

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

R Pring



Sas Pre Selection Training Program:

Unveiling the Magic of Words: A Review of "**Sas Pre Selection Training Program**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sas Pre Selection Training Program**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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