY 4

**SESSION 1**

NON-IMPACT CONDITIONING  
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
3 X 10 MINUTES  
REST 5 MINUTES BETWEEN SETS

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 25% OF BODYWEIGHT (DRY)  
DISTANCE: 7 MILES  
PACE: MODERATE

DAY 7

REST





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**WEEK 9**

DAY 1

WALK:  
2 MILES

DAY 2

RUCK:  
LOAD: 30% OF BODYWEIGHT (DRY)  
DISTANCE: 3.5 MILES  
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
5 x 5 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

**SESSION 1**

RUN: 5 MIN WARM-UP (EASY)

1600 METERS (HARD)  
400 METER RECOVERY JOG  
1200 METERS (HARD)  
400 METER RECOVERY JOG  
800 METERS (HARD)  
400 METER RECOVERY JOG  
400 METERS (HARD)

5 MINUTE COOLDOWN (EASY)

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 30% OF BODYWEIGHT (DRY)  
DISTANCE: 7 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 10**

DAY 1

WALK:  
3 MILES

DAY 2

RUCK:  
LOAD: 30% OF BODYWEIGHT (DRY)  
DISTANCE: 4 MILES  
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
5 x 8 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

**SESSION 1**

RUN: 5 MINUTE WARM-UP (EASY)

75 SEC (HARD)  
150 SEC (EASY)  
60 SEC (HARD)  
120 SEC (EASY)  
REPEAT 3X

5 MINUTE COOLDOWN (EASY)

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 30% OF BODYWEIGHT (DRY)  
DISTANCE: 8 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 11**

DAY 1

WALK:  
4 MILES

DAY 2

RUCK:  
LOAD: 35% OF BODYWEIGHT (DRY)  
DISTANCE: 4 MILES  
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
5 x 12 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

**SESSION 1**

RUN: 5 MINUTE WARM-UP (EASY)

5 X  
1 MINUTE (HARD),  
1 MINUTE (EASY)

5 MINUTES (EASY)

5 X  
1 MINUTE (HARD),  
1 MINUTE (EASY)

5 MINUTE COOL-DOWN (EASY)

**SESSION 2**

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 35% OF BODYWEIGHT (DRY)  
DISTANCE: 8 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 12**

DAY 1

APFT  
PUSH-UPS: AMRAP IN 2 MINUTES  
SIT-UPS: AMRAP IN 2 MINUTES  
RUN: 2 MILES FOR TIME

DAY 2

RUCK:  
LOAD: 35% OF BODYWEIGHT (DRY)  
DISTANCE: 5 MILES  
PACE: FAST

DAY 3

NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):  
5 X 10 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4

**SESSION 1**  
RUN: 20 MINUTES

**SESSION 2**  
**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5

REST

DAY 6

RUCK:  
LOAD: 35% OF BODYWEIGHT (DRY)  
DISTANCE: 10 MILES  
PACE: MODERATE

DAY 7

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**WEEK 13**

DAY 1

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 2

RUN:  
30 MINUTES (EASY)

DAY 3

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 4

BIKE:  
3 ROUNDS X 10 MINUTES AT THRESHOLD PACE  
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

RUCK:  
LOAD: 25% OF BODYWEIGHT (DRY)  
DISTANCE: 5 MILES  
PACE: MODERATE

DAY 7

REST



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**WEEK 14**

DAY 1

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 2

RUN:  
20 MINUTES (EASY)

DAY 3

**STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 4

BIKE:  
3 ROUNDS X 5 MINUTES AT THRESHOLD PACE  
2 MINUTES REST BETWEEN ROUNDS

DAY 5

REST

DAY 6

REST

DAY 7

REST

**WEEK 15**

\*\*\*SELECTION\*\*\*