

Training for the

TACTICAL ATHLETE

Assessment & Selection (SFAS)



NSCA™ National Strength and Conditioning Association



Tactical Strength and Conditioning
(TSAC)

Training the Tactical Athlete: Special Forces Assessment and Selection

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Fitness Anywhere

Introduction

This guide is the first step in preparing the Tactical Athlete for the physical rigors of Assessment and Selection for Special Forces training. The contents of this guide are designed to afford each soldier the base foundation to achieve a state of operational readiness. The exercises and progressions contained in the guide are shown with minimal or no conventional resistance training equipment.

The Tactical Strength and Conditioning (TSAC) program's primary purpose is to develop operational fitness for military personnel. When developing a comprehensive strength and conditioning program, operators must consider the physical demands of operational related activities in order to optimize physical performance.

Physical training for operational performance is not a new concept. In fact, throughout history warriors and soldiers physically trained by performing various strength and conditioning exercises that later evolved into athletic events, such as boxing, wrestling and many track and field events. However, unlike the modern day athlete, these soldiers were not training for specific sports. They were training to be stronger, more powerful, and agile than their enemies on the battlefield. Their superior athletic prowess was developed for the primary purpose of becoming physically prepared for battle. Ironically, the traits that we generally consider to be components of athleticism were requisite based on the demands of war. Thus, many of the first competitive athletes were actually soldiers.

Typically, the Tactical operator devotes time to improving operational skill without much focus on improving operational strength, conditioning and/or nutrition. Unfortunately, this does not adequately prepare the soldier/operator for operational fitness or readiness. As with a professional athlete, a professional soldier is obligated to maintain a certain level of Operational Fitness. By implementing the latest cutting edge training methods and fundamental scientific principles, the TSAC program focuses on enhancing athleticism for today's Tactical Operator. Thus, the Tactical Athlete is born!

Disclaimer

The contents expressed in this manual are the opinion of the National Strength and Conditioning Association and do not necessarily reflect the official policy of the Department of the Army, Department of Defense, or the U.S. Government.

WEEKS 1 – 4

**Pre-Selection
Training Circuit 1**

SFAS Weekly Workout

Phase 1 Weeks 1 – 3

Day One	
Back Squat	2 x 12, 1 x 10
DB Lunge	3 x 10
RDL	3 x 12
DB Chest Press	3 x 12
DB Incline Chest Press	3 x 12
Lat Pull Down	3 x 12
Seated Row	3 x 12
DB Bentover Row	3 x 12
DB Bicep Curl	3 x 12
DB Hammer Curl	3 x 12

* Interval Run 1

Day Three	
Back Squat	2 x 12, 1 x 10
DB Bench Step Ups	3 x 10
RDL	3 x 12
Bench Press	3 x 12
DB Fly's	3 x 12
Lat Pull Down	3 x 12
Seated Row	3 x 12
DB Front Raise	3 x 12
DB Lateral raise	3 x 12
Tricep Push Down	3 x 12

* Interval Run 1

Day Two
Circuit Training #1
30s/30s 3 sets 5 min. between each set
Force March with 40# Rucksack along road.
Goal: 5 miles >1 hour

Day Four
Circuit Training #2
30s/30s 3 sets 5 min. between each set
Force March with 40# Rucksack over uneven terrain.
Goal: 5 miles > 1 hr, 20 min.

SFAS Weekly Workout *(cont.)*

Phase 1 Weeks 1 – 3

Day Five	
Back Squat	2 x 12, 1 x 10
DB Bench Step Ups	3 x 10
RDL	3 x 12
Incline Bench Press	3 x 12
DB Pull Over	3 x 12
Pull-Ups	3 x 12
Seated Row	3 x 12
DB Overhead Press	3 x 12
DB Hammer Curl	3 x 12
Dips	3 x 12

* Interval Run 1

Day Six
Circuit Training #1
Circuit Training #1 30s/30s 3 sets 5 min. between each set
5 mile run at moderate pace

SFAS Weekly Workout

Phase 1 Weeks 4 – 6

Day One	
Back Squat	3 x 8
DB Lunge	3 x 8
RDL	3 x 8
DB Chest Press	3 x 8
DB Incline Chest Press	3 x 8
Lat Pull Down	3 x 8
Seated Row	3 x 8
DB Bentover Row	3 x 8
DB Bicep Curl	3 x 8
DB Hammer Curl	3 x 8

* Interval Run 1

Day Two
Circuit Training #1
30s/30s 3 sets 5 min. between each set
Force March with 45# Rucksack along road.
Goal: 5 miles >1 hour

Day Three	
Back Squat	3 x 8
DB Bench Step Ups	3 x 8
RDL	3 x 8
Bench Press	3 x 8
DB Fly's	3 x 8
Lat Pull Down	3 x 8
Seated Row	3 x 8
DB Front Raise	3 x 8
DB Lateral raise	3 x 8
Tricep Push Down	3 x 8

* Interval Run 2

Day Four
Circuit Training #2
30s/30s 3 sets 5 min. between each set
Force March with 45# Rucksack over uneven terrain.
Goal: 5 miles > 1 hr, 20 min

SFAS Weekly Workout *(cont.)*

Phase 1 Weeks 4 – 6

Day Five	
Back Squat	3 x 8
DB Bench Step Ups	3 x 8
RDL	3 x 8
Incline Bench Press	3 x 8
DB Pull Over	3 x 8
Pull-Ups	3 x 8
Seated Row	3 x 8
DB Overhead Press	3 x 8
DB Hammer Curl	3 x 8
Dips	3 x 8

* 5 mile run at a moderate pace

Day Six
Circuit Training #1
30s/30s 3 sets 5 min. between each set
Force march with 45# Rucksack over uneven terrain. Goal: 8 miles > 1hr,36min

SFAS Weekly Workout

Phase 1 Weeks 7 – 9

Day One	
Back Squat	2 x 8, 1 x 6
DB Lunge	3 x 6
RDL	3 x 6
DB Chest Press	3 x 6
DB Incline Chest Press	3 x 6
Lat Pull Down	3 x 6
Seated Row	3 x 6
DB Bentover Row	3 x 6
DB Bicep Curl	3 x 6
DB Hammer Curl	3 x 6

* Interval Run 1

Day Two
Circuit Training #1
30s/30s 3 sets 5 min. between each set
Force March with 50# Rucksack along road.
Goal: 5 miles >1 hour

Day Three	
Back Squat	2 x 8, 1 x 6
DB Bench Step Ups	3 x 6
RDL	3 x 6
Bench Press	3 x 6
DB Fly's	3 x 6
Lat Pull Down	3 x 6
Seated Row	3 x 6
DB Front Raise	3 x 6
DB Lateral raise	3 x 6
Tricep Push Down	3 x 6

* Interval Run 2

Day Four
Circuit Training #2
30s/30s 3 sets 5 min. between each set
Force March with 50# Rucksack over uneven terrain.
Goal: 5 miles > 1 hr, 20 min.

SFAS Weekly Workout *(cont.)*

Phase 1 Weeks 7 – 9

Day Five	
Back Squat	2 x 8, 1 x 6
DB Bench Step Ups	3 x 6
RDL	3 x 6
Incline Bench Press	3 x 6
DB Pull Over	3 x 6
Pull-Ups	3 x 6
Seated Row	3 x 6
DB Overhead Press	3 x 6
DB Hammer Curl	3 x 6
Dips	3 x 6

* 5 mile run at a moderate pace

Day Six
Circuit Training #1
30s/30s 3 sets 5 min. between each set
Force March with 50# Rucksack over uneven terrain. Goal: 16 miles > 3 hr,30 min

Diagonal Plate Chop

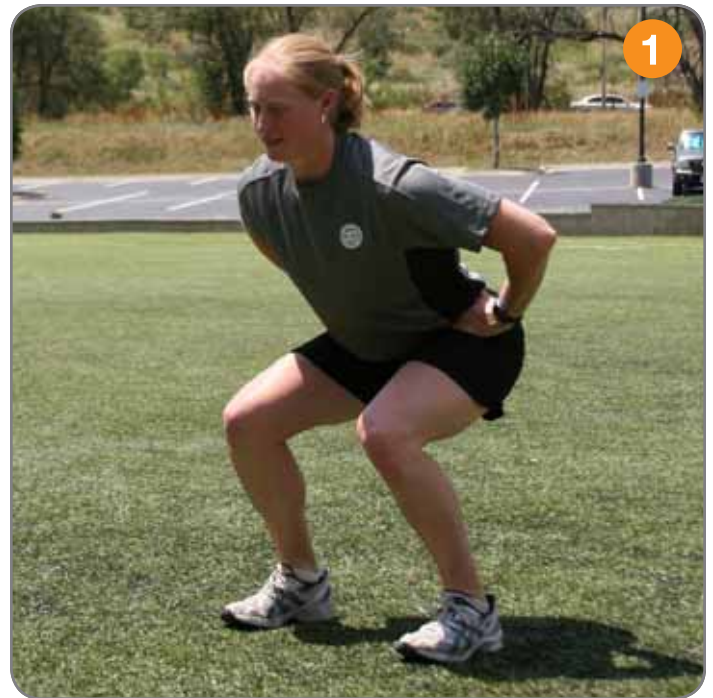
The Diagonal Plate Chop is performed in an athletic posture and utilizes the entire core musculature, primarily the obliques, quadriceps and hamstrings. Standing with good posture, hold a weight plate in both hands with the arms extended over the shoulder. In one motion while maintaining good posture with the back and arms straight, squat and rotate chopping the plate to the outside of the opposite knee, then return in the same path to the starting position. Perform as many reps as possible with good form for 30 seconds on each side of the body, completing all reps on one side, and then repeat on the opposite side.



Notes: _____

Squat Jump

The Squat Jump is an explosive exercise used to develop strength and power in the quadriceps, hamstrings and calves. Stand with the hands placed on the hips with the feet approximately hip to shoulder-width apart. Lower the hips as if performing a squat and upon reaching a half-squat depth, immediately extend at the hips and knees, jumping as high as possible, while keeping the hands on the hips. Land softly, absorbing the impact with the ankles, knees, and hips. Perform as many reps as possible with good form for 30 seconds.



Notes: _____

Reverse Lunge

The reverse lunge targets the quadriceps, hamstrings and gluteals. Perform the exercise in place by alternately stepping behind the body, then pushing through the posterior muscles of the front leg to return to standing in the starting position. When stepping back, place the ball of the foot on the ground and allow the hips and rear knee to lower towards the ground, however, not allowing the knee to touch the ground. The rear leg provides stability while the front leg is the primary mover in both the downward and upward phases. Perform as many reps as possible with good form for 60 seconds.



Notes: _____



DB Push-up with Row

The Dumbbell Push-up with row is utilized for torso and shoulder stabilization to work the pectorals, latissimus dorsi, trapezius, rhomboids, biceps, abdominals, and muscles of the rotator cuff. Begin in a push-up position with the hands on the dumbbells, palms facing each other, and the feet in a slightly wider than shoulder width. Slowly lower the chest to the dumbbells or ground, extend the arms and return to starting position, then pull each dumbbell up to the side of the body one at a time. Perform as many reps as possible with proper form for 60 seconds.



Flutter Kicks

The flutter kick is an exercise that primarily targets the abdominals and hip flexors. While lying on your back, contract the abdominals so that the lower back is flat on the ground and the shoulder blades are not in contact with

ground. Raise both legs off the ground and alternately flutter the legs up and down at a controlled pace, kicking from the hips, not the knees. Perform as many reps as possible with proper technique for 60 to 90 seconds.



Front Squat

The Front Squat is a multi-joint exercise, primarily working the quadriceps, gluteals and hamstrings. Begin with a hip-shoulder width stance, and the elbows high in front of the body so that the barbell rests on the front of the shoulders. Squat to parallel depth, while keeping the upper body erect. Once accomplished, return to the starting position by extending the hips and legs while pushing through the heels. Perform as many reps as possible with proper form and control for 30 seconds.

Notes: _____





Push Press

The Push Press is a multi-joint, semi-explosive exercise that utilizes the quadriceps, gluteals, and hamstrings to drive the weight off the shoulders and push the weight overhead to complete extension of the arm overhead. Begin in a shoulder-width stance with the barbell in the Front Squat position (see page 19). To initiate the movement, Dip slightly lowering the hips by flexing the ankles, knees and hips, and then rapidly extend them to explosively drive the resistance upward. The power generated by the legs will assist in moving the weight off the shoulders to the overhead position. The deltoids and triceps are used to finish extending the arms overhead. Perform as many reps as possible with good control and form for 30 seconds.



Swimmers

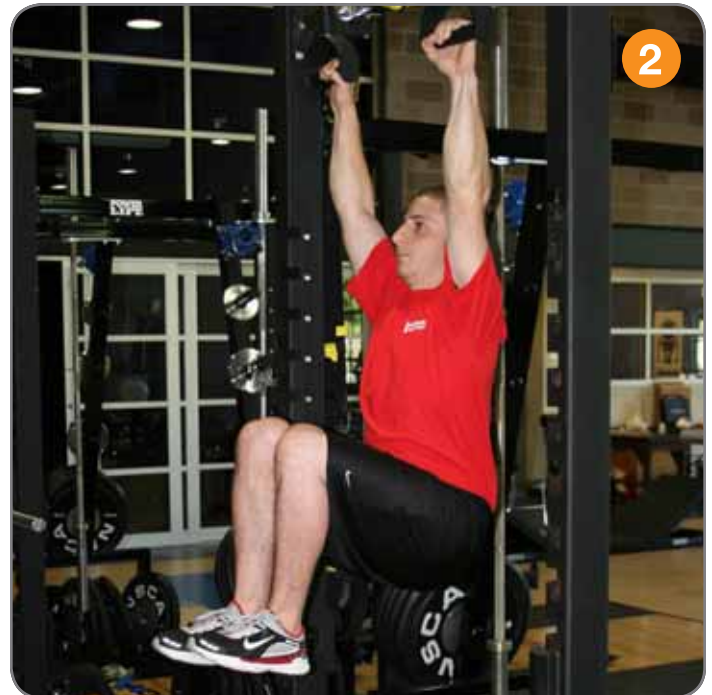
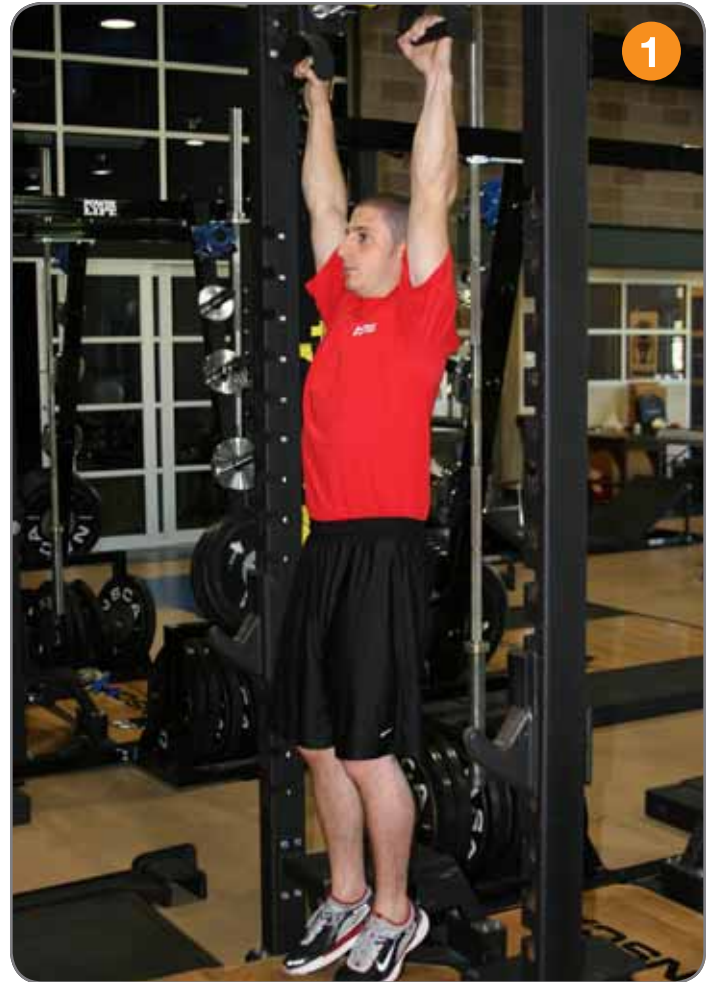
The Swimmers stress the core muscles of the abdominals (transverse, obliques and rectus abdominus) and lower back (erector spinae). While lying on your stomach contract

the abdominals and lower back to lift the shoulders and legs off the ground. While holding the contraction flutter the arms and legs simultaneously in an alternating fashion . Perform this drill for 60 seconds.



Hanging Leg Raise

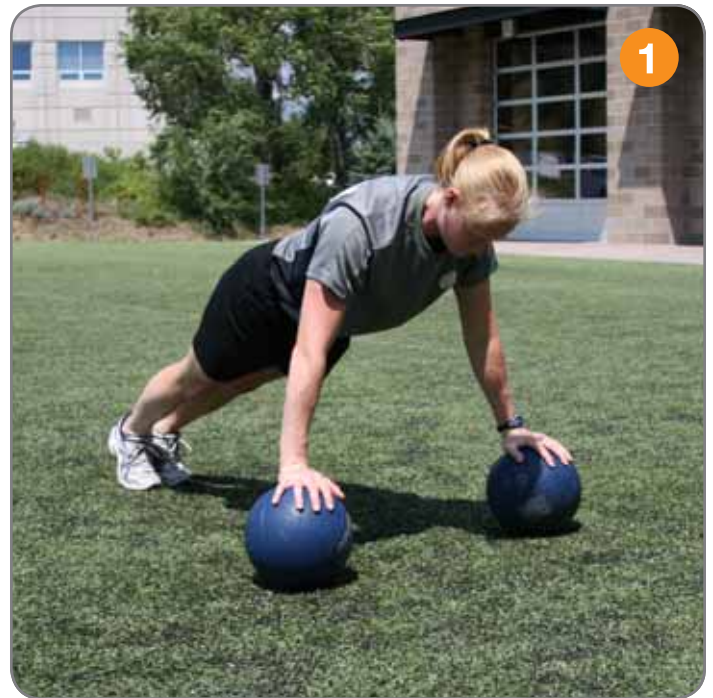
The Hanging Leg Raise is used to strengthen the abdominals (transverse and rectus abdominus) and lower back (erector spinae). Hang from an object high enough to allow the body to fully extend and the feet. Contract the abdominals, slowly raise the knees to the chest, briefly pause at the top, then slowly lower the legs back to the starting position. Repeat this movement without allowing the muscles of the abdominals to relax. The movement should be done under control so that the body does not swing. Repeat for the full 30 seconds.



Notes: _____

Unstable Push-ups

The Unstable Push-up is a chest exercise that will additionally challenge the stability of the rotator cuff and core muscles. The push-up can be performed with the hands on a stability ball or, balance apparatus. The feet may be positioned wide for greater stability and progressed into a narrower stance as the athlete improves. Once the hands are positioned, this exercise is performed in the same manner as a traditional push-up.



Notes: _____

Scissor Flutter Kicks

Scissor Flutter Kicks target the core muscles of the abdomen and hip flexors, as a result of the constant isometric contraction of the abdominals in conjunction with the movement of the legs. While lying on your back, contract the abdominals and raise the legs and shoulder blades off the ground. While keeping legs straight flutter from the hips move the legs across the center of the body, crossing like scissors. Flutter continuously while maintaining proper form for 60 seconds.



Notes: _____



DB Shoulder Press

The Dumbbell Shoulder Press strengthens the deltoids, trapezius, triceps and stabilizing muscles of the torso. Stand with a solid base of support: knees slightly bent, tight torso and holding the dumbbells at shoulder level with palms facing forward, push the dumbbells directly overhead, pausing for a moment with the arms fully extended overhead. Slowly lower dumbbells down to shoulder level and repeat for 60 seconds.

Notes: _____

Good Morning

The Good Morning works to improve hamstring, gluteus and lower back strength. Stand with the feet approximately hip-width. Hold the barbell across the top of the shoulder blades. Inhale and set the back posture and abdominals to a straight and stable position. Maintain a slight bend in the knees while flexing forward at the hips until the torso is almost parallel to the ground or the hamstrings feel tightly stretched. Return to the starting position with a tight, flat back by driving the heels into the ground using the posterior muscles of the legs and back. Perform as many reps as possible with good control and form for 60 seconds.



Notes: _____

DB Chest Press On Ground

This variation of the Dumbbell Chest Press is performed on the ground in order to minimize and prevent shoulder injury and discomfort. The pectorals are the primary movers, with the deltoids and triceps also providing assistance.

While lying on your back with the knees bent, feet flat on the ground and the elbows bent at 90 degrees, and holding dumbbells directly above the elbows. Push the dumbbells directly over the chest. Inhale, lower the dumbbells back to the sides, and lightly touch the elbows to the ground. Perform as many reps as possible with good control and form for 60 seconds.





Resistance Band Hip Extensions

The standing Hip Extension is used to strengthen the gluteus and hamstrings. Attach a resistance band to a sturdy object and insert the ankle or foot of the working leg into the loop of the band. Facing the support, step away from the supporting object so there is tension on the band. Keep the leg straight, toes flexed, and pull the heel straight back without moving the shoulders or hips. Slowly bring the foot back under the body without losing tension on the band. Perform as many reps as possible with good control and form for 60 seconds.

Notes: _____



Single Leg Calf Raises

The Single Leg Calf Raise is used to develop strength in the lower legs (calves, tibialis anterior). Stand on one leg, placing the toes and ball of the foot on the ground or a block, bench, box, etc. Keep the knee slightly bent and rise up as high as possible on the toes, and slowly return back to the starting position.

Notes: _____



Dips

The Dip is a bodyweight exercise used to strengthen the pectorals, deltoids and triceps, which are important muscles for pressing movements. Support the body on the bars with the torso and arms remaining straight. Bend the elbows and lower the body down between the bars as far as possible. Extend the arms and push yourself back up to starting position. Repeat with good control and form for 30 seconds.

Notes: _____

WEEKS 1 – 4

**Pre-Selection
Training Circuit 2**



Burpees

The Burpee is a total body strength and power exercise. Begin in a standing position, drop down to a push-up position by placing the hands on the ground then thrusting both feet back explosively pull the feet forward under the chest, then immediately jump as high as possible. Upon landing, repeat the movement and perform as many reps as possible for 30 seconds.

Notes: _____



Lateral Lunge

The Lateral Lunge is a lower body exercise that strengthens the quadriceps, gluteus, hamstrings. From a standing position, take an exaggerated step to the side. When foot contact is made with the ground, push the heel down so that the body weight is supported over the heel, shift the hips back, and align the heel, hips and shoulders. Lower the body as far as possible, maintaining a tall chest posture. Drive up from the lunging leg, pushing the body back to the starting position.



Clap Push-Ups

The Clap Push-Up is an upper body plyometric exercise that develops power in the chest. Begin in a push-up position. Lower the chest to the ground, then immediately explode upwards, allowing the hands to leave the ground. Clap the hands beneath the chest, then catch the body and lower it under control into another push-up. Repeat and perform as many reps in 30 seconds as possible.



Notes: _____



Lunge with Plate Twist

The Lunge with Plate Twist is a forward stepping lunge with a torso rotation. The lunge primarily strengthens the gluteus, hamstrings, and quadriceps, while the twist involves stability of the abdominals. Hold a weight plate or dumbbell in both hands, and extend the arms out in front of the chest. Take a large step forward, dropping the knee of the back leg towards the ground without touching. At the same time, turn the shoulders toward the outside of the front lunging leg. The rotation should be completed after the bottom of the lunge is reached and foot contact has been made. Push off the front leg through the heel so the toes do not drag on the ground. Return to the starting position and repeat. Alternate legs for as many reps as possible with good form for 60 seconds.



Notes: _____

Squat Hold + Squat Jump

The isometric squat hold paired with the jumping is another strength and power combination. The squat hold recruits the muscles of the quadriceps, gluteus and hamstrings to hold the body in a static squat position. The transition to the jumps also targets the same musculature, but also includes the calves. The sudden change in energy systems places stress on the body that is not frequently trained. Begin by performing a body weight squat with thighs parallel to the ground. Hold in the position for 30 seconds, then immediately extend the legs and hips to jump as high as possible. Repeat jumps for an additional 30 seconds.



Notes: _____



Weighted V-Up

The Weighted V-Up is used to strengthen the abdominals for flexion movements. While lying on your back and holding a light weight plate or dumbbell in both hands (5 – 10lbs). Keep the arms and legs straight, flex at the hips bringing the torso and legs off the ground to meet in the middle and balance on the glutes. Slowly lower the body back down, lightly touching the shoulder blades to the ground. Do not allow the legs to rest on the ground. Repeat as many reps as possible with good form for 60 seconds.



Superman

The Superman exercise is used to develop strength in the lower back and glutes. Lie face down with the arms extended in front of the body. Contract the glutes and hamstrings to lift the legs off the ground while simultaneously lifting the shoulders off the ground. Hold in suspension for one second, then slowly lower the arms and legs down to the ground. Lightly tap the toes and arms to the ground and repeat for 60 seconds.

Notes: _____



Diagonal Plate Chop

The Diagonal Plate Chop is performed in an athletic posture and utilizes the entire core musculature, primarily the obliques, quadriceps and hamstrings. Standing with good posture, hold a weight plate in both hands with the arms extended over the shoulder. In one motion while maintaining good posture with the back and arms straight, squat and rotate chopping the plate to the outside of the opposite knee, then return in the same path to the starting position. Perform as many reps as possible with good form for 30 seconds on each side of the body, completing all reps on one side, and then repeat on the opposite side.



Notes: _____



Romanian Deadlift (RDL)

The Romanian Deadlift, also known as the straight-legged deadlift, is an excellent exercise for developing hamstring and lower back strength. Stand with the feet hip-width apart, holding a barbell against the front of the thighs. Unlock the knees so there is a slight bend in them and maintain that slight bend throughout the duration of the exercise. Squeeze the shoulder blades together so that a neutral back is maintained during the full exercise movement. Begin by pushing the hips back, keeping the back and shoulders tight while sliding the bar down the front of the thighs. The lower back should be flat or slightly arched and the lifter should focus their weight on the heels of the feet in order to push through the hamstrings and glutes to return to the standing position. Repeat as many reps as possible with good form for one minute.



Notes: _____

Flutter Kicks

The flutter kick is an exercise that primarily targets the abdominals and hip flexors. Lie on your back on the ground, contract the abdominals so that the lower back is flat on the ground and the shoulder blades are lifted from

the ground. Raise both legs off the ground and alternately flutter the legs up and down at a controlled pace, moving from the hips, not kicking from the knees. Perform as many reps as possible with good form for sixty to 90 seconds.

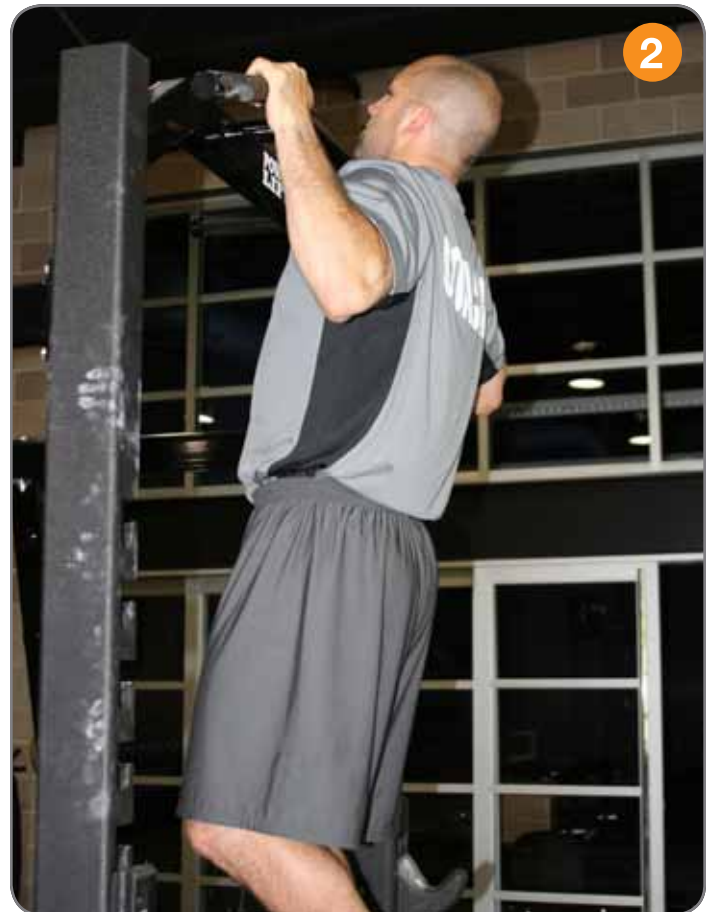


Pullups (below)

The Pullup is a bodyweight exercise used to build strength in the muscles of the back (latissimus dorsi, trapezius, rhomboids, teres major) and arms (biceps, forearms). Hang from a bar with a slightly wider than shoulder-width grip, body hanging vertically. Pull the body upward until the chin passes above the bar, then slowly lower back down to a dead hang. Do not allow the body to swing or use the hips or legs to kick for momentum.

Scissor Jumps (next page)

The scissor jump is an explosive exercise useful for developing power and strength in the legs. Assume a stationary lunge position: feet hip-width apart, split forwards and backwards. The rear heel should be off the ground and front foot flat on the ground. Lower the hips into a split squat, then explosively jump up, driving with the front leg to gain vertical height. While in the air, switch the legs so that you land with the opposite foot forward. Upon contact with the ground, lower the hips into a split squat then jump upwards, again switching the legs before landing. Repeat with good form for 30 seconds.



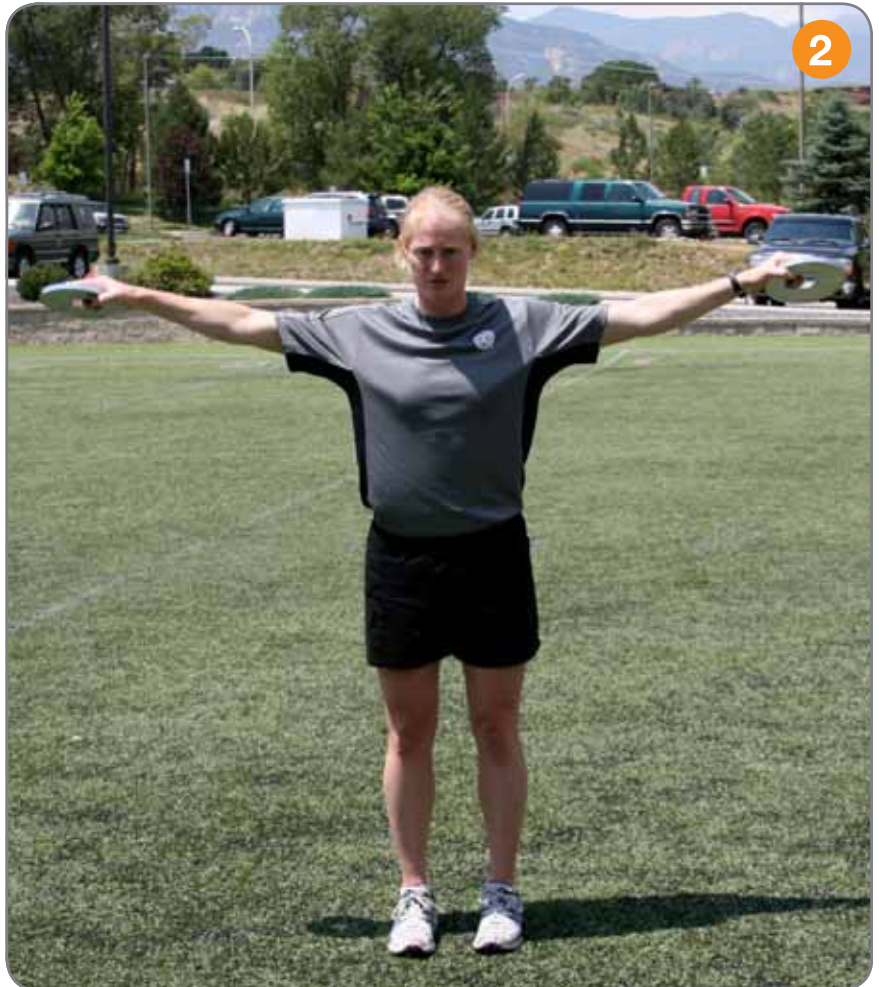
Weeks 1 – 4 • Circuit 2



DB/Plate Lateral Raise

The lateral raise is an effective exercise for strengthening the deltoids and trapezius. Stand with a solid base of support: feet shoulder width apart, slight bend in the knees, and a tight torso. Hold 5 – 10 pound dumbbells or weight plates, in each hand, at the sides of the body. With a slight bend in the elbows, maintain proper posture and raise the arms to shoulder height, slowly lower the weight back to the sides. Do not allow the torso or arms to swing or use momentum to move the weights. Perform as many reps as possible in 60 seconds.

Notes: _____



Scissor Flutter Kick

Scissor Flutter Kicks target the core muscles of the abdomen and hip flexors, as a result of the constant isometric contraction of the abdominals in conjunction with the movement of the legs. While lying on your back, contract the abdominals and raise the legs and shoulder blades off the ground. While keeping legs straight flutter from the hips move the legs across the center of the body, crossing like scissors. Flutter continuously while maintaining proper form for 60 seconds.

Notes: _____



Standing Hip Flexion

The Standing Hip Flexion exercise is used to strengthen the hip flexors and quadriceps.

Attach a resistance band to a sturdy object and insert the ankle or foot of one leg into the loop of the band. While facing away from the supporting object step forward so there

is tension on the band. Keep the hips and shoulders in line and the torso tight so that the body does not swing. Keep the leg straight and push forward against the band to the end range of motion, then slowly release the tension on the band, allowing the leg to return to the starting position. Repeat as many reps as possible for one minute.



Standing Hip Abduction

The Standing Hip Abduction exercise is used to strengthen the gluteus medius and minimus. Attach a resistance band to a sturdy object and insert the ankle or foot of one leg into the loop of the band. Step away from the supporting object so there is tension on the band and

turn to the side so that the working leg is on the outside, furthest from the support. Keep the hips and shoulders in line and the torso tight. Raise the leg laterally as far as possible. **Note:** range of motion will be limited; based on anatomical structures do not allow the hips or shoulders to flex forward or laterally. Slowly return the leg to the center and repeat for 60 seconds.



Shoulder Burn Circuit

The Shoulder Burn Circuit is a series of exercises used to strengthen the muscles of the rotator cuff. The circuit is comprised of six exercises, each performed for 20 seconds, followed by a one minute static hold. No weight is used and the movements are very small. Choose six from the following list of exercises and finish this circuit by holding the arms out to the sides at shoulder height for one minute.

Forward Flutter

Hold the arms straight out to the sides at shoulder level with palms facing forward. Flutter the arms forward and backward, moving from the shoulders, with a range of motion of only about six inches each way.



Reverse Flutter

From the forward flutter position, turn the palms down and backward so the thumbs are towards the ground. Flutter forward and backward moving from the shoulders.



Flutter Up

Turn palms up toward the ceiling and flutter up and down.



Flutter Down

Turn palms down towards the ground and flutter up and down with the movement originating from the shoulder.



Small Circles Forward

Position arms straight at shoulder level with palms facing forward. From the shoulder joint, make small circles with the arms turning forward.



Rotation

Rotate the arms from the shoulders (not just



the forearms) switching from thumbs up to thumbs down, continuously.

Small Circles Backward

With the arms straight at shoulder level, palms forward, make small circles with the arms, moving backwards.



Shoulder Press

Bend the elbows to ninety degrees so that the upper arms are parallel to the ground and the forearms are pointed to the ceiling. Press up and down as if performing a Dumbbell Shoulder Press; however, do not allow the upper arms to drop below shoulder level.



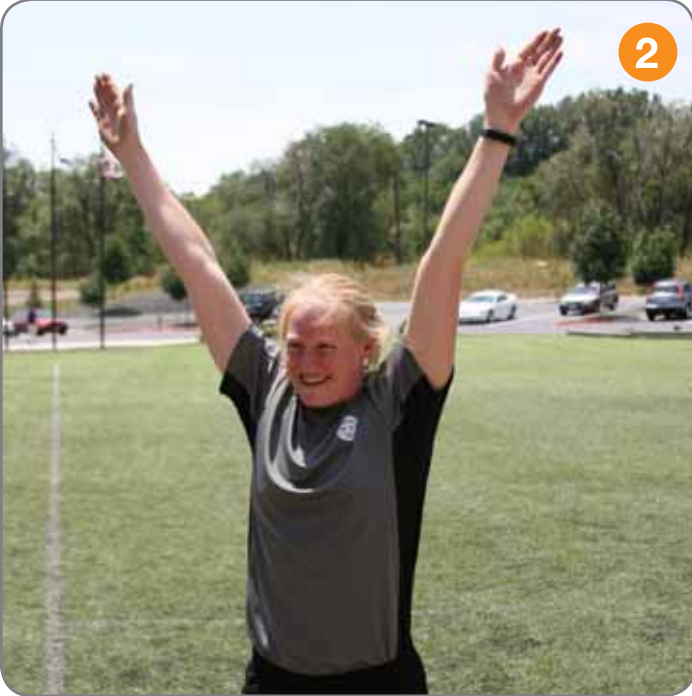
Bent Arm Chest Fly

Bend the elbows to ninety degrees and while maintaining the upper arms to the ground while bringing the forearms together in front of the chest, then back out to the sides as if using a pec-deck machine.



Straight Arm Shrugs

Straighten the arms and extend them overhead in a 'Y' position. Keep the arms as straight as possible and shrug the shoulders up and down, continuously.



Notes: _____

WEEKS 5 – 7

**Pre-Selection
Training Circuit 3**

Times drop from 1 minute to 30 seconds, and from
30 seconds to 15 seconds for weeks 6 – 7



Tuck Jumps

Tuck jumps are a plyometric exercise used to develop power and strength in the legs. Stand with feet about hip-width apart. Flex at the hips and knees to a half-squat, then swing the arms and explode upwards as fast as possible. Quickly pull the knees up to the chest while suspended in the air. Land with soft knees to absorb the shock of the landing then repeat for 30 seconds.

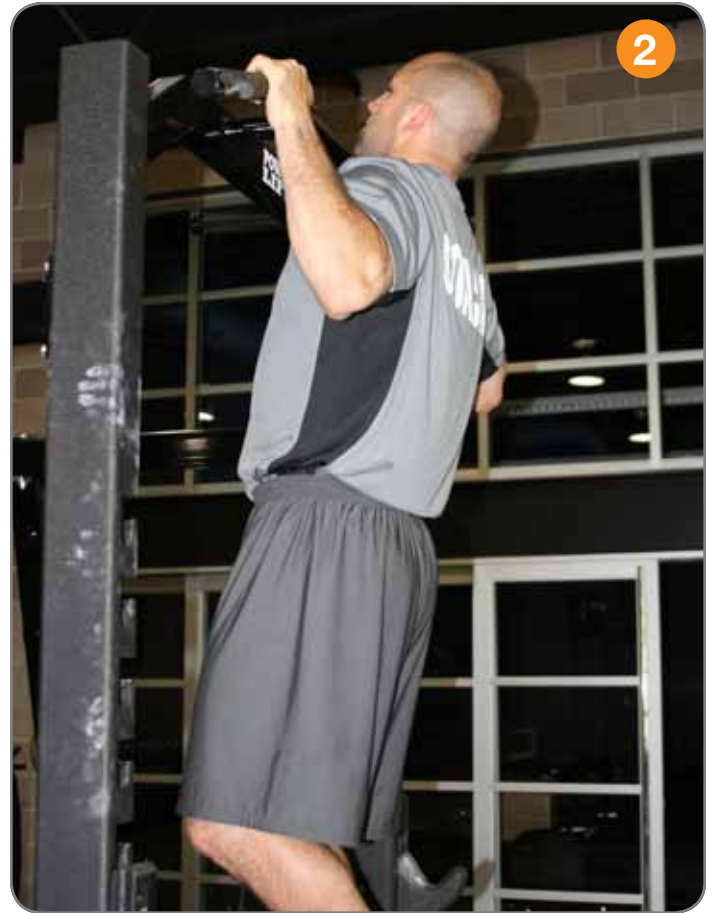


Lunge with Plate Twist

The Lunge with Plate Twist is a forward stepping lunge with a torso rotation to stress total body strength, stability, and coordination. The lunge primarily strengthens the gluteus, hamstrings, and quadriceps, while the twist involves all of the abdominals for the rotation and stability. Hold a weight plate or dumbbell in both hands, arms extended in front of the chest. Take a large step forward, dropping the knee of the back leg towards the ground without touching. At the same time, turn the shoulders toward the outside of the front lunging leg. The rotation should be completed as the bottom of the lunge is reached. Push off the front leg through the heel so the toes do not drag on the ground back to starting position. Alternate legs and perform as many reps as possible with good form for 60 seconds.



Notes: _____



Pullups

The Pullup is a bodyweight exercise used to build strength in the muscles of the back (latissimus dorsi, trapezius, rhomboids, teres major) and arms (biceps, forearms). Hang from a bar with a slightly wider than shoulder-width grip, body hanging vertically. Pull the body upward until the chin passes above the bar, then slowly lower back down to a dead hang. Do not allow the body to swing or use the hips or legs to kick for momentum.

Notes: _____



Push-ups on Cadence

Push-ups performed on cadence of the coach require the athletes to maintain rhythm and technique. The athletes begin in the up position and follow the instructions of the coach. The coach can give commands such as:

“Up and Down”

The athletes move up and down, following the cadence and pausing in each position until given the next.

“Quarter”

The athletes lower 1/4 distance of a full push-up and hold

“Half hold”

The athletes lower half-way and hold until given the next command.

“Three Quarter”

The athletes lower to 3/4 the full push-up depth and hold



Jackknives

The jackknife is a core strengthening exercise similar to the V-Up, with the difference being alternating opposite arms and legs. Lie on the ground on the back with arms and legs extended. Raise the shoulders and one leg off the ground, with a small rotation so that the extended arm and opposite leg come together in the up position. Alternate sides and perform as many reps as possible for 60 seconds.



Notes: _____

Dumbbell Front Raise

Stand with a solid base of support: feet shoulder width apart, slight bend in the knees, tight torso. Hold 5 – 10 pound dumbbells or weight plates, one in each hand, at the front of the body. With a slight bend in the elbows, maintain a neutral posture and raise the arms to shoulder height, then slowly lower back to the thighs. Do not allow the torso or arms to swing using momentum to pull up. Perform as many reps as possible in 60 seconds. The front raise is an effective exercise for strengthening the deltoids.



Notes: _____

Squat Hold + Squat Jump

The isometric squat hold paired with the jumping is another strength and power combination. The squat hold recruits the muscles of the quadriceps, gluteus and hamstrings to hold the body in a static squat position. The transition to the jumps also targets the same musculature, but also includes the calves. The sudden change in energy systems places stress on the body that is not frequently trained. Begin by performing a body weight squat with thighs parallel to the ground. Hold in the position for 30 seconds, then immediately extend the legs and hips to jump as high as possible. Repeat jumps for an additional 30 seconds.



Notes: _____

Flutter Kicks

The flutter kick is an exercise that primarily targets the abdominals and hip flexors. Lie on your back on the ground, contract the abdominals so that the lower back is flat on the ground and the shoulder blades are lifted from

the ground. Raise both legs off the ground and alternately flutter the legs up and down at a controlled pace, moving from the hips, not kicking from the knees. Perform as many reps as possible with good form for sixty to 90 seconds.

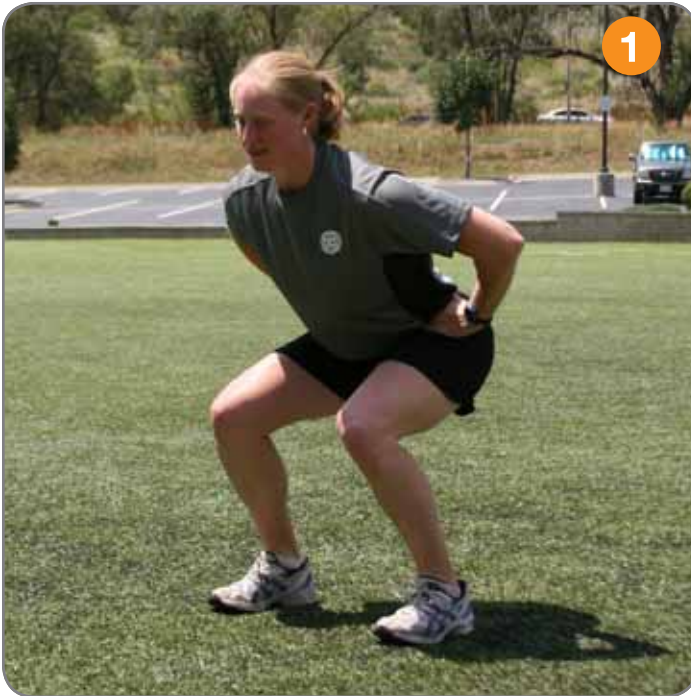




DB Push-up with Row

The Dumbbell Push-up with row is utilized for torso and shoulder stabilization to work the pectorals, latissimus dorsi, trapezius, rhomboids, biceps, abdominals, and muscles of the rotator cuff. Begin in a push-up position with the hands on the dumbbells, palms facing each other, and the feet in a slightly wider than shoulder width. Slowly lower the chest to the dumbbells or ground, extend the arms and return to starting position, then pull each dumbbell up to the side of the body one at a time. Perform as many reps as possible with proper form for 60 seconds.





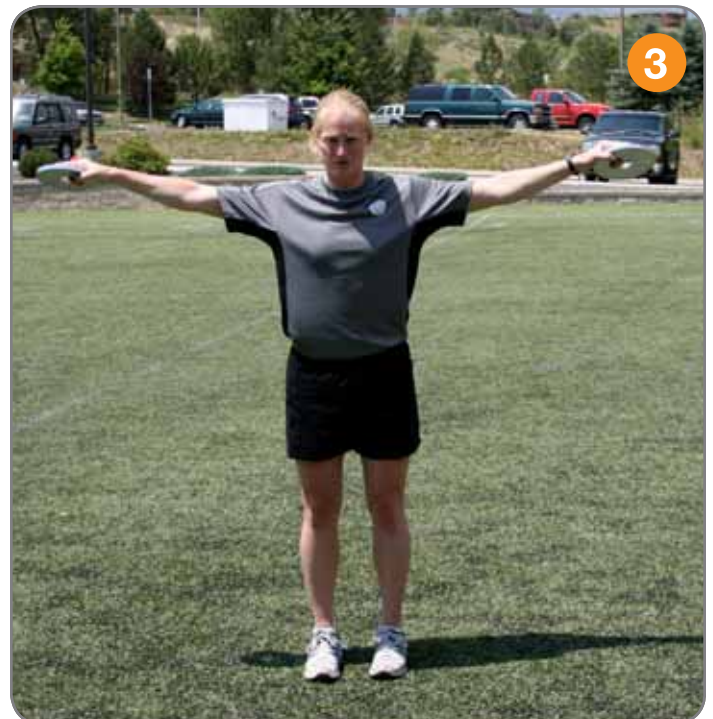
Squat Hold (above)

The squat hold is an isometric exercise for the quadriceps, hamstrings and glutes. Perform a body weight squat with thighs parallel to the ground. Hold the position for 60 seconds.



Plate Lateral Raise (right)

Stand with a solid base of support: feet shoulder width apart, slight bend in the knees, tight torso. Hold 5 – 10 pound dumbbells or weight plates, one in each hand, at the sides of the body. With a slight bend in the elbows, maintain core posture and raise the arms to shoulder height, slowly lower back to the sides. Do not allow the torso or arms to swing using momentum to pull up. Perform as many reps as possible in 60 seconds. The lateral raise is an effective exercise for strengthening the deltoids and trapezius.



Leg Lowers

The leg lower is an effective exercise for strengthening the core musculature of the abdominals and hip flexors. Lie face up on the ground with the legs extended and the arms on the ground beneath the hips or at the sides. Contract the abdominals so that the lower back flattens to the ground and raise the legs off the ground. Raise the legs to approximately a forty-five degree angle, then slowly lower them towards the ground. Keep the lower back on the ground throughout the motion. As the legs lower closer to the ground, the lower back may begin to arch off the ground. Do not lower the legs past the point where the back begins to lift off the ground. Raise the legs up and repeat for one minute.



Notes: _____

Burpees

The Burpee is a total body strength and power exercise. Begin in a standing position, drop down to a push-up position by placing the hands on the ground then thrusting both feet back explosively pull the feet forward under the chest, then immediately jump as high as possible. Upon landing, repeat the movement and perform as many reps as possible for 30 seconds.



Notes: _____



Dips

The Dip is a bodyweight exercise used to strengthen the pectorals, deltoids and triceps, which are important muscles for pressing movements. Support the body on the bars with the torso and arms remaining straight. Bend the elbows and lower the body down between the bars as far as possible. Extend the arms and push yourself back up to starting position. Repeat with good control and form for 30 seconds.

Notes: _____



Scissor Flutter Kick

Scissor Flutter Kicks target the core muscles of the abdomen and hip flexors, as a result of the constant isometric contraction of the abdominals in conjunction with the movement of the legs. While lying on your back, contract the abdominals and raise the legs and shoulder blades off the ground. While keeping legs straight flutter from the hips move the legs across the center of the body, crossing like scissors. Flutter continuously while maintaining proper form for 60 seconds.

Notes: _____



DB Shoulder Press

The Dumbbell Shoulder Press strengthens the deltoids, trapezius, triceps and stabilizing muscles of the torso. Stand with a solid base of support: knees slightly bent, tight torso and holding the dumbbells at shoulder level with palms facing forward, push the dumbbells directly overhead, pausing for a moment with the arms fully extended overhead. Slowly lower dumbbells down to shoulder level and repeat for 60 seconds.

Notes: _____



Skate Jumps

Begin by standing on one leg and placing the free leg behind the support leg. While squatting with the support leg, push off explosively moving laterally and then landing on the opposite leg. Repeat the movement for 60 seconds.



Shoulder Burn Circuit

The Shoulder Burn Circuit is a series of exercises used to strengthen the muscles of the rotator cuff. The circuit is comprised of six exercises, each performed for 20 seconds, followed by a one minute static hold. No weight is used and the movements are very small. Choose six from the following list of exercises and finish this circuit by holding the arms out to the sides at shoulder height for one minute.

Forward Flutter

Hold the arms straight out to the sides at shoulder level with palms facing forward. Flutter the arms forward and backward, moving from the shoulders, with a range of motion of only about six inches each way.



Reverse Flutter

From the forward flutter position, turn the palms down and backward so the thumbs are towards the ground. Flutter forward and backward moving from the shoulders.



Flutter Up

Turn palms up toward the ceiling and flutter up and down.



Flutter Down

Turn palms down towards the ground and flutter up and down with the movement originating from the shoulder.



Small Circles Forward

Position arms straight at shoulder level with palms facing forward. From the shoulder joint, make small circles with the arms turning forward.



Rotation

Rotate the arms from the shoulders (not just the forearms) switching from thumbs up to thumbs down, continuously.



Small Circles Backward

With the arms straight at shoulder level, palms forward, make small circles with the arms, moving backwards.



Shoulder Press

Bend the elbows to ninety degrees so that the upper arms are parallel to the ground and the forearms are pointed to the ceiling. Press up and down as if performing a Dumbbell Shoulder Press; however, do not allow the upper arms to drop below shoulder level.



Bent Arm Chest Fly

Bend the elbows to ninety degrees and while maintaining the upper arms to the ground while bringing the forearms together in front of the chest, then back out to the sides as if using a pec-deck machine.



Straight Arm Shrugs

Straighten the arms and extend them overhead in a 'Y' position. Keep the arms as straight as possible and shrug the shoulders up and down, continuously.



Notes: _____

WEEKS 5 – 7

**Pre-Selection
Training Circuit 4**

Times drop from 1 minute to 30 seconds, and from
30 seconds to 15 seconds for weeks 6 – 7



Romanian Deadlift (RDL)

The Romanian Deadlift, also known as the straight-legged deadlift, is an excellent exercise for developing hamstring and lower back strength. Stand with the feet hip-width apart, holding a barbell against the front of the thighs. Unlock the knees so there is a slight bend in them and maintain that slight bend throughout the duration of the exercise. Squeeze the shoulder blades together so that a neutral back is maintained during the full exercise movement. Begin by pushing the hips back, keeping the back and shoulders tight while sliding the bar down the front of the thighs. The lower back should be flat or slightly arched and the lifter should focus their weight on the heels of the feet in order to push through the hamstrings and glutes to return to the standing position. Repeat as many reps as possible with good form for one minute.



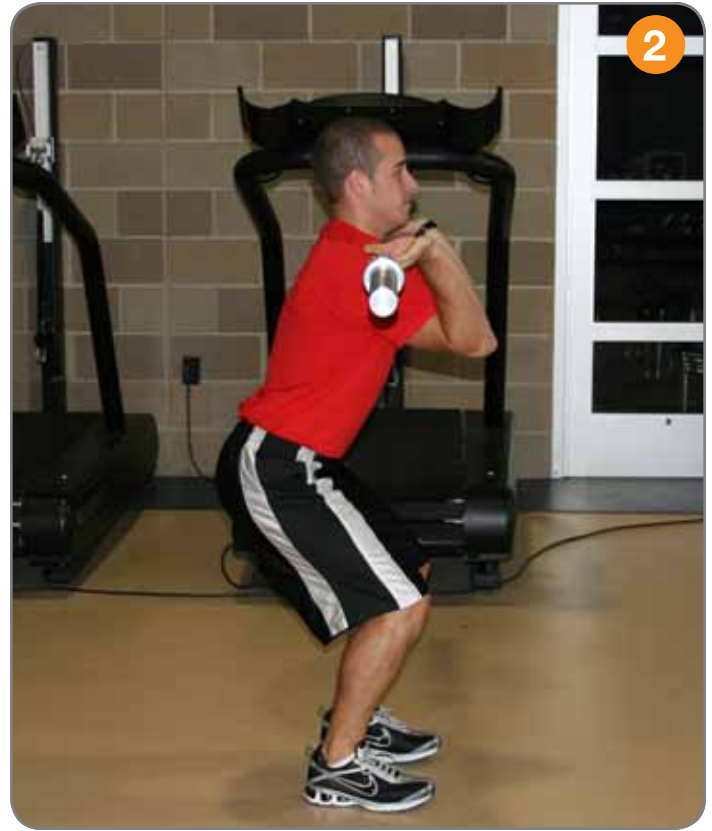
Notes: _____

Front Squat

The Front Squat is a multi-joint exercise, primarily working the quadriceps, gluteals and hamstrings. Begin with a hip-shoulder width stance, and the elbows high in front of the body so that the barbell rests on the front of the shoulders. Squat to parallel depth, while keeping the upper body erect. Once accomplished, return to the starting position by extending the hips and legs while pushing through the heels. Perform as many reps as possible with proper form and control for 30 seconds.

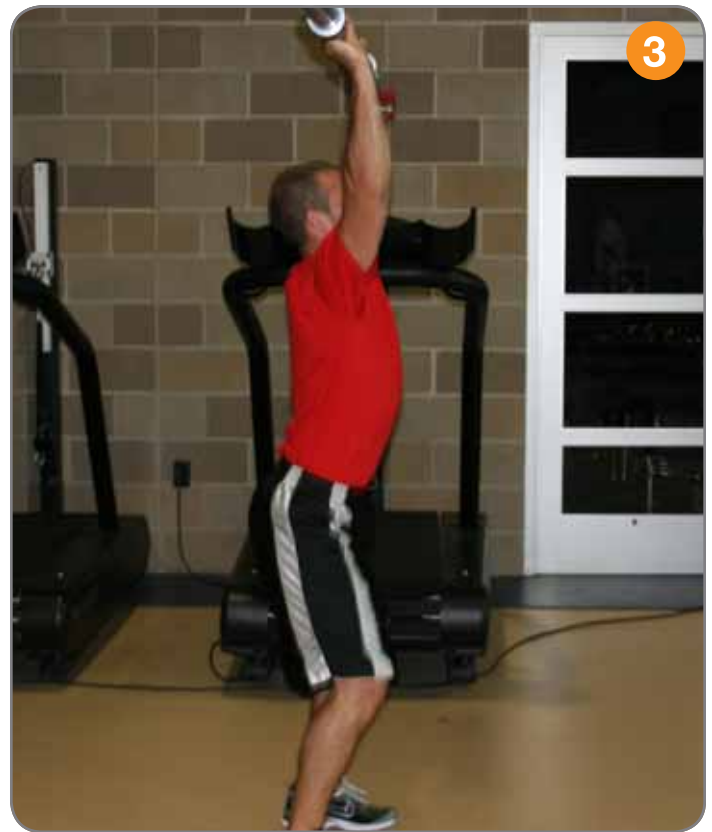
Notes: _____





Power Jerk

The power jerk is an explosive total body exercise. The movement is the same as the Push Press, using the quadriceps, glutes, hamstrings, deltoids and triceps, however, the jerk is done explosively. Lower the hips to a half squat by flexing at the ankles, knees and hips, and then explosively drive upwards. The power generated by the legs should begin to drive the barbell off the shoulders. Once the bar is overhead, the shoulders and elbows are extended. The feet may leave the ground, however, it is important to land with the feet in the same position as starting. Perform as many reps as possible with good control and form for 30 seconds.



Push-ups

The push-up is an effective exercise for strengthening the pectorals, deltoids and triceps. The hands should be placed shoulder-width apart or slightly wider. Keeping the

torso tight so that the hips do not drop below the shoulders, lower the body to the ground until the upper arms are parallel to the ground. Push straight back up and perform as many repetitions as possible in 60 seconds.





Back Squat

The back squat is a multi-joint exercise, primarily working the quadriceps, gluteals and hamstrings. Begin with a hip to shoulder width stance, holding the barbell on top of the shoulder blades. Squat to parallel depth by lowering the body at the knees and hips, keeping the upper body erect and finish to starting position by pushing through the heels of the feet and driving the chest upwards. Perform as many reps as possible with good control and form for 30 seconds.

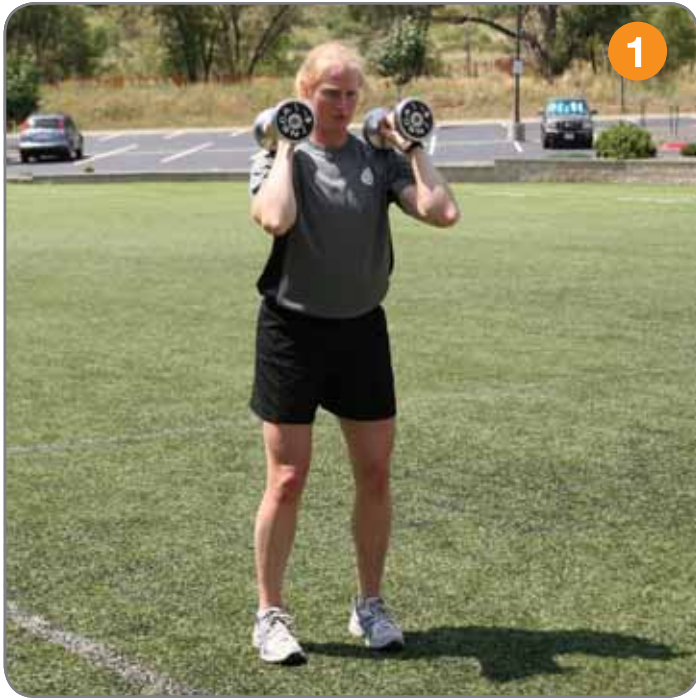
Notes: _____

Good Morning

The Good Morning works to improve hamstring, gluteus and lower back strength. Stand with the feet approximately hip-width. Hold the barbell across the top of the shoulder blades. Inhale and set the back posture and abdominals to a straight and stable position. Maintain a slight bend in the knees while flexing forward at the hips until the torso is almost parallel to the ground or the hamstrings feel tightly stretched. Return to the starting position with a tight, flat back by driving the heels into the ground using the posterior muscles of the legs and back. Perform as many reps as possible with good control and form for 60 seconds.



Notes: _____



Push Press

The Push Press is a multi-joint, semi-explosive exercise that utilizes the quadriceps, gluteals, and hamstrings to drive the weight off the shoulders and push the weight overhead to complete extension of the arm overhead. Begin in a shoulder-width stance with the barbell in the Front Squat position (see page 19). To initiate the movement, Dip slightly lowering the hips by flexing the ankles, knees and hips, and then rapidly extend them to explosively drive the resistance upward. The power generated by the legs will assist in moving the weight off the shoulders to the overhead position. The deltoids and triceps are used to finish extending the arms overhead. Perform as many reps as possible with good control and form for 30 seconds.



Combo Crunch

The combo crunch is an abdominal strengthening exercise. Lie on the ground face up with the knees bent and feet flat on the ground. The hands should be placed behind the head or at the temples so that pulling on the neck is avoided. Simultaneously lift the shoulders up off the ground toward the hips and lift the hips up off the ground toward the shoulders. The knees come toward the chest to meet the elbows in the middle.



Notes: _____



Lateral Lunge

The Lateral Lunge is a lower body exercise that strengthens the quadriceps, gluteus, hamstrings. From a standing position, take an exaggerated step to the side. When foot contact is made with the ground, push the heel down so that the body weight is supported over the heel, shift the hips back, and align the heel, hips and shoulders. Lower the body as far as possible, maintaining a tall chest posture. Drive up from the lunging leg, pushing the body back to the starting position.



Reverse Lunge

The reverse lunge targets the quadriceps, hamstrings and gluteals. Perform the exercise in place by alternately stepping behind the body, then pushing through the posterior muscles of the front leg to return to standing in the starting position. When stepping back, place the ball of the foot on the ground and allow the hips and rear knee to lower towards the ground, however, not allowing the knee to touch the ground. The rear leg provides stability while the front leg is the primary mover in both the downward and upward phases. Perform as many reps as possible with good form for 60 seconds.



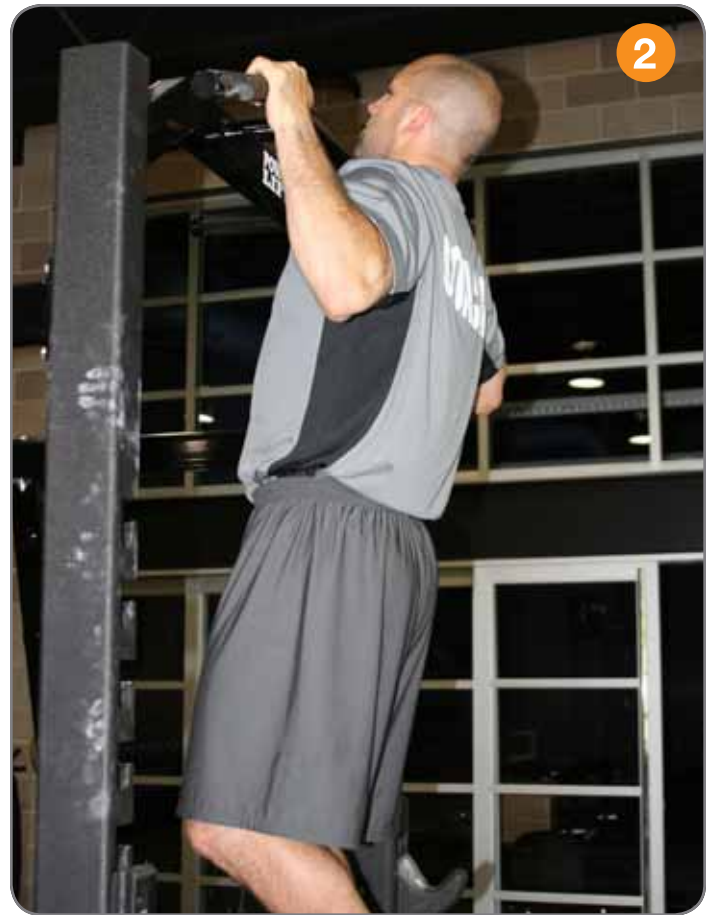
Notes: _____



Figure 8s

The figure 8 is an abdominal exercise, specifically targeting the obliques. Lie on the ground. Lift the abdominals and pull the legs off the ground, hold them up at an angle with the lower back pulled tightly to the ground. Move both legs together to make a figure 8 pattern in both directions. Repeat clock-wise and counter clock-wise for 30 seconds each without rest.





Pullups

The Pullup is a bodyweight exercise used to build strength in the muscles of the back (latissimus dorsi, trapezius, rhomboids, teres major) and arms (biceps, forearms). Hang from a bar with a slightly wider than shoulder-width grip, body hanging vertically. Pull the body upward until the chin passes above the bar, then slowly lower back down to a dead hang. Do not allow the body to swing or use the hips or legs to kick for momentum.

Notes: _____



Superman

The Superman exercise is used to develop strength in the lower back and glutes. Lie face down with the arms extended in front of the body. Contract the glutes and hamstrings to lift the legs off the ground while simultaneously lifting the shoulders off the ground. Hold in suspension for one second, then slowly lower the arms and legs down to the ground. Lightly tap the toes and arms to the ground and repeat for 60 seconds.

Notes: _____

Dead Bug

The dead bug is an abdominal exercise to strengthen the flexion motion. Lie on the ground with the lower back pulled to the ground. Extend the arms directly above the shoulders and lift the legs off the ground with the hips and knees bent to ninety degrees. Slowly extend the legs out and the arms down over the head at the same time, as the lower back remains tight to the ground. Extend out as far as possible without losing back contact with the ground. Slowly pull both back to the center and repeat.

Notes: _____



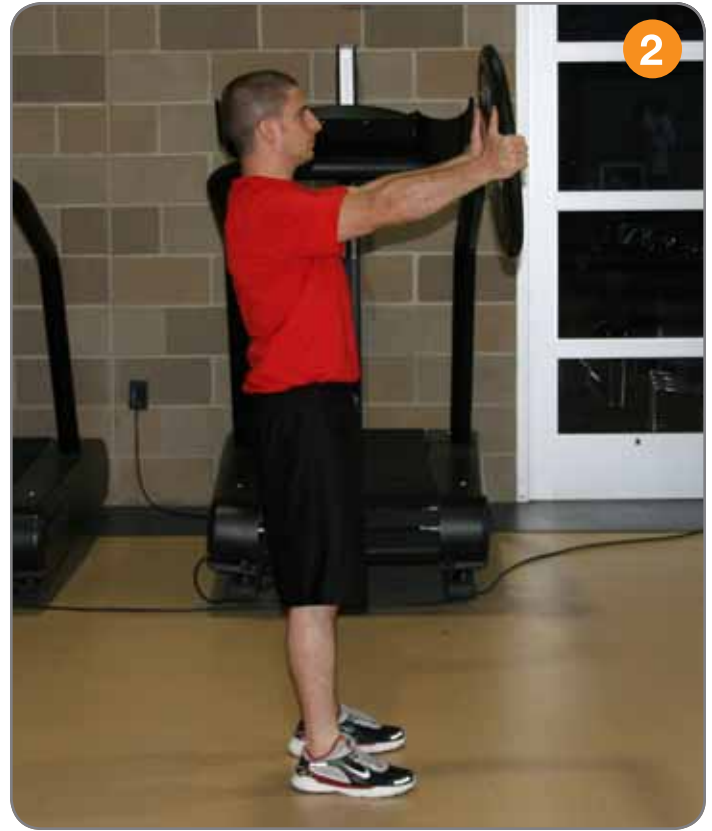


Plate Front Raise

The front raise is an effective exercise for strengthening the deltoids. Stand with a solid base of support: feet shoulder width apart, slight bend in the knees, tight torso. Hold a weight plate at the front of the body, and while maintaining a neutral posture, raise the arms to shoulder height. Then slowly lower back to the thighs. Do not allow the torso or arms to swing using momentum to pull up. Perform as many reps as possible in 60 seconds.

Notes: _____

Force March / Running

Interval Protocols

Interval Protocol

Interval 1
10 x 40 yd. (400)
<i>3 min. recovery</i>
8 x 40 yd. (320)
<i>2 min. recovery</i>
6 x 40 yd. (240)
<i>90 sec. recovery</i>
4 x 40 yd. (160)
<i>60 sec. recovery</i>
2 x 40yd. (80)
<i>30 sec. recovery</i>
1 x 40 yd

Interval 2
40 yd. ladder x 3
<i>2 min. recovery between each set</i>
5 min. recovery
300 yd. Shuttle x 3
<i>2:30 recovery between each set</i>

Treadmill Protocol

Protocol 1
With a 40# vest or 50# Rucksack
5 min. warm-up increasing to 4.5 MPH @ 0% grade.
10 min at 4.5 MPH and gradually (every 60s) increase the incline to 3% grade.
10 min at 4.5 MPH and gradually (every 60s) increase the incline to 6% grade.
5 min. warm-up @ 4.5 MPH decreasing grade to 0%.
Protocol 2
With a 40# vest or 50# Rucksack
5 min. warm-up increasing to 4.5 MPH @ 0% grade.
5 min. jog @ 6 MPH @ 0% grade.
10 min. Run @ 7 MPH @ 0% grade
5 min. Run @ 7.5 MPH @ 4% grade
10 min. jog/walk @ 10 % grade (decreasing every 30s to 4.5 MPH)

Force March/Running

Week 1	
Monday	Force March – 40# Rucksack along road (5 miles > 1 hour)
Tuesday	Interval Run 1
Wednesday	Force March – 40# Rucksack over uneven terrain (5 miles > 1 hour and 20 minutes)
Thursday	Interval Run 1
Friday	Run 5 miles at a moderate pace
Saturday	Force March – 40# Rucksack over uneven terrain (5 miles > 1 hour)
Weeks 2 & 3	
Monday	Force March with 45# Rucksack along road (5 miles >1 hour)
Tuesday	Interval Run 1
Wednesday	Force March – 45# Rucksack over uneven terrain (5 miles > 1 hour and 20 minutes)
Thursday	Interval Run 1
Friday	Run 5 miles at a moderate pace
Saturday	Force March – 45# Rucksack over uneven terrain (8 miles > 1 hour and 36 minutes)
Weeks 4 & 5	
Monday	Force March – 50# Rucksack along road (5 miles >1 hour)
Tuesday	Interval Run 2
Wednesday	Force March – 50# Rucksack over uneven terrain (5 miles > 1 hour and 20 minutes)
Thursday	Interval Run 2
Friday	Run 5 miles at a moderate pace
Saturday	Force March – 50# Rucksack over uneven terrain (16 miles > 3 hour and 30 minutes)
Weeks 6 – 8	
Monday	Force March – 50# Rucksack along road (5 miles >1 hour)
Tuesday	Interval Run 2
Wednesday	Force March – 50# Rucksack over uneven terrain (8 miles > 1 hour and 36 minutes)
Thursday	Interval Run 2
Friday	Run 5 miles at a moderate pace
Saturday	Force March – 50# Rucksack over uneven terrain (16 miles > 3 hour and 30 minutes)

Note: Force marching over uneven terrain can be combined with orienteering skills.

