

# SF 13 WEEK TRAINING PROGRAMME



PAIN IS JUST  
WEAKNESS LEAVING  
THE BODY

**SPECIAL FORCES TRAINING PROGRAMME**

Week	Time	Activity	Dress	Intensity
1.1	am	Trial BFA	PT	High
	pm	Trial swim test (400m) plus heaves	DPCU	High
1.2	am	Trial 3.2km plus ropes	PO(8kg)	High
	pm	Pack walk 7km	FO(20kg)	High
1.3	am	Electronic machine circuit	PT	Low
	pm	Weight programme 1	PT	-
1.4	am	3.2km run plus 2km walk and one rope ascent	DPCU runners/rifle	High/low
	pm	6x20 p/ups, 6x5 heaves plus abs/l-back 1	PT	-
1.5	am	Run 6km	PT	Med
	pm	Weight programme 2 abs/l-back 2	PT	-
1.6	am	90min pack walk	FO(10kg)	6km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
1.7	am	12x50m swims @1:1 plus 2min tread water	swimmers	High
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
2.1	am	90min pack walk	FO(10kg)	7km/hr
	pm	Body weight circuit	PT	-
2.2	am	Run 6km with 4x1min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
2.3	am	4x1km sprints <4min's	DPCU runners/rifle	High
	pm	Weight programme 2, abs/l-back 2	PT	-
2.4	am	Electronic machine circuit 45min's	PT	Low
	pm	7x20 p/ups, 7x5 heaves plus abs/l-back 1	PT	-
2.5	am	Run 2.4km plus 4x400m sprints @ 1:1	PT	Med/high
	pm	Weight programme 1	PT	-
2.6	am	90min pack walk	FO(10kg)	6km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
2.7	am	12x50m swims @1:1 plus 2min tread water	DPCU shirt	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
3.1	am	120min pack walk	FO(15kg)	7km/hr
	pm	Body weight circuit	PT	-
3.2	am	Run 7km with 5x1min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
3.3	am	4x1km sprints <5min's	PO(4kg)runners	High
	pm	Weight programme 2, abs/l-back 2	PT	-
3.4	am	Electronic machine circuit 50min's	PT	Low
	pm	8x20 p/ups, 8x5 heaves plus abs/l-back 1	PT	-
3.5	am	Run 2.4km, rest, 1.2km, rest, 600m	PT	Med/high
	pm	Weight programme 1	PT	-
3.6	am	120min pack walk	FO(15kg)	6km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
3.7	am	8x100m swims, 60sec rest plus 2min t/water	DPCU shirt	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
4.1	am	120min pack walk	FO(15kg)	7km/hr
	pm	Body weight circuit	PT	-
4.2	am	Run 8km with 4x90sec surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
4.3	am	3x1.5km runs <7.30min's @1:1, 2x ropes	PO(6kg)runners	High
	pm	Weight programme 2, abs/l-back 2	PT	-
4.4	am	Electronic machine circuit 60min's	PT	Low
	pm	10x20 p/ups, 10x5 heaves plus abs/l-back 1	PT	-
4.5	am	Run 1km, swim 200m x 3times continuous	PT	Med/high
	pm	Weight programme 1	PT	-
4.6	am	120min pack walk	FO(20kg)	6km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
4.7	am	10x50m swims, 30sec rest plus 2min t/water	DPCU's	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
5.1	am	2-30hr pack walk	FO(20kg)	7km/hr
	pm	Body weight circuit	PT	-
5.2	am	Run 8km with 5x90sec surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
5.3	am	2x2km runs <10min's @1:1, 2x ropes	PO(8kg)runners	High
	pm	Weight programme 2, abs/l-back 2	PT	-
5.4	am	Electronic machine circuit 60min's	PT	Low
	pm	6x25 p/ups, 6x8 heaves plus abs/l-back 1	PT	-
5.5	am	Run 2.4km plus 4x400m sprints @1:1.5	PT	Med/high
	pm	Weight programme 1	PT	-
5.6	am	3hr pack walk	FO(20kg)	6km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
5.7	am	8x100m swims, 60sec rest plus 2min t/water	DPCU's/runners	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
6.1	am	3-30hr pack walk	FO(20kg)	6km/hr
	pm	Body weight circuit	PT	-
6.2	am	Electronic machine circuit 60min's	PT	Low
	pm	Rest <u>or</u> swim	-	-
6.3	am	Run 5km plus 2x ropes	DPCU/runners/rifle	Low
	pm	Weight programme 2, abs/l-back 2	PT	-
6.4	am	BFA trial	PT	High
	pm	3.2 trial plus 2x rope ascents	PO(8kg)	High
6.5	am	Heave test, Swim test(400m) 2min's t/water	DPCU/runners	Med/high
	pm	Weight programme 1	PT	-
6.6	am	Trial 4hr pack walk >25km	FO(20kg)	7km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
6.7	am	4x200m swims, 60sec rest plus 2min t/water	DPCU shirt	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
7.1	am	Recovery day	-	-
	pm	Body weight circuit	PT	-
7.2	am	Run 8km with 3x2min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
7.3	am	10km walk (run 1 <sup>st</sup> 2km <9.30), 2x ropes	PO(8kg)	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
7.4	am	Electronic machine circuit 60min's	PT	Low
	pm	8x25 p/ups, 8x8 heaves plus abs/l-back 1	PT	-
7.5	am	Run 4x 1km sprints @1:1	PT	Med/high
	pm	Weight programme 1	PT	-
7.6	am	6hr bush walk in local state forest (navex)	Pack(25kg)	5.5km/hr
	pm	Rest <u>or</u> additional session in weak area	-	-
7.7	am	1km open water swim plus 2min t/water	DPCU's for 1 <sup>st</sup> 400m	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
8.1	am	4hr walk	FO(20kg)	6.5km/hr
	pm	Body weight circuit	PT	-
8.2	am	Run 10km with 4x2min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
8.3	am	12km walk (run 1 <sup>st</sup> 2km <9.30), 2x ropes	PO(8kg)	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
8.4	am	Electronic machine circuit 60min's	PT	Low
	pm	8x25 p/ups, 8x8 heaves plus abs/l-back 1	PT	-
8.5	am	Run 1km,swim 200 x 4 times continuously	PT	Med/high
	pm	Weight programme 1	PT	-
8.6	am	8hr bush walk in local state forest (navex)	Pack(25kg)	5km/hr
	pm	Rest	-	-
8.7	am	1.2km open water swim plus 2min t/water	DPCU's for 1 <sup>st</sup> 600m	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
9.1	am	4hr walk	FO(15kg)	7km/hr
	pm	Body weight circuit	PT	-
9.2	am	Run 10km with 5x2min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
9.3	am	15km walk (run 1 <sup>st</sup> 2km <9.30), 2x ropes	PO(8KG)runners	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
9.4	am	Electronic machine circuit 60min's	PT	Low
	pm	6x30 p/ups, 6x10 heaves plus abs/l-back 1	PT	-
9.5	am	Run 1km, 8x 400m sprints @ 1:1.5	PT	Med/high
	pm	Weight programme 1	PT	-
9.6	am	10hr bush walk in local state forest (navex)	PACK(25KG)	5km/hr
	pm	Rest	-	-
9.7	am	1.5km pool swim	Swimmers	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
10.1	am	3hr pack walk	FO(15kg)	6km/hr
	pm	Body weight circuit	PT	-
10.2	am	Run 10km with 6x2min surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
10.3	am	8km walk (run 1 <sup>st</sup> 1.5km <7.10), 2x ropes	PO(8kg)runners	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
10.4	am	Electronic machine circuit 60min's	PT	Low
	pm	7x30 p/ups, 7x10 heaves plus abs/l-back 1	PT	-
10.5	am	BFA trial	PT	Med/high
	pm	3.2 trial	PO(8kg)	High
10.6	am	4hr endurance march trial >26km	FO(20kg)	7km/hr
	pm	Rest	-	-
10.7	am	Swim test trial (400m) plus 2min t/water	DPCU/runners	Med
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
11.1	am	3hr pack walk	FO(15kg)	7km/hr
	pm	Body weight circuit	PT	-
11.2	am	Run 7km with 4x90sec surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
11.3	am	6km walk (run 1 <sup>st</sup> 1.5km <7.0min), 2x ropes	PO(8kg)runners	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
11.4	am	Electronic machine circuit 50min's	PT	Low
	pm	7x30 p/ups, 7x10 heaves plus abs/l-back 1	PT	-
11.5	am	Run 3x1km @ 1:1.5	PT	Med/high
	pm	Weight programme 1	PT	-
11.6	am	6hr bush walk in local state forest (navex)	Pack(25kg)	6.5km/hr
	pm	Rest	-	-
11.7	am	1.5km pool swim	DPCU shirt 1st 400m	Low
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
12.1	am	4-30hr pack walk	FO(10kg)	7km/hr
	pm	Body weight circuit	PT	-
12.2	am	Run 5km with 3x60sec surges	PT	Med/high
	pm	Rest <u>or</u> swim	-	-
12.3	am	5km walk (run 1 <sup>st</sup> 1km <4.30min)	PO(8kg)	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
12.4	am	Electronic machine circuit 45min's	PT	Low
	pm	3xmax p/ups, 3x max heaves, abs/l-back 1	PT	-
12.5	am	Run 3x400m @ 1:1, 4x200m @ 1:3	PT	Med/high
	pm	Weight programme 1	PT	-
12.6	am	2-30hr endurance march	FO(15kg)	6.5km/hr
	pm	Rest	-	-
12.7	am	1km pool swim	Swimmers	Low
	pm	40min stretching session / lower back ex's	PT	-

Week	Time	Activity	Dress	Intensity
13.1	am	1hr pack walk	FO(10kg)	7.5km/hr
	pm	Body weight circuit	PT	-
13.2	am	Run 2x2.4km with 10min rest, both < 9.30	PT	Med/high
	pm	Rest or swim	-	-
13.3	am	4km walk (run 1 <sup>st</sup> 1km <4.30min)	PO(8kg)	High/low
	pm	Weight programme 2, abs/l-back 2	PT	-
13.4	am	Electronic machine circuit 40min's	PT	Low
	pm	2xmax p/ups, 2x max heaves, abs/l-back 1	PT	-
13.5	am	Run 2x400m @ 1:1, 2x200m @ 1:3	PT	Med/high
	pm	Rest	-	-
13.6	am	Rest	-	-
	pm	Rest	-	-
13.7	am	1km pool swim	swimmers	Low
	pm	40min stretching session / lower back ex's	PT	-

### **LEGEND**

PT running shoes, shorts and shirt  
 PO DPCU's, boots and webbing weighing amount stated  
 FO PO(8kg) plus pack weighing amount stated

### **INTENSITY LEVELS**

LOW 40-60% of maximum heart rate (MHR)  
 MED 60-80% of MHR  
 HIGH > 80% of MHR  
 MHR = 220 – your age  
 RHR = resting heart rate, to be taken every morning at the same time 2 minutes after you wake. Used as a guide to increase or decrease your training intensity level for that day  
 THR training heart rate = [ % x {MHR-RHR} ] + RHR

### **TRAINING NOTES**

- # Stay hydrated by drinking water before, during (every 15min), and after every training session
- # Ensure you eat within 30min after every training activity
- # Substitute runners for boots wherever possible to reduce the chance of injury
- # Warm up, stretch and carry out a cool down for every activity
- # PO and FO activities are to be conducted on grass, gravel or bush land
- # On the longer endurance walks you should train in pairs and notify someone of your route and ETR
- # If you do not recover from the previous days training have an extra rest day
- # If you feel recovered do not add in an extra training session as the program increases with intensity from week to week
- # If you sustain an injury during the program, do an alternative session to compensate. **DO NOT** train with an injury
- # Monitor your RHR each morning to determine training intensity for that day
- # You are reminded that the main emphasis of the SF selection process is on field endurance

**AIM** This program is designed to prepare you adequately enough to successfully pass the SASR Selection Process

**CONDUCT** The program should be started 13 weeks prior to the start date of the Selection Process. It is in your best interest to complete all activities in the 13 weeks so that you are not under prepared in any area. You are reminded that the Selection Process concentrates on field endurance activities eg. FO

- # **Your PTI in the local area will help you with anything you are unsure of about this program**
- # If you have any further doubt or require more information contact the SASR PTI's on the following number 08 9383 0654

**WEIGHTS PROGRAMME 1**

<b>DUMBBELL BENCH PRESS</b>	<b>REPS</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>	<b>WGT</b>
Plus	<b>30</b>								
4 OVERGRASP HEAVES	<b>15</b>								
	<b>8</b>								
	<b>4</b>								
	<b>4</b>								
<b>REST TWO MINUTES</b>									
<b>PULLDOWN TO CHEST</b>	<b>30</b>								
(wide grip)	<b>15</b>								
plus	<b>8</b>								
10 PUSH UPS	<b>4</b>								
	<b>4</b>								
<b>REST TWO MINUTES</b>									
<b>INCLINE BARBELL PRESS</b>	<b>30</b>								
Plus	<b>15</b>								
4 UNDERGRASP HEAVES	<b>8</b>								
	<b>4</b>								
	<b>4</b>								
<b>REST TWO MINUTES</b>									
<b>SEATED ROW</b>	<b>30</b>								
(narrow grip)	<b>15</b>								
plus	<b>8</b>								
10 CLOSE GRIP PUSH UPS	<b>4</b>								
	<b>4</b>								
<b>REST TWO MINUTES</b>									
<b>STANDING BARBELL</b>	<b>30</b>								
<b>CURLS</b>	<b>30</b>								
with superset of	<b>15</b>								
<b>TRICEP PUSHDOWNS</b>	<b>15</b>								
	<b>8</b>								
	<b>8</b>								
	<b>4</b>								
	<b>4</b>								
	<b>4</b>								
	<b>4</b>								

**CONDUCT**

The above workout consists of two exercises per muscle group. The **highlighted** exercise is the major exercise, the non highlighted exercise is the superset exercise and it is conducted in the following regime.  
 30 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 15 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 8 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 4 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 4 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 Weights are to be recorded to monitor strength and endurance gains, as your body adapts to the programme increase your weights by 1-2kg at a time for maximal gains

**AIM**

To build upper body strength, endurance, body weight fitness and hypertrophy

**WEIGHTS PROGRAMME 2**

<b>WEIGHTED SQUATS PLUS 10 WEIGHTED LUNGES</b>	REPS	WGT	WGT	WGT	WGT	WGT	WGT	WGT	WGT
	30								
	15								
	8								
	4								
	4								
<b>REST TWO MINUTES</b>									
<b>45 DEGREE LEG PRESS plus 10 LEG PRESS CALF EXT.</b>	30								
	15								
	8								
	4								
	4								
<b>REST TWO MINUTES</b>									
<b>SEATED LEG EXTENTION Plus 10 WEIGHTED LUNGES</b>	30								
	15								
	8								
	4								
	4								
<b>REST TWO MINUTES</b>									
<b>LYING LEG CURL Plus 8 10" HIGH POWER JUMPS (jump up and step down)</b>	30								
	15								
	8								
	4								
	4								
<b>REST TWO MINUTES</b>									
<b>BARBELL SHOULDER PRESS Plus 8 CLEANS (same wgt that you press)</b>	30								
	15								
	8								
	4								
	4								
<b>REST TWO MINUTES</b>									
<b>UPRIGHT ROW Plus 8 LATERAL FLYES</b>	30								
	15								
	8								
	4								
	4								

The above workout consists of two exercises per muscle group. The **highlighted** exercise is the major exercise, the non highlighted exercise is the superset exercise and it is conducted in the following regime.  
 30 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 15 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 8 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 4 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 4 reps of **highlighted** exercise followed by non highlighted exercise immediately, rest 30-45seconds  
 Weights are to be recorded to monitor strength and endurance gains, as your body adapts to the programme increase your weights by 1-2kg at a time for maximal gains

**AIM** To build lower body and shoulder strength, power, endurance and hypertrophy

**BODY WEIGHT CIRCUIT**



EXERCISE	1 <sup>ST</sup> TIME	2 <sup>ND</sup> TIME	3 <sup>RD</sup> TIME	4 <sup>TH</sup> TIME	5 <sup>TH</sup> TIME	TOTAL TIME
OVERGRASP HEAVES	10	8	6	4	2	
PUSH UPS	20	18	16	14	12	
LYING OVERGRASP HEAVES	20	18	16	14	12	
FULL BODY DIPS	10	8	6	4	2	
WEIGHTED SQUATS (20kg)	20	18	16	14	12	
WEIGHTED STEP UPS (10 kg)	20	18	16	14	12	
BFA SIT UP	20	18	16	14	12	
SKIP	1 MIN	1 MIN	1 MIN	1 MIN	1 MIN	

**CONDUCT** Start in column one and complete exercises in order from top to bottom, when you reach the last exercise complete column's 2-5 in the same order until you have finished. Record the total time taken to monitor fitness improvements. If at first you have trouble completing the circuit introduce a 1min rest period after each skipping session until your strength builds up.

**AIM** To increase body weight fitness and all over body strength

#### **ABDOMINALS AND LOWER BACK 1**

BFA SIT UP	10
ALT WRIST TO ALT KNEE	10
CRUNCHES	10
SLIDING BFA (hands stay in contact with floor)	10
HEEL TOUCHES (perform one side at a time)	10
SKIP	50 revolutions

**CONDUCT** Complete from top to bottom in order and repeat 5-7 times continuously, feet are not to be held.

BACK EXT MACHINE (do not hyper extend)	12 REPS X 2 TIMES
PRONE SINGLE LEG RAISE	12 REPS X 2 TIMES
PRONE ALT ARM & LEG RAISE	12 REPS X 2 TIMES
ALT ARM & LEG RAISE (on hands and knees)	12 REPS X 2 TIMES
LEFT AND RIGHT HIP ROLLS	12 REPS EACH SIDE X 2 TIMES

**CONDUCT** Complete from top to bottom two times, use a swiss ball if available

**AIM** To increase strength in the abdominals and lower back providing core stability

#### **ABDOMINALS AND LOWER BACK 2**

BFA SIT UP	100 REPS
BFA ALT WRIST TO ALT KNEE	50 REPS
¼ BFA SIT UP (fingertips to knees only)	50 REPS

**CONDUCT** Complete from top to bottom in order and repeat 5-7 times continuously, feet are not to be held.

BACK EXT MACHINE (do not hyper extend)	12 REPS X 2 TIMES
PRONE SINGLE LEG RAISE	12 REPS X 2 TIMES
PRONE ALT ARM & LEG RAISE	12 REPS X 2 TIMES
ALT ARM & LEG RAISE (on hands and knees)	12 REPS X 2 TIMES
LEFT AND RIGHT HIP ROLLS	12 REPS EACH SIDE X 2 TIMES

**CONDUCT** Complete from top to bottom two times, use a swiss ball if available

**AIM** To increase strength in the abdominals and lower back providing core stability

#### **ELECTRONIC MACHINE CIRCUITS**

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EXERCISE	INTENSITY	TIME
EXERCISE BIKE	75-85 RPM	20 MIN
STEPPER	LOW 50-60 STEPS PER MIN	20 MIN
ROWER	30-32 STOKES PER MIN	20 MIN

EXERCISE	INTENSITY	TIME
TREADMILL	12-14 KM/H	15 MIN
ROWER	30-32 STOKES PER MINUTE	1200 M
STEPPER	50-60 STEPS PER MINUTE	15 MIN
ROWER	30-32 STOKES PER MINUTE	1000 M
CYCLE	75-85 RPM	15 MIN
ROWER	30-32 STROKES PER MINUTE	800 M

**CONDUCT** To be done at a low intensity level, you have 2 programs to choose from, adjust the times to suit the length of your training session. It is performed in order from top to bottom.

**AIM** An endurance cross training session to develop muscular endurance at a low intensity level

### **STRETCHING PROGRAMME**

**CONDUCT** Stretches are to be conducted before and after every training session. The stretches in the warm up should be held for 3-5 seconds, stretches in the cool down should be held for 10-30 seconds.

**AIM** To reduce the chance of muscle soreness and injury, to promote good muscle flexibility and elasticity.