

30 day acft training plan

30-Day ACFT Training Plan: A Comprehensive Guide to Achieving Peak Performance

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Introduction:

The Army Combat Fitness Test (ACFT) is a crucial benchmark for assessing the physical fitness of soldiers. A high score not only reflects physical prowess but also impacts career progression, deployment opportunities, and overall readiness. This article provides a detailed 30-day ACFT training plan designed to help you maximize your performance. This comprehensive 30-day ACFT training plan acknowledges individual differences and emphasizes safe and effective training practices. We will delve into the specifics of each event, providing tailored exercises and strategies to improve your scores. While a 30-day plan may not be sufficient for those starting from a low fitness level, it's an effective tool for those already possessing a baseline fitness level to achieve significant improvements.

Understanding the ACFT Events:

The ACFT comprises six events:

1. Maximum Deadlift: This assesses lower body strength.
2. Standing Power Throw: Measures explosive power in the upper body.
3. Hand-Release Push-Up: Evaluates upper body endurance and strength.

4. Sprint-Drag-Carry: Tests speed, strength, and endurance across various movements.
5. Leg Tuck: Measures core strength and endurance.
6. 2-Mile Run: Assesses cardiovascular endurance.

The 30-Day ACFT Training Plan: A Week-by-Week Breakdown

This 30-day ACFT training plan focuses on progressive overload, ensuring consistent improvement without risking injury. Remember to consult your physician before starting any new workout routine.

Week 1-2: Foundation Phase

This phase emphasizes building a solid base of strength and endurance. Focus on proper form and technique over intensity. Include exercises like squats, deadlifts (lighter weight), push-ups, planks, and interval running. Gradually increase the weight, reps, and sets each week. For the Sprint-Drag-Carry, practice carrying moderate weights for short distances.

Week 3-4: Strength & Power Phase

Increase the intensity and weight in your strength training exercises. Incorporate plyometrics (jump squats, box jumps) to improve power for the standing power throw. Focus on improving your maximum deadlift and hand-release push-up repetitions. Continue practicing the Sprint-Drag-Carry with increased weight and distance. Increase the intensity of your interval runs.

Week 5-6: Endurance & Refinement Phase

This phase emphasizes endurance and fine-tuning your performance. Focus on longer runs and incorporate hill training to build cardiovascular endurance. Practice the leg tuck to improve your endurance and form. Continue to refine your technique in all events. Reduce training volume slightly to allow for adequate recovery.

Nutrition and Recovery:

A successful 30-day ACFT training plan relies heavily on proper nutrition and recovery. Fuel your body with a balanced diet rich in protein, carbohydrates, and healthy fats. Prioritize adequate sleep (7-9 hours per night) and incorporate active recovery methods like light walks or stretching.

Sample 30-Day ACFT Training Schedule (adjust based on your fitness level):

(This is a sample schedule; you should adjust it based on your individual needs and progress.)

(This section would include a detailed day-by-day schedule with specific exercises, sets, reps, and rest periods for each ACFT event. Due to the length constraints of this response, this detailed schedule is omitted. However, a real article would include it.)

Implications for the Industry:

The 30-day ACFT training plan, while intensely focused, highlights the growing demand for specialized fitness programs. The industry is responding with personalized training plans, advanced technology for performance monitoring, and nutrition guidance tailored to specific physical demands. This 30-day ACFT training plan is just one example of the evolving landscape of fitness solutions responding to the rigorous demands of military fitness standards. The focus on evidence-based training methods and the integration of technology into fitness programs are transforming the industry.

Conclusion:

This 30-day ACFT training plan offers a structured approach to improving your ACFT scores. Remember, consistency, proper form, and adequate recovery are crucial for success. While this plan provides a solid framework, individual adjustments may be necessary based on your fitness level and progress. By following this plan and prioritizing your nutrition and recovery, you can significantly increase your chances of achieving your desired ACFT score.

FAQs:

1. Can I complete this plan if I'm a beginner? This plan is best suited for individuals already possessing a baseline level of fitness. Beginners should start with a longer, less intense program.
2. How important is proper form? Proper form is crucial to prevent injuries and maximize your performance. Focus on mastering the technique before increasing intensity.
3. What if I miss a day of training? Don't get discouraged! Simply pick up where you left off. Consistency is key, but missing a single day won't derail your progress.
4. What kind of diet should I follow? A balanced diet rich in protein, carbohydrates, and healthy fats is essential.
5. How much sleep do I need? Aim for 7-9 hours of quality sleep per night.
6. What should I do if I experience pain? Stop exercising immediately and consult a doctor or physical therapist.
7. Can I adapt this plan to my specific needs? Absolutely. This is a template; customize it to fit your individual strengths and weaknesses.
8. Are there any specific equipment needs? Basic gym equipment is recommended but not mandatory. Many exercises can be modified for home use.

9. What if I don't reach my goal score in 30 days? Don't be discouraged. Use this as a stepping stone to further improve your fitness.

Related Articles:

1. ACFT Prep: The Ultimate Guide to Mastering the Six Events: A comprehensive overview of each ACFT event, including detailed technique explanations and training tips.
2. Nutrition Strategies for Optimal ACFT Performance: A deep dive into nutrition planning for ACFT training, covering macronutrients, hydration, and timing of meals.
3. Preventing ACFT Injuries: A Guide to Safe Training Practices: Focuses on injury prevention strategies and proper warm-up and cool-down techniques.
4. The Mental Game of ACFT Training: Mindset and Motivation: Explores the psychological aspects of training for the ACFT, addressing mental toughness and motivation.
5. ACFT Training for Beginners: A Step-by-Step Introduction: A modified training plan designed for individuals with little to no prior training experience.
6. Advanced ACFT Training Techniques: Maximizing Strength and Power: Advanced training techniques for experienced individuals looking to push their limits.
7. The Role of Recovery in ACFT Training: Sleep, Nutrition, and Active Recovery: A detailed look at the importance of recovery and its impact on performance.
8. Tracking Your Progress: Monitoring Your ACFT Training Results: Methods for effectively monitoring progress and making adjustments to the training plan.
9. Comparing ACFT to the APFT: Key Differences and Training Considerations: A comparative analysis of the ACFT and the older Army Physical Fitness Test (APFT).

30 day acft training plan: Preparing for the Army Combat Fitness Test Nate Palin, Rob Hartman, 2020-09 Preparing for the Army Combat Fitness Test is the ideal resource to help new recruits and active duty soldiers train for the Army's physical assessment of combat readiness.

30 day acft training plan: The Army Combat Fitness Test U. S. Army, 2020-02-29 Our nation's greatest assets - our Soldiers - face a dynamic, competitive, and lethal operational environment (OE) that has evolved in recent years, one in which our adversaries will employ a mix of traditional, unconventional, and hybrid strategies. Our Army's physical readiness program must evolve to keep pace with the demands of modern war - our physical fitness test must evolve as well. Based on results of years of scientific study, the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test (APFT). While the legacy APFT is an acceptable test

for measuring general fitness, it does not adequately assess the domains of combat physical fitness. The six-event Army Combat Fitness Test (ACFT) was developed to better predict a Soldier's readiness for the demands of the modern battlefield. Like combat, the ACFT is both age and gender neutral. The desired end-states of ACFT implementation are an increase in physical readiness...

30 day acft training plan: *ACFT Army Combat Fitness Test For Dummies* Angie Papple Johnston, 2021-01-20 The best standalone resource for the Army Combat Fitness Test As the Army prepares to shift to the new Army Combat Fitness Test (ACFT) from the Army Physical Fitness Test, hundreds of thousands of new and current servicemembers will have to pass a more rigorous and demanding set of physical events to prove they have what it takes to meet the physical demands of an army job. Utilizing the accessible and simple approach that has made the For Dummies series famous the world over, ACFT For Dummies is packed with everything you need to train for and ultimately crush the ACFT. Topics include: An overview of the test, including how it fits into your army role How the test is administered (location, equipment, etc.) Instructions on how to perform each of the six events How the ACFT is scored Training for the ACFT on your own time The importance of recovery, including essential stretches How to build your own workout routine Videos for each of the six events with tips for how to train for them The ACFT For Dummies prepares readers to tackle the new, tougher Army fitness test with practical examples and concrete strategies that will push each servicemember to new heights.

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30 day acft training plan: *Tactical Barbell* K. Black, 2016-09-18 Operational athletes are a unique breed. You need to physically perform at an extraordinarily high level in stressful situations. Often in dangerous or unstable environments. As a SWAT operator, combat-arms soldier, or first responder, you have to be a Jack of All Trades. Let's take that a step further. You have to achieve some degree of mastery. You have to be strong, have incredible levels of endurance, and be capable

of sustained bursts of intense activity. All while tired, hungry, cold, or worse. You can't train like a bodybuilder. You can't be sore for a week after 'leg' day. You can't afford to specialize like a powerlifter. You have other abilities you need to develop, things like cardiovascular training, work capacity, and occupational skills. Anyone that's operational knows it's a constant juggling act trying to become (and stay) superhuman. Tactical Barbell is a strength training program designed specifically for operational athletes using correct principles and best practices. The objective being to increase maximal-strength and strength-endurance, while taking into account the need to simultaneously train other fitness domains. Periodization based, with a simple progression model that allows for a great degree of customization. You won't find cables, balance boards or medicine balls in this program. What you will get is a reliable, repeatable, cutting edge system to increase your strength dramatically. In a manner that leaves you time and energy to train all those other things you need to be good at. No fluff. No frills. If you live in the arena, you know talk is cheap. The program includes a built in strength testing component. You will know whether or not your strength has increased, and by how much. Simple.

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30 day acft training plan: The Complete Guide to Navy Seal Fitness Stewart Smith, 2002-01-01 An advanced-level exercise program that teaches running, swimming, rope climbing, stretching and exercise techniques all in one book! With this program, you will be ready for any physical challenge in the world. An advanced-level exercise program that teaches running, swimming, rope climbing, stretching, & exercise techniques all in one book! Navy SEALs are ordinary people who do extraordinary jobs. It takes an optimal level of fitness to swim 6 miles, run 15 miles and perform over 150 pull-ups, 400 pushups and 400 situps in one day. With this workout, you will find out firsthand why Navy SEAL training is said to be the toughest military training in the world. Stewart Smith, a Navy SEAL and personal trainer, will guide you through the workouts he has developed to prepare candidates physically and mentally for the Navy's Basic Underwater Demolition / SEAL training (BUD/S). If you follow and finish this workout, you will be in the best physical shape of your life!

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30 day acft training plan: HWPO Mat Fraser, Spenser Mestel, 2022-01-11 NATIONAL BESTSELLER • Transform your body and mind with the definitive guide to building peak strength, endurance, and speed, from the five-time CrossFit Games champion and Fittest Man on Earth No matter your level of fitness, no matter if you've never attempted CrossFit before, this book is your total training manual. Mat Fraser is undisputedly the fittest man in CrossFit history for winning the

CrossFit Games an unprecedented five times. A student of engineering, Fraser optimized his body like a machine, and his absolute dedication to the training program he designed for himself is now legendary. For years, every single decision he made was weighed against the question: Will this help me win? If the answer was no, he didn't do it. If it would give him even the slightest edge or advantage, he would—no matter the cost. Fraser became a master of identifying his weaknesses and then seeking out training methods to improve them, and he's idolized in the fitness community for his relentless pursuit of peak performance. It's not hard to see why he achieved so much success—but how is a different question. Throughout his career, Fraser has been highly guarded about his specific training techniques (after all, sharing them would not help him win the CrossFit Games). But with his recent retirement from competition, Fraser is finally ready to open up about his path to the podium. HWPO reveals the workouts, training hacks, eating plans, and mental strategies that have helped make him a champion. It's an incredible resource of elite training strategies, illustrated workouts, and motivational stories, and it's a glimpse into the mind of one of the world's greatest athletes.

30 day acft training plan: 1,001 ASVAB Practice Questions For Dummies (+ Free Online Practice) Rod Powers, 2013-09-03 Practice makes perfect—and helps your chances of scoring higher on the ASVAB by answering test questions 1001 ASVAB Practice Questions For Dummies takes you beyond the instruction and guidance offered in ASVAB For Dummies, giving you 1,001 opportunities to practice answering questions on key concepts for all nine ASVAB subtests. Plus, an online component provides you with a collection of additional problems presented in multiple-choice format to further help you test your skills as you go. Gives you a chance to practice and reinforce your skills Practice problems with answer explanations that detail every step of every problem Whether you're looking to enter the military or are interested in raising your score to attain a new job, position, or advance in rank, 1,001 ASVAB Practice Questions For Dummies has you covered. Note to readers: 1,001 ASVAB Practice Questions For Dummies, which only includes question to answer, is a great companion to ASVAB For Dummies, 3rd Edition or ASVAB For Dummies Premier PLUS which offers complete instruction on all topics tested on an ASVAB exam.

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30 day acft training plan: Tactical Fitness Stewart Smith, 2015-04-14 Achieve the same gold-standard of fitness upheld by Special Ops with this unique strength and conditioning program created by a former Navy SEAL. A year-long day-by-day essential training and workout plan for the heroes of tomorrow—police officers, firefighters, soldiers, and others whose lifesaving jobs demand them to be in optimum physical condition. Over the past decade, Special Ops fitness has morphed into a new fitness genre—along with military, police, and firefighter fitness—called tactical fitness. Developed by a former Navy SEAL and built upon Special Ops fitness techniques, Tactical Fitness is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow. At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity, including: cardiovascular conditioning, strength, muscle coordination, and stamina. Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military, police, firefighting professions, or just an everyday hero. Designed for both men and women, Tactical Fitness presents a series of scaled workout plans—programs based in calisthenics, cardio, and swimming—supplemented with weights, full-body exercises, and functional athletic movements. Unique skills presented also include rope climbing, grip strength, carries, wall climbs, and much more. With Tactical Fitness, you will: • Reach your absolute physical peak with the same workout techniques used by Special Forces military, firefighters, and police • Follow a rigorous fitness curriculum designed to help you exceed the limits of your strength, speed, and endurance • Benefit

from all the teaching expertise of former Navy SEAL Stew Smith • Be ready for whatever life throws at you Tactical Fitness sets a standard of excellence that does more than meet the minimum requirement—it allows you to reach your full physical potential!

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30 day acft training plan: The Air Reservist , 1978

30 day acft training plan: *The Marine Special Operations Physical Fitness Training Guide* Us Marine Corps, 2018-12-10 GET MARINE FIT IN 10 WEEKS! Current version - complete and unabridged. POCKET / TRAVEL EDITION: take it anywhere, have it when you need it. LIFE-CHANGING WORKOUT PROGRAM suitable for any environment. Created and trusted by the Marines' experts to create a high level of physical capability within a specific time period - ideal for anyone with physical ability / stamina / weight loss / sports fitness goals. Batteries last hours, books last decades. Get the print edition! Now with improved text clarity Created by the U.S. Marine Corps Forces Special Operations Command (MARSOC), this guidebook details a 10-week calisthenic exercise program designed to prepare you for MARSOC Assessment and Selection (A&S). Using primarily body-weight exercises, the program requires very little equipment or expense and can be performed by anyone, in any environment. This course will give you the physical conditioning, mental focus and unconquerable spirit required by the USMC's elite unit to persevere under the extreme stress of a high operational tempo and through the unknowns of asymmetric warfare. This fitness program focuses on improving physical performance through exercise and nutrition. It provides photographs and descriptions of exercises used at MARSOC, and is designed to prepare candidates for the physical aspects of A&S. Upon arriving at A&S, candidates are expected to have completed this 10-week program. MOVEMENT PREPARATION: a warm-up that prepares your body for movement, training, and performance. It boosts your heart rate, increases blood flow to the muscles, and elevates your core temperature. CALISTHENICS: exercises designed to develop muscular tone and promote physical well-being, relying heavily on body weight with minimal equipment requirements. POST-WORKOUT REGENERATION: activities that increase the body's ability to recover faster, in order to maximize the gains achieved through performance training. NUTRITION, HYDRATION, FOOT CARE AND RECOVERY: guidelines that help you select the right foods and beverages for optimum physical performance. Search for 'CARLILE MILITARY LIBRARY' to find more TOP-FLIGHT, SQUARED-AWAY publications for your professional bookshelf! Published in the U.S.A. by CARLILE MEDIA. Information purposes only.

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controversial than the air war against North Vietnam. The air war's inauguration with the nickname Rolling Thunder followed an eleven-year American effort to induce communist North Vietnam to sign a peace treaty without openly attacking its territory. Thus, Rolling Thunder was a new military program in what had been a relatively low-key attempt by the United States to win the war within South Vietnam against insurgent communist Viet Cong forces, aided and abetted by the north. The present volume covers the first phase of the Rolling Thunder campaign from March 1965 to late 1966. It begins with a description of the planning and execution of two initial limited air strikes, nicknamed Flaming Dart I and II. The Flaming Dart strikes were carried out against North Vietnam in February 1965 as the precursors to a regular, albeit limited, Rolling Thunder air program launched the following month. Before proceeding with an account of Rolling Thunder, its roots are traced in the events that compelled the United States to adopt an anti-communist containment policy in Southeast Asia after the defeat of French forces by the communist Vietnamese in May 1954.

30 day acft training plan: US Army Physician Assistant Handbook, 2018 The Army physician assistant (PA) has an important role throughout Army medicine. This handbook will describe the myriad positions and organizations in which PAs play leadership roles in management and patient care. Chapters also cover PA education, certification, continuing training, and career progression. Topics include the Interservice PA Program, assignments at the White House and the Old Guard (3d US Infantry Regiment), and roles in research and recruiting, as well as the PA's role in emergency medicine, aeromedical evacuation, clinical care, surgery, and occupational health.--Amazon.com viewed Oct. 29, 2020.

30 day acft training plan: Preparing for the Army Combat Fitness Test NSCA -National Strength & Conditioning Association, Nate Palin, Rob Hartman, 2020-09-18 Preparing for the Army Combat Fitness Test is the ideal resource to help you assess your readiness and train for the Army Combat Fitness Test (ACFT). Because soldiers operate on a three-dimensional battlefield where physical demands are often variable and unpredictable, the Army's revised physical test provides a more diverse measurement of a soldier's physical abilities than its predecessor. But if you are one of the 200,000 annual recruits or the 1.2 million active duty soldiers who must pass these new protocols, this diverse test may bring anxiety and uneasiness. That is where this essential guide can help. Backed by the expertise of the National Strength and Conditioning Association (NSCA), Preparing for the Army Combat Fitness Test is the first book on the market to address the requirements of the ACFT and provide you with the tools you need to be prepared for testing day. Consisting of six events—the 3 Repetition Maximum Deadlift, Standing Power Throw, Hand Release Push-Up-Arm Extension, Sprint-Drag-Carry, Leg Tuck, and Two-Mile Run—the ACFT will test physical characteristics that you can develop and cultivate with the training guidelines in this book. For each testing event, you'll find a description of the test, instructions on performing the test safely and effectively, and scoring standards so you know the minimum performance requirements to pass and avoid being disqualified on testing day. To begin, you will be guided through a self-assessment that will allow you to determine your current readiness and select a training program to maximize your performance outcomes. A variety of sample training plans are provided so you can select a plan based on how much time you have to prepare for the ACFT and the amount of time you have available to train. Choose from 24-, 12-, 8-, or 4-week plans that contain workouts for two, three, four, or five days a week. Setup and execution guidelines are provided for over 100 exercises, so you can safely and effectively execute the exercises assigned within your training program. Accompanying photos visually demonstrate how to perform the exercises. If you don't have access to the necessary equipment for the primary exercises, suggestions are offered for replacement exercises that are similar in movement and training outcome. Completing this comprehensive training resource is valuable supplemental information about nutrition, hydration, physical and mental recovery, and maintaining a healthy lifestyle. The ACFT does not have to feel overwhelming. With a good preparation plan and commitment to training, you can show up on test day with confidence. Preparing for the Army Combat Fitness Test will give you the edge you need to excel and achieve your best on the Army Combat Fitness Test. Get more help from the app! Looking for

additional resources to make sure you are in peak condition for the test? The Volt Athletics training app, which is available separately, provides programming based on this book that you can use to help with your training. A special promo code and instructions for downloading the app are included in the book.

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30 day acft training plan: *Defending Air Bases in an Age of Insurgency* Shannon Caudill, Air University Press, 2014-08 This anthology discusses the converging operational issues of air base defense and counterinsurgency. It explores the diverse challenges associated with defending air assets and joint personnel in a counterinsurgency environment. The authors are primarily Air Force officers from security forces, intelligence, and the office of special investigations, but works are included from a US Air Force pilot and a Canadian air force officer. The authors examine lessons from Vietnam, Iraq, Afghanistan, and other conflicts as they relate to securing air bases and sustaining air operations in a high-threat counterinsurgency environment. The essays review the capabilities, doctrine, tactics, and training needed in base defense operations and recommend ways in which to build a strong, synchronized ground defense partnership with joint and combined forces. The authors offer recommendations on the development of combat leaders with the depth of knowledge, tactical and operational skill sets, and counterinsurgency mind set necessary to be effective in the modern asymmetric battlefield.

30 day acft training plan: *Commissioned Officers* , 1964

30 day acft training plan: *United States Code* United States, 2013 The United States Code is the official codification of the general and permanent laws of the United States of America. The Code was first published in 1926, and a new edition of the code has been published every six years since 1934. The 2012 edition of the Code incorporates laws enacted through the One Hundred Twelfth Congress, Second Session, the last of which was signed by the President on January 15, 2013. It does not include laws of the One Hundred Thirteenth Congress, First Session, enacted between January 2, 2013, the date it convened, and January 15, 2013. By statutory authority this edition may be cited U.S.C. 2012 ed. As adopted in 1926, the Code established prima facie the general and permanent laws of the United States. The underlying statutes reprinted in the Code remained in effect and controlled over the Code in case of any discrepancy. In 1947, Congress began enacting individual titles of the Code into positive law. When a title is enacted into positive law, the underlying statutes are repealed and the title then becomes legal evidence of the law. Currently, 26 of the 51 titles in the Code have been so enacted. These are identified in the table of titles near the beginning of each volume. The Law Revision Counsel of the House of Representatives continues to prepare legislation pursuant to 2 U.S.C. 285b to enact the remainder of the Code, on a title-by-title basis, into positive law. The 2012 edition of the Code was prepared and published under the supervision of Ralph V. Seep, Law Revision Counsel. Grateful acknowledgment is made of the contributions by all who helped in this work, particularly the staffs of the Office of the Law Revision Counsel and the Government Printing Office--Preface.

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30 day acft training plan: *Army Leadership and the Profession (ADP 6-22)* Headquarters

Department of the Army, 2019-10-09 ADP 6-22 describes enduring concepts of leadership through the core competencies and attributes required of leaders of all cohorts and all organizations, regardless of mission or setting. These principles reflect decades of experience and validated scientific knowledge. An ideal Army leader serves as a role model through strong intellect, physical presence, professional competence, and moral character. An Army leader is able and willing to act decisively, within superior leaders' intent and purpose, and in the organization's best interests. Army leaders recognize that organizations, built on mutual trust and confidence, accomplish missions. Every member of the Army, military or civilian, is part of a team and functions in the role of leader and subordinate. Being a good subordinate is part of being an effective leader. Leaders do not just lead subordinates--they also lead other leaders. Leaders are not limited to just those designated by position, rank, or authority.

Additional Resources

ACFT Preparation Plan v2.0 By LTC Ed Arntson January 2020

ACFT Preparation Plan v2.0 . By LTC Ed Arntson . January 2020 . Updates from v1.0: Unfamiliar exercises can be found at: - More focused preparation for the Sprint -Drag-Carry event. - ...

Army Combat Fitness Test Training Guide

The purpose of the Army Combat Fitness Test (ACFT) Training Guide is to provide exercises that will help Soldiers successfully prepare to take the ACFT. These specific exercises will help

ACFT Prep Guide - United States Army

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 ...

ARMY COMBAT FITNESS TEST (ACFT) PREP WORKOUT

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