



ACFT PREP GUIDE



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INTRODUCTION

PURPOSE

- General strength
- Hypertrophy = increase muscle mass
- Improve aerobic capacity = do more cardio
- Improve ACFT movements

The ACFT Prep Guide is an 8 week training program, designed by our Strength & Conditioning Coaches, to help you improve general physical fitness, but to also help you train for the ACFT. Download the Prep Journal to closely track your data and personal progress.

GENERAL OVERVIEW

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
CONDITIONING (RUN)	LIFT	CONDITIONING (RUN)	LIFT	POWER CIRCUIT <i>(sprint, drag, carry)</i>

- ▶ Training sessions will be themed as outlined above for weeks 1-8 of the program
- ▶ **WEEK 4 & 8 [DELOAD WEEK]:** these weeks will consist of a reduction in weight & volume in order to achieve greater recovery, and enhance the ability to come back the following week more fit. Taking this deload week is optional - if you are feeling great by week 4, repeat week 3 of exercises; however, you are encouraged to take week 8 as a deload week, since you will more than likely be taking your ACFT week 9.

LEARN MORE



<https://www.youtube.com/watch?v=HyGQ5KzeZ8E>
https://www.youtube.com/watch?v=SLAw_2eO3gU
<https://www.youtube.com/watch?v=AeBrhntWHys>

{INTRODUCTION}
{PROGRAM OVERVIEW}
{DELOAD WEEK}



RPE/RIR

RPE - RATE OF PERCEIVED EXERTION (DIFFICULTY SCALE)

RIR - REPS IN RESERVE (REPS YOU COULD DO, PAST THE PRESCRIBED REPETITIONS)

RATE OF PERCEIVED EXERTION SCALE

RPE	EFFORT	RIR
10	MAXIMAL EFFORT. NO MORE REPS COULD HAVE BEEN PERFORMED.	0
9	VERY STRENUOUS. 1 MORE REP COULD HAVE BEEN PERFORMED.	1
8	2 MORE REPS COULD HAVE BEEN PERFORMED.	2
7	MODERATE EFFORT. 3 MORE REPS COULD HAVE BEEN PERFORMED.	3
6	4 MORE REPS COULD HAVE BEEN PERFORMED.	4
5	A WARM-UP SET. 5 MORE REPS COULD HAVE BEEN PERFORMED.	5

EXAMPLE

3 sets x 10 reps @ RPE 6 or 6/10

SETS DO NOT BEGIN UNTIL YOU HAVE MET RPE

OR

3 sets x 10 reps @ RIR 4 = USING THE AMOUNT OF WEIGHT TO WHERE YOU CAN COMPLETE 14 REPS BUT WILL ONLY COMPLETE 10 REPS WITH 4 IN RESERVE

Day 2 Lift	Week 1	
Exercises	Sets/ Reps	Weight
Trapbar Deadlift	5x5	
	RPE 6	
Weighted Push Up	5x8	
	RPE 6	
DB/KB Row	3x10	
	RPE 6	
DB/KB Frw/Lunge	3x10	
	RPE 6	
2 Rounds Sprint, Drag, Carry	x@45lb	
Plank	2x1:30	

LEARN MORE



https://www.youtube.com/watch?v=7_h1HlgFqY4

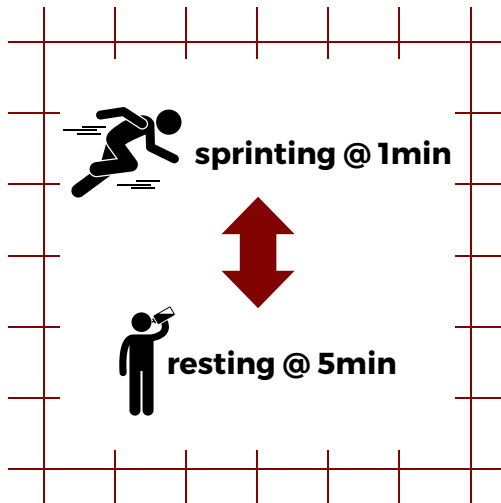


WORK-2-REST RATIO

Simply put, work-2-rest ratios are how much work compared to rest you have during a workout. They vary through a large spectrum from 1:20 or 1:5; however, in this case, your program will have 1:5 - 1:5.



SPECTRUM (1:5 - 1:5)



Different ratios have different results



1:5 (speed/power)



1:1 (capacity/cardio)

LEARN MORE



<https://www.youtube.com/watch?v=RepjjsnFXJE>



ACFT PREP GUIDE LOGGING

Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve your recorded weight/time/distance as you progress through the weeks of training.

Day 1 Conditioning	Week 1	
Exercise	Rep	Times
800 meter repeats	x2	
Work to Rest	1:3	

Day 2 Lift	Week 1	
Exercises	Sets/ Reps	Weight
Trapbar Deadlift	5x5 RPE 6	
Weighted Push Up	5x8 RPE 6	
DB/KB Row	3x10 RPE 6	
DB/KB Frw/Lunge	3x10 RPE 6	
2 Rounds Sprint, Drag, Carry	x@45lb	
Plank	2x1:30	

Log your weight/time/distance in 3rd column of excell sheet

YouTube instructional links are attached to each exercise for reference