

SELECTION READY ASSESSMENT

DAY 1	DAY 2	DAY 3
<p><u>Warm up and Cool Down as necessary</u></p> <p>AM - 12-Mile Ruck @ 50lbs Standard: 3 Hours</p> <p>PM - Strength Assessment (1) <u>Loaded Chin-up</u> or <u>Pull-up</u> @ 25% of total body weight * Standard: 8 reps</p> <p>(2) <u>Hanging Leg Raise</u> @ shins to the bar @ controlled tempo each rep Standard: 8 reps</p> <p>(3) <u>Standing DB Shoulder Press</u> @ 50% of total body weight ** Standard: 8 reps</p> <p>(4) <u>Farmer's Carry</u> @ 50% of total body weight ** Standard: 200 Meters</p> <p>(5) <u>Loaded Single-Leg Box Squat</u> @ height of box lower than your knees Standard: 8 reps each leg @ 25lbs</p> <p>(6) <u>Handstand</u> Isometric Hold against a wall for support Standard: 2 Minutes</p>	<p><u>Warm up and Cool Down as necessary</u></p> <p>AM - 4-Mile Run Standard: 28 Minutes</p> <p>PM - Swim & Water Confidence (1) <u>Surface Swim</u> - <i>Wear long pants and a long shirt</i> -Crawl Stroke 1,500 Meters</p> <p>(2) <u>Tread Water</u> - <i>Wear long pants and a long shirt</i> 10 ROUNDS OF: -Tread w/ both hands IN the water 2:00 -Tread w/ both hands OUT of the water-1:00</p> <p>(3) 10lb Brick Swim - <i>Wear long pants and a long shirt</i> -Swim 50 Meters with the brick above the surface</p> <p>(4) <u>Under/Overs</u> 7 SETS, each set @ 3:00 Interval: -Swim 25 Meters underwater + Crawl Stroke 25 Meters above the surface back to the start Rest the time remaining in each set</p> <p>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</p>	<p><u>Warm up and Cool Down as necessary</u></p> <p>AM - 8-Mile Run Standard: 60 Minutes</p> <p>PM - Strength Endurance (1) <u>Inverted Bar</u> or <u>Ring Rows</u>-3 sets x Max Reps Rest 2:00 between sets Standard: 45 total reps</p> <p>(2) <u>V-ups</u>-3 sets x Max Reps Rest 2:00 between sets Standard: 70 total reps</p> <p>(3) <u>Bar Dips</u>-3 sets x Max Reps Rest 2:00 between sets Standard: 70 total reps</p> <p>(4) <u>Loaded Step-up</u> @ 18-20" box-3:00 Max Reps alternating each leg @ 25lb DB in each hand Standard: 30 reps for each leg</p> <p>(5) <u>Front Plank on forearms</u>-Hold position for as long as possible Standard: 4 Minutes</p>
<p>Coaching Comments: Ensure that you warm up properly between lifts. Take 2 or 3 sets to build up to your testing load/intensity gradually. * Perform wearing a weighted vest or belt. ** Perform holding a dumbbell weighing 25% of your total body weight in EACH hand.</p>	<p>Coaching Comments: Wear a set of service cammies/Battle Dress Uniform (BDU) throughout the first three portions of the swim and water confidence evolution if possible.</p>	<p>Coaching Comments: Ensure that you warm up properly between movements. Take 2 or 3 sets to gradually build up to your testing intensity.</p>

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SELECTION READY ASSESSMENT

DAY 4	DAY 5	INSTRUCTIONS
<p><u>Warm up and Cool Down as necessary</u></p> <p>AM or PM - 3,000 Meter Swim w/ Fins Standard: 60 Minutes</p> <p>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</p>	<p><u>Warm up and Cool Down as necessary</u></p> <p>AM or PM - Physical Screen Test</p> <p>(1) <u>Swim 1,000 Meters</u> + Rest 10:00 Standard: 20 Minutes</p> <p>(2) <u>Pull-ups</u>-Max Reps + Rest 3:00 Standard: 18 reps</p> <p>(3) <u>Sit-ups</u>-2:00 Max Reps + Rest 3:00 Standard: 80 reps w/ feet anchored</p> <p>(4) <u>Push-ups</u>-2:00 Max Reps + Rest 10:00 Standard: 80 reps w/o breaking the FLR position</p> <p>(5) 3-Mile Run Standard: 20 Minutes</p> <p>(6) <u>2-Hand Bar Hang</u>-Hang from the bar as long as possible Standard: 2 Minutes</p> <p>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</p>	<p>(1) Read through the <u>Mental Toughness</u> information</p> <p>(2) Read through the <u>Nutrition</u> content prior to training (<i>an eating plan is provided for clients</i>)</p> <p>(3) Warm up before each training session as necessary - use the sample warm-up sessions if feasible</p> <p>(4) Sleep 7-8 hours each night for best results</p> <p>(5) Drink 90-120 oz of water each day + ensure you are salting your food and consuming potassium and magnesium (<i>eat a well-rounded diet</i>)</p> <p>(6) Eat a balanced diet and ensure that you are consuming enough quality calories <i>to include carbohydrates</i></p> <p>(7) Actively recover through foam rolling, trigger point therapy, static stretching, and light physical activity (<i>walking, etc.</i>)</p>
<p>Coaching Comments: Swim 3,000 Meters slick wearing fins and swim trunks.</p>	<p>Coaching Comments: This is a beefed-up Navy SEAL Screen test to get into BUD/S. FLR - Front Lean and Rest or Push-up position.</p>	<p>Coaching Comments: This is an aggressive week of testing! Do your best to keep up by following the instructions outlined above.</p> <p>If you can meet all of the performance standards this week...you are ready for ANY military DOD selection course.</p>