

ACFT Prep 3.0

Upon completion:

Complete full ACFT. (Tuesday or Wednesday of the week following completion of 30 training sessions.)

The structure of this program is:

- 1 week of on-board to establish baseline numbers for the ACFT (especially if no prior baseline) and become familiar with the program's structure.
- 4 weeks of build. Gradual build & progression from Weeks 1 -4.
- 1 week of de-load. Decrease volume/intensity.
- Assessment week.

On-board Week.

Session 1a

OBJ: Muscular endurance/Work capacity

W/U:

3 rounds of:

- 10 x jumping jacks
- 10 x bw squats
- 10 x regular push-ups
- 3 x pull-ups
- Hip-flexor stretch

1. 6 rounds of:

- 12 x Hand-release (HR) push-ups
- 4 x pull-ups or chin-ups (alternate each round)
- 10 x Atomic Abs
- Hip swivel stretch

2. 4 rounds of:

- 8 x bar dips
- 8 x KB swings (increase DBD)
- In-step stretch

3. 3 rounds of:

- 5 x KB/DB jump squats (25# males/15# females)
- 5 x KB/DB squats
- 5 x unweighted squats
- 30 seconds rest

4. Max reps of weighted pull-ups. Start with whatever weight you consider light. **Record # of reps completed.**

5. Run 2 miles for time.

Session 2a

OBJ: Aerobic Capacity training

W/U:

3 rounds of:

- 10 x bodyweight get-ups
- 10 x Mountain climbers (2-count)
- 10 x bicycle crunches (2-count)
- Frogger stretch

1. 20 minutes of:

- Run 400m, easy to moderate pace (you should not be breathing hard on aerobic capacity days)
- 2 x ball slams (10# ball)
- 4 x leg tucks

2. 15 minutes of:

- Row 500m or 2 minutes on the assault/air-dyne bike, easy to moderate pace.
- 10 x HR push-ups
- 10 x sit-ups (use ab mat if available)

3. 4 rounds of:

- 12 x straight bar curls (increase DBD)
- 12 x tricep exercise of choice (DB kickbacks/machine push-downs/bench (or box) tricep dips/diamond push-ups)

Session 3a

OBJ: Aerobic capacity (Ruck)

1. 4-miles @ 15 min/mile (40-5# ruck)

2. 3 rounds of:

- 60 second front plank
- 10 x low-back extensions
- Frogger stretch

Session 4a

OBJ: Work capacity (interval training)

W/U:

4 rounds of:

- 10 x HR push-ups (OR 10 x regular push-ups)
- 4 x pull-ups/chin-ups
- In-step stretch

1. 1 round of:

- 60 seconds HR push-ups (work steady, pace is critical for HR push-ups). Record # of reps.
- 2 minutes rest

2. 2 rounds of:

- 30 seconds HR push-ups
- 60 seconds rest

3. 3 rounds of:
25m reverse sled drag (90# sled) - DOWN
25m Farmer's Carry (40# or greater KB) – BACK
50m side shuffle (25m down/25m back – 50 total)
60 seconds rest

4. 1 round of:
Max reps leg tucks.
3-4 minutes rest.

4. 3 rounds of:
Run 800m (use pace chart based on goal 2-mile run time) every 6:30.

Session 5a **OBJ: Strength training**

W/U:
3 rounds of:
5 x trap bar dead-lift (135#)
10 x regular push-ups
3 x pull-ups

1. 4 rounds of:
3 x trap-bar dead-lift (increase DBD), then immed.
1 x ball-slam (15# or 20# ball)
Chest stretch
*Record last round of 3x trap-bar dead-lift

2. 4 rounds of:
8 x incline DB chest press (if available) – increase DBD
OR
8 x DB push press (increase DBD)

4 x weighted pull-ups/chin-ups (increase DBD)
Pigeon stretch

3. 4 rounds of:
10 x standing DB shoulder flys
10 x single arm DB/KB rows (each arm) – use box or bench to stabilize.

4. 3 rounds of:
30/30 (side planks)
Frogger stretch

5. 8 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.

BEGIN 4-week build.

Session 1 **OBJ: Muscular endurance/Work capacity**

W/U:
3 rounds of:
10 x jumping jacks
10 x bw squats
10 x regular push-ups
3 x pull-ups
Hip-flexor stretch

1. 6 rounds of:
14 x Hand-release (HR) push-ups
5 x pull-ups or chin-ups (alternate each round)
10 x Atomic Abs
Hip swivel stretch

2. 4 rounds of:
10 x bar dips
10 x KB swings (increase DBD)
In-step stretch

3. 4 rounds of:
5 x KB/DB jump squats (25# males/15# females)
5 x KB/DB squats
5 x unweighted squats
30 seconds rest

4. Max reps of weighted pull-ups. Increase 5# from on-board week.

5. 12 minutes of threshold running. Use pace chart based on goal 2-mile run time. Record distance.

Session 2 **OBJ: Aerobic Capacity training**

W/U:
3 rounds of:
10 x bodyweight get-ups
10 x Mountain climbers (2-count)
10 x bicycle crunches (2-count)
Frogger stretch

1. 20 minutes of:
Run 400m, easy to moderate pace.
2 x ball slams (10-15# ball)
25% of max leg tucks from on-board week (round up with .5 or above)

2. 20 minutes of:
Row 500m or 2 minutes on the assault/air-dyne bike, easy to moderate pace.
10 x HR push-ups
10 x sit-ups (use ab mat if available)

3. 5 rounds of:
12 x straight bar curls (increase DBD)
12 x tricep exercise of choice

(DB kickbacks/machine push-downs/bench (or box) tricep dips/diamond push-ups)

Session 3

OBJ: Aerobic capacity (Ruck)

1. 4-miles @ 15 min/mile (40-45# ruck)

2. 3 rounds of:

60 second front plank
10 x low-back extensions
Frogger stretch

Session 4

OBJ: Work capacity (interval training)

W/U:

4 rounds of:
10 x HR push-ups (OR 10 x regular push-ups)
5 x pull-ups/chin-ups
50m sprint, increase speed each round (jog down 25m, accelerate on return 25m)
In-step stretch

1. 4 rounds of:

30 seconds – HR push-ups
60 seconds rest
(Goal is to stay within 2 reps of your first set for sets 2-4)

2. 4 rounds of:

25m reverse sled drag (90# sled) - DOWN
25m Farmer's Carry (40# or greater KB) – BACK
50m side shuffle (25m down/25m back – 50 total)
60 seconds rest

3. 4 rounds of:

50% of max reps from on-board week.
Rest 90 seconds.

4. 4 rounds of:

Run 800m (use pace chart based on goal 2-mile run time) every 6:30.

Session 5

OBJ: Strength training

W/U:

4 rounds of:
5 x trap bar dead-lift (135#). Stronger athletes can increase weight each round during warm-up, if desired.
10 x regular push-ups
3 x pull-ups

1. 5 rounds of:

3 x trap-bar dead-lift (increase DBD, sets 3-5 should be your “working rounds” with challenging weight)
1 x ball-slam (15# or 20# ball)
Chest stretch

2. 5 rounds of:

8 x incline DB chest press (if available) – increase DBD (sets 3-5 are working rounds)
OR
8 x DB push press (increase DBD)

4 x weighted pull-ups/chin-ups (increase DBD)
Pigeon stretch

3. 5 rounds of:

10 x standing DB shoulder flys
10 x single arm DB/KB rows (each arm) – use box or bench to stabilize.

4. 4 rounds of:

30/30 (side planks)
Frogger stretch

5. 8 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.

Session 6

OBJ: Muscular endurance/Work capacity

W/U:

3 rounds of:
10 x jumping jacks
10 x bw squats
10 x regular push-ups
3 x pull-ups
Hip-flexor stretch

1. 6 rounds of:

16 x Hand-release (HR) push-ups
6 x pull-ups or chin-ups (alternate each round)
10 x Atomic Abs
Hip swivel stretch

2. 4 rounds of:

12 x bar dips
12 x KB swings (increase DBD)
In-step stretch

3. 4 rounds of:

6 x KB/DB jump squats (25# males/15# females)
6 x KB/DB squats
6 x unweighted squats
30 seconds rest

4. Max reps of weighted pull-ups. Increase weight by #5 from previous week.

Then transition to:

5. 10 minutes of threshold running. Use pace chart based on goal 2-mile run time.

Rest 3-5 minutes.

6. 2 rounds of:
Every 3 minutes:
Run 400m (use pace chart)

Session 7

OBJ: Aerobic Capacity training

W/U:

4 rounds of:
10 x bodyweight get-ups
10 x Mountain climbers (2-count)
10 x bicycle crunches (2-count)
Frogger stretch

1. 25 minutes of:
Run 400m, easy to moderate pace.
2 x ball slams (10-15# ball)
30% of leg tucks from on-board week (round up if .5 or above)

2. 20 minutes of:
Row 500m or 2 minutes on the assault/air-dyne bike, easy to moderate pace.
10 x HR push-ups
10 x sit-ups (use ab mat if available)

3. 5 rounds of:
12 x straight bar curls (increase DBD)
12 x tricep exercise of choice (DB kickbacks/machine push-downs/bench (or box) tricep dips/diamond push-ups)

Session 8

OBJ: Aerobic capacity (Ruck)

1. 4-miles @ 15 min/mile (45-50# ruck)

2. 3 rounds of:
65 second front plank
12 x low-back extensions

Session 9

OBJ: Work capacity (interval training)

W/U:

4 rounds of:

10 x HR push-ups (OR 10 x regular push-ups)
5 x pull-ups/chin-ups
50m sprint, increase speed each round (jog down 25m, accelerate on return 25m)
In-step stretch

1. 4 rounds of:
45 seconds – HR push-ups
90 seconds rest
(Goal is to stay within 3 reps of your first set on sets 2-4)

2. 4 rounds of:
25m reverse sled drag (90# sled) - DOWN
25m Farmer's Carry (40# or greater KB) – BACK
Then immediately into –
50m side shuffle (25m down/25m back)
50m sprint (25m down/25m back)

60 seconds rest

3. 4 rounds of:
60% of max rep leg tuck score, on-board week
Rest 90 seconds.

4. 5 rounds of:
Run 800m (use pace chart based on goal 2-mile run time) every 6:30.

Session 10

OBJ: Strength training

W/U:

4 rounds of:
5 x trap bar dead-lift (135#) Stronger athletes can increase weight each round, if desired.
10 x regular push-ups
3 x pull-ups

1. 5 rounds of:
4 x trap-bar dead-lift (increase DBD). Rounds 3-5 are working rounds.
2 x ball-slams (15# or 20# ball)
Chest stretch

2. 5 rounds of:
8 x incline DB chest press (if available) – increase DBD. Rounds 3-5 are working rounds.
OR
8 x DB push press (increase DBD)

5 x weighted pull-ups/chin-ups (increase DBD)
Pigeon stretch

3. 5 rounds of:
10 x standing DB shoulder flys
10 x single arm DB/KB rows (each arm) – use box or bench to stabilize.
Hip flexor stretch

4. 4 rounds of:
35/35 (side planks)
Frogger stretch

5. 10 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.

Session 11

OBJ: Muscular endurance/Work capacity

W/U:

3 rounds of:
10 x jumping jacks
10 x bw squats
10 x regular push-ups
3 x pull-ups
Hip-flexor stretch

1. 6 rounds of:
18 x Hand-release (HR) push-ups
6 x pull-ups or chin-ups (alternate each round)
10 x Atomic Abs
Hip swivel stretch

2. 5 rounds of:
10 x bar dips
10 x KB swings (increase DBD)
In-step stretch

3. 5 rounds of:
6 x KB/DB jump squats (25# males/15# females)
6 x KB/DB squats
6 x unweighted squats
30 seconds rest

4. Max reps of weighted pull-ups. Increase weight by #5 from previous week.

5. 10 minutes of threshold running. Use pace chart based on goal 2-mile run time.

Rest 3-5 minutes.

6. 3 rounds of:
Run 400m every 3 minutes. Use pace chart.

Session 12

OBJ: Aerobic Capacity training

W/U:

4 rounds of:
10 x bodyweight get-ups
10 x Mountain climbers (2-count)
10 x bicycle crunches (2-count)
Frogger stretch

1. 30 minutes of:
Run 400m, easy to moderate pace.
2 x ball slams (10# ball)
35% of max leg tucks (round up if .5 or above)

2. 20 minutes of:
Row 500m or 2 minutes on the assault/air-dyne bike, easy to moderate pace.
5 x HR push-ups
15 x sit-ups (use ab mat if available)

3. 5 rounds of:
15 x straight bar curls (increase DBD)
15 x tricep exercise of choice (DB kickbacks/machine push-downs/bench (or box) tricep dips/diamond push-ups)

Session 13

OBJ: Aerobic capacity (Ruck)

1. 4-miles @ 15 min/mile (45-50# ruck)

2. 3 rounds of:
70-second front plank
12 x low-back extensions

Session 14

OBJ: Work capacity (interval training)

W/U:

4 rounds of:
10 x HR push-ups (OR 10 x regular push-ups)
5 x pull-ups/chin-ups
50m sprint, increase speed each round (jog down 25m, accelerate on return 25m)
In-step stretch

1. 2 rounds of:
60 seconds – HR push-ups
2-minutes rest
*Compare round 1 to your 60-second max reps from on-board week.

2 rounds of:
30 seconds – HR push-ups
60 seconds rest

2. 4 rounds of:
25m reverse sled drag (90# sled) - DOWN

25m Farmer's Carry (40# or greater KB) – BACK

Then immediately into –

50m side shuffle (25m down/back)

50m sprint (25m down/25m back)

60 seconds rest

3. 4 rounds of:

65% of max reps leg tucks, on-board week

Rest 90 seconds.

4. 6 rounds of:

Run 800m (use pace chart based on goal 2-mile run time) every 6:15 minutes.

Session 15

OBJ: Strength training

W/U:

4 rounds of:

5 x trap bar dead-lift (135#) Stronger athletes can increase the weight each round, if desired.

10 x regular push-ups

3 x pull-ups

1. 5 rounds of:

4 x trap-bar dead-lift (increase DBD). Rounds 3-5 are working rounds.

2 x ball-slams (15# or 20# ball)

Chest stretch

*Compare your final set of 4 to final 3-rep set during on-board week.

2. 5 rounds of:

8 x incline DB chest press (if available) – increase DBD. Rounds 3-5 are working rounds.

OR

8 x DB push press (increase DBD)

6 x weighted pull-ups/chin-ups (increase DBD)

Pigeon stretch

3. 5 rounds of:

12 x standing DB shoulder flys

12 x single arm DB/KB rows (each arm) – use box or bench to stabilize.

Hip flexor stretch

4. 4 rounds of:

35/35 (side planks)

Frogger stretch

5. 10 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.

Session 16

OBJ: Muscular endurance/Work capacity

W/U:

3 rounds of:

10 x jumping jacks

10 x bw squats

10 x regular push-ups

3 x pull-ups

Hip-flexor stretch

1. 6 rounds of:

20 x Hand-release (HR) push-ups

7 x pull-ups or chin-ups (alternate each round)

10 x Atomic Abs

Hip swivel stretch

2. 4 rounds of:

12 x bar dips

12 x KB swings (increase DBD)

In-step stretch

3. 5 rounds of:

6 x KB/DB jump squats (25# males/15# females)

6 x KB/DB squats

6 x unweighted squats

30 seconds rest

4. Max reps of weighted pull-ups. Increase weight by #5 from previous week.

5. 8 minutes of threshold running. Use pace chart based on goal 2-mile run time.

REST 3-5 minutes.

4 rounds of:

Run 400m every 3 minutes. Use pace chart.

Session 17

OBJ: Aerobic Capacity training

W/U:

3 rounds of:

10 x bodyweight get-ups

10 x Mountain climbers (2-count)

10 x bicycle crunches (2-count)

Frogger stretch

1. 25 minutes of:

Run 400m, easy to moderate pace.

2 x ball slams (10-15# ball)

40% of max leg tucks reps (capped at 7 reps/round)

2. 20 minutes of:

Row 500m or 2 minutes on the assault/air-dyne bike, easy to moderate pace.

5 x HR push-ups

15 x sit-ups (use ab mat if available)

3. 5 rounds of:

15 x straight bar curls (increase DBD)

15 x tricep exercise of choice

(DB kickbacks/machine push-downs/bench (or box)

tricep dips/diamond push-ups)

Session 18

OBJ: Aerobic capacity (Ruck)

1. 4-miles @ 15 min/mile (50-55# ruck)

2. 3 rounds of:

70 second front plank

15 x low-back extensions

Session 19

OBJ: Work capacity (interval training)

W/U:

4 rounds of:

10 x HR push-ups (OR 10 x regular push-ups)

5 x pull-ups/chin-ups

50m sprint, increase speed each round (jog down

25m, accelerate on return 25m)

In-step stretch

1. 1 round of:

90 seconds – HR push-ups

3-minutes rest

2 rounds of:

45 seconds – HR push-ups

90 seconds rest

2. 4 rounds of:

- 50m reverse sled drag (90# sled) – DOWN/BACK on Rounds 1 & 4. Only 25m on Rounds 2/3.

- 50m Farmer's Carry (40# or greater KB) – DOWN/BACK on Rounds 1 & 4. Only 25m on Rounds 2/3.

Then immediately into –

- 50m side shuffle (25m down/25m back)

60 seconds rest

3. 4 rounds of:

65% of last ACFT leg tuck score (round down if an odd number)

Rest 90 seconds.

4. 5 rounds of:

Run 800m (use pace chart based on goal 2-mile run time) every 6 minutes.

Session 20

OBJ: Strength training

W/U:

4 rounds of:

5 x trap bar dead-lift (135#) Stronger athletes can increase weight each round if desired.

10 x regular push-ups

3 x pull-ups

1. 5 rounds of:

4 x trap-bar dead-lift (increase DBD). Rounds 3-5 are working rounds.

2 x ball-slams (15# or 20# ball)

Chest stretch

2. 5 rounds of:

8 x incline DB chest press (if available) – increase DBD. Rounds 3-5 are working rounds.

OR

8 x DB push press (increase DBD)

6 x weighted pull-ups/chin-ups (increase DBD)

Pigeon stretch

3. 5 rounds of:

12 x standing DB shoulder flies

12 x single arm DB/KB rows (each arm) – use box or bench to stabilize.

Hip flexor stretch

4. 4 rounds of:

35/35 (side planks)

Frogger stretch

5. 10 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.

---- **De-load week** ----

Session 21

OBJ: Muscular endurance/Work capacity

W/U:

3 rounds of:

10 x jumping jacks

10 x bw squats

10 x regular push-ups

3 x pull-ups

Hip-flexor stretch

1. 4 rounds of:

15 x Hand-release (HR) push-ups

6 x pull-ups or chin-ups (alternate each round)
10 x Atomic Abs
Hip swivel stretch

2. 3 rounds of:
10 x bar dips
10 x KB swings
In-step stretch

3. 3 rounds of:
5 x KB/DB jump squats (25# males/15# females)
5 x KB/DB squats
5 x unweighted squats
30 seconds rest

4. Max reps of weighted pull-ups. Drop #5 from last week. Compare to Week #1.

5. 4 rounds of:
Run 400m @ goal pace every 3:30.

Session 22

OBJ: Aerobic Capacity training

W/U:

4 rounds of:
10 x bodyweight get-ups
10 x Mountain climbers (2-count)
10 x bicycle crunches (2-count)
Frogger stretch

1. 20 minutes of:
Run 400m, easy to moderate pace.
2 x ball slams (10# ball)
25% of max leg tucks

2. 10 minutes of:
Row 500m, easy to moderate pace.
10 x HR push-ups
10 x sit-ups (use ab mat if available)

3. 3 rounds of:
12 x straight bar curls (increase DBD)
12 x tricep exercise of choice
(DB kickbacks/machine push-downs/bench (or box)
tricep dips/diamond push-ups)

Session 23

OBJ: Rest/Active recovery

Go for a walk, stretch, read a book, sleep in...don't put on a ruck.

Session 24

OBJ: Work capacity (interval training)

W/U:

4 rounds of:
10 x HR push-ups (OR 10 x regular push-ups)
5 x pull-ups/chin-ups
50m sprint, increase speed each round (jog down 25m, accelerate on return 25m)
In-step stretch

1. 1 round of:
60 seconds - HR push-ups
2-minutes rest
*Compare to Session 14 reps.

2. 2 rounds of:
30 seconds – HR push-ups
60 seconds rest

3. 3 rounds of:
25m reverse sled drag (90# sled) - DOWN
25m Farmer's Carry (40# or greater KB) – BACK
Then immediately into:
50m side shuffle (25m down/back)
50m sprint (25m down/back)

60 seconds rest

4. 3 rounds of:
50% of max leg tucks from on-board week
Rest 90 seconds.

5. 3 rounds of:
Run 800m (use pace chart based on goal 2-mile run time) every 6:30.

Session 25

OBJ: Strength training

W/U:

4 rounds of:
5 x trap bar dead-lift (135#)
10 x regular push-ups
3 x pull-ups

1. 4 rounds of:
3 x trap-bar dead-lift, moderate loading. (stay below weight from working rounds in Weeks 3-4)
Chest stretch

2. 4 rounds of:
8 x incline DB chest press (if available) – moderate loading.
OR
8 x DB push press

5 x weighted pull-ups/chin-ups @ week 3 weight
Pigeon stretch

3. 4 rounds of:

10 x standing DB shoulder flys

10 x single arm DB/KB rows (each arm) – use box or bench to stabilize. Moderate loading.

4. 3 rounds of:

30/30 (side planks)

Frogger stretch

5. 5 x ball throws @15 or 20#. Focus on technique and exploding through the hips and extension at the top of your throw.