



## 24 Week Special Forces Strength and Conditioning Program: A 24 Week Strength and Conditioning Program for Special Forces Selection (Paperback)

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By Principal of Jesus College and Vice-Chancellor Elect Peter North

Createspace, United States, 2013. Paperback. Book Condition: New. 276 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This 24 week program will take you from an introductory stage of learning the kind of training methods you will employ to a final testing stage of endurance and strength tests. This is designed following evaluation of many different Elite and Special Forces tests were evaluated in order to create a plan that can include many methods to prepare you for a wide range of potential regiments. For this program you will need: -Military Back Pack -Access to a gym or Home Weights -Access to Crossfit -Access to Swimming Pool - Weight vests, Military boots and equipment for load training - Map reading tools Stage 1- Introductory phase of basic runs and circuit training Stage 2-1st Progression Phase Circuit training, Running and Rope workouts with basic load carries Stage 3- 2nd Progression Phase- Circuit Training, Strength Training, Rope workouts, Pack Marching and Assault Circuit training Stage 4-3rd Progression Phase increases the loads from Stage 3 Stage 5-1st test phase, Endurance test, Combat Swimming Test, Pack March test Stage 6-Final Endurance Test Week.

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