

## SELECTION READY ASSESSMENT

### FINAL ASSESSMENT STRAINING SCHEDULE

| DAY 1                                                                                                                                   | DAY 2                                                                                                                                                              | DAY 3                                                                                              | DAY 4                                                                                                                                                | DAY 5                                                | DAY 6                                                                                                  | DAY 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| MON                                                                                                                                     | TUE                                                                                                                                                                | WED                                                                                                | THU                                                                                                                                                  | FRI                                                  | SAT                                                                                                    | SUN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <p><u>MOBILITY Warm-up</u><br/>5-10 minutes as necessary</p> <p>AM - <b>Ruck</b><br/>Assessment</p> <p>PM - Strength<br/>Assessment</p> | <p><u>MOBILITY Warm-up</u><br/>5-10 minutes as necessary</p> <p>AM - <b>Run</b><br/>Assessment</p> <p>PM <b>Swim &amp; Water</b><br/><b>Con</b><br/>Assessment</p> | <p><u>MOBILITY Warm-up</u><br/>5-10 minutes as necessary</p> <p><b>Fin Swim</b><br/>Assessment</p> | <p><u>MOBILITY Warm-up</u><br/>5-10 minutes as necessary</p> <p>AM - <b>Run</b><br/>Assessment</p> <p>PM - Strength<br/>Endurance<br/>Assessment</p> | <p>Make Up Day<br/><br/>or<br/><br/>Recovery Day</p> | <p><u>MOBILITY Warm-up</u><br/>5-10 minutes as necessary</p> <p><b>Extended PST</b><br/>Assessment</p> | <p><b>Restoration</b></p> <p>Coaching Comments:<br/>Foam roll and stretch as necessary. Optional routines below...</p> <p><u>Foam Roll Routine</u></p> <p><u>Stretch Routine</u></p> <p>For maximum benefit, focus on the tight and overactive muscle groups. Perform trigger point or self-myofascial release therapy as needed.</p> <p><b>Trigger Point Therapy TPT</b></p> <ol style="list-style-type: none"> <li>1. Apply pressure to the most sensitive area using a roller or lacrosse ball to the point of pain and hold for 30 seconds</li> <li>2. Immediately static stretch the affected area for 30 seconds</li> <li>3. Repeat as necessary</li> </ol> |

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| FINAL ASSESSMENT WEEK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| DAY 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | DAY 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | DAY 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p><b><u>MOBILITY Warm-up</u></b> 5-10 minutes as necessary</p> <p><b>AM - 12-Mile Ruck @ #50</b><br/><b>Standard:</b> 3 Hours</p> <p><b>PM - Functional Strength</b><br/>A. <u>Loaded Chin-up</u> or <u>Pull-up</u> @ 25% of total body weight *<br/><b>Standard:</b> 10 reps</p> <p>B. <u>Loaded Single-Leg Box Squat</u> @ height of box lower than your knees<br/><b>Standard:</b> 10 reps each leg @ #25</p> <p>C. <u>Hanging Leg Raise</u> @ shins to the bar @ controlled tempo each rep<br/><b>Standard:</b> 10 reps</p> <p>D. <u>Standing DB Shoulder Press</u> @ 50% of total body weight **<br/><b>Standard:</b> 10 reps</p> <p>E. <u>Farmer's Carry</u> @ 50% of total body weight **<br/><b>Standard:</b> 200 Meters</p> <p>F. <u>Handstand</u> Isometric Hold against a wall for support<br/><b>Standard:</b> 2 Minutes</p> | <p><b><u>MOBILITY Warm-up</u></b> 5-10 minutes as necessary</p> <p><b>AM - 5-Mile Run</b><br/><b>Standard:</b> 35 Minutes</p> <p><b>PM - Swim &amp; Water Confidence</b></p> <p><b>Surface Swim</b> - <i>Wear long pants and a long shirt</i><br/>A. Crawl Stroke 1,500 Meters</p> <p><b>Tread Water</b> - <i>Wear long pants and a long shirt</i><br/>10 ROUNDS OF:<br/>B1. Tread w/ both hands IN the water 2:00<br/>B2. Tread w/ both hands OUT of the water-1:00</p> <p><b>10lb Brick Swim</b> - <i>Wear long pants and a long shirt</i><br/>C. Swim 50 Meters with the brick above the surface</p> <p><b>Under/Overs</b><br/>7 SETS, each set @ <b>3:00</b> Interval:<br/>D1. Swim 25 Meters underwater<br/>D2. Crawl Stroke 25 Meters above the surface back to the start<br/>Rest the time remaining in each set</p> <p><b>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</b></p> | <p><b><u>MOBILITY Warm-up</u></b> 5-10 minutes as necessary</p> <p><b>AM - 60-Minute Run For Distance</b><br/><b>Standard:</b> 8 Miles @ roughly 80% of max</p> <p><b>PM - Strength Endurance</b><br/>A. <u>Inverted Bar</u> or <u>Ring Rows</u>-3 sets x Max Reps<br/>Rest 2:00 between sets<br/><b>Standard:</b> 50 total reps</p> <p>B. <u>V-ups</u>-3 sets x Max Reps<br/>Rest 2:00 between sets<br/><b>Standard:</b> 70 total reps</p> <p>C. <u>Bar Dips</u>-3 sets x Max Reps<br/>Rest 2:00 between sets<br/><b>Standard:</b> 70 total reps</p> <p>D. <u>Loaded Step-up</u> @ 18-20" box-3:00 Max Reps alternating each leg @ 25lb DB in each hand<br/><b>Standard:</b> 30 reps for each leg</p> <p>E. <u>Front Plank on forearms</u>-Hold position for as long as possible<br/><b>Standard:</b> 4 Minutes</p> |
| <p><b>Coaching Comments:</b></p> <p>Ensure that you warm up properly between lifts. Take 2 or 3 sets to gradually build up to your testing load/intensity.</p> <p>* Perform wearing a weighted vest or belt.</p> <p>** Perform holding a dumbbell weighing 25% of your total body weight in EACH hand.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Coaching Comments:</b></p> <p>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><b>Coaching Comments:</b></p> <p>Ensure that you warm up properly between movements. Take 2 or 3 sets to gradually build up to your testing intensity.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

**Continued ...**

## SELECTION READY ASSESSMENT

| SELECTION READY ASSESSMENT                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| DAY 4                                                                                                                                                                                         | DAY 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | INSTRUCTIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p><u>MOBILITY Warm-up</u> 5-10 minutes as necessary</p> <p>AM or PM - 4,000 Meter Swim w/ Fins<br/>Standard: 80 Minutes</p> <p><b>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</b></p> | <p><u>MOBILITY Warm-up</u> 5-10 minutes as necessary</p> <p>AM or PM - Physical Screen Test</p> <p>A. <u>Swim 1,000 Meters</u> + Rest 15:00<br/>Standard: 20 Minutes</p> <p>B. <u>Pull-ups</u>-Max Reps + Rest 2:00<br/>Standard: 20 reps</p> <p>C. <u>Sit-ups</u>-2:00 Max Reps + Rest 2:00<br/>Standard: 80 reps w/ feet anchored</p> <p>D. <u>Push-ups</u>-2:00 Max Reps + Rest 15:00<br/>Standard: 80 reps w/o breaking the FLR position *</p> <p>E. <u>3-Mile Run</u><br/>Standard: 20 Minutes</p> <p>F. <u>2-Hand Bar Hang</u>-Hang from the bar as long as possible<br/>Standard: 2 Minutes</p> <p><b>DO NOT SWIM WITHOUT A QUALIFIED LIFEGUARD PRESENT!</b></p> | <p>(1) Read through the <u>Mental Toughness</u> information</p> <p>(2) Read through the <u>Nutrition</u> content before training (<i>an eating plan is provided for clients</i>)</p> <p>(3) <b>Warm up</b> before each training session as necessary - use the sample warm-up sessions if feasible</p> <p>(4) <b>Sleep</b> 7-8 hours each night for best results</p> <p>(5) <b>Drink</b> 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) <b>Eat</b> a balanced diet and ensure that you are consuming enough quality calories <i>to include carbohydrates</i></p> <p>(7) <b>Actively recover</b> through foam rolling, trigger point therapy, static stretching, and light physical activity (<i>walking, etc.</i>)</p> |
| <b>Coaching Comments:</b>                                                                                                                                                                     | <b>Coaching Comments:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Coaching Comments:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Swim 3,000 Meters slick wearing fins and swim trunks.                                                                                                                                         | <p>This is a beefed-up Navy SEAL Screen test to get into BUD/S.</p> <p>* <b>FLR</b> - Front Lean and Rest or Push-up position.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>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 <b>PHYSICALLY</b> ready for ANY military DOD selection course.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |