

6 week acft training plan

6 Week ACFT Training Plan: A Comprehensive Guide to Achieving Peak Performance

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Editor: Captain Sarah Miller, US Army (Ret.) – Captain Miller served as a physical training officer for 10 years, overseeing the fitness regimes of numerous soldiers and possessing extensive experience in ACFT preparation and score improvement.

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Introduction: Mastering the 6 Week ACFT Training Plan

The Army Combat Fitness Test (ACFT) is a crucial benchmark for military readiness. A comprehensive 6 week ACFT training plan is essential for soldiers aiming to achieve optimal scores and demonstrate peak physical condition. This guide provides a detailed overview of a well-structured 6-week ACFT training plan, covering periodization, exercise selection, nutrition, and recovery strategies. Understanding the intricacies of a successful 6 week ACFT training plan is paramount for success.

Phase 1: Assessment and Foundation (Week 1-2)

This initial phase of your 6 week ACFT training plan focuses on assessment and building a solid foundation.

1.1 Baseline Testing: Before embarking on any 6 week ACFT training plan, conduct a thorough baseline assessment. This involves performing each ACFT event to determine your current strengths and weaknesses. This data is crucial for tailoring your 6 week ACFT training plan to your individual needs.

1.2 Building a Base: Weeks 1 and 2 focus on establishing a foundational level of fitness. This involves incorporating general conditioning exercises like running, bodyweight exercises (push-ups, sit-ups, squats), and dynamic stretching. The goal is to prepare your body for the more intense training that follows in your 6 week ACFT training plan.

1.3 Focus on Movement Quality: Prioritize proper form over quantity. Mastering the correct techniques for each ACFT event is vital to prevent injuries and maximize performance improvements throughout your 6 week ACFT training plan.

Phase 2: Strength and Power Development (Week 3-4)

Weeks 3 and 4 shift the focus to building strength and power, directly relevant to the deadlift, standing power throw, and hand-release push-up events in your 6 week ACFT training plan.

2.1 Strength Training: Incorporate heavy compound lifts like squats, deadlifts, bench presses, and overhead presses. Focus on progressive overload – gradually increasing the weight, reps, or sets over time. This is crucial for maximizing strength gains within your 6 week ACFT training plan.

2.2 Power Training: Include plyometrics (box jumps, jump squats) and ballistic movements (medicine ball throws) to improve explosive power, especially crucial for the standing power throw event of the 6 week ACFT training plan.

2.3 Specificity: Ensure your strength and power training is specific to the demands of the ACFT. For example, practice deadlifts with similar weight and rep ranges as you'll encounter in the test. Your 6 week ACFT training plan should mirror the test's demands.

Phase 3: Endurance and Agility (Week 5)

Week 5 integrates endurance and agility training into your 6 week ACFT training plan, essential for success in the two-mile run and sprint-drag-carry.

3.1 Endurance Training: Incorporate interval training (alternating high-intensity bursts with periods of rest) and longer, sustained runs to improve cardiovascular endurance. This is critical for optimizing performance on the two-mile run segment of the 6 week ACFT training plan.

3.2 Agility Training: Include agility drills like cone drills, ladder drills, and shuttle runs to enhance speed, coordination, and change-of-direction ability. These are vital for success in the sprint-drag-carry element of your 6 week ACFT training plan.

3.3 Rest and Recovery: Sufficient rest is crucial at this stage to allow your body to recover and adapt to the training stimulus. Prioritize sleep, nutrition, and active recovery methods (light cardio, stretching).

Phase 4: Refinement and Tapering (Week 6)

The final week of your 6 week ACFT training plan focuses on refinement and tapering.

4.1 Skill Refinement: Focus on perfecting your technique for each ACFT event. This includes

practicing the specific movements and strategies you'll use during the actual test. Your 6 week ACFT training plan should culminate in polished performance.

4.2 Tapering: Gradually reduce the volume and intensity of your training to allow your body to fully recover before the test. This prevents overtraining and ensures you're fresh and ready to perform your best. A well-executed taper is a critical component of a successful 6 week ACFT training plan.

4.3 Nutrition and Hydration: Pay close attention to your nutrition and hydration in the final week. Consume a balanced diet rich in carbohydrates for energy and stay well-hydrated.

Conclusion: Maximizing Your 6 Week ACFT Training Plan

A well-structured 6 week ACFT training plan, like the one outlined above, significantly enhances your chances of achieving a high score. Remember that consistency, proper form, progressive overload, adequate rest, and smart nutrition are key elements for success. Remember to listen to your body and adjust your 6 week ACFT training plan as needed. Good luck!

FAQs

1. Can I adapt this 6 week ACFT training plan to my current fitness level? Yes, this plan can be adapted. Beginners may need to start with less intense workouts and gradually increase the intensity. Advanced individuals can increase the intensity and volume.
2. What if I miss a training day? Don't panic! Just pick up where you left off the next day. Consistency is key, but don't let a missed day derail your entire 6 week ACFT training plan.
3. What should I eat before and after my workouts? Consume a balanced meal with carbohydrates and protein before your workout and a protein-rich snack afterward.
4. How important is sleep for a successful 6 week ACFT training plan? Sleep is crucial for muscle recovery and overall performance. Aim for 7-9 hours of quality sleep per night.
5. What are some common mistakes to avoid during a 6 week ACFT training plan? Overtraining, improper form, neglecting nutrition, and insufficient rest are common pitfalls.
6. How often should I test myself during this 6 week ACFT training plan? Test yourself at the beginning, mid-point (week 3), and at the end (week 6) to track your progress.
7. What should I do if I experience pain during training? Stop immediately and consult a medical professional. Ignoring pain can lead to serious injuries.
8. Can I modify the exercises in this 6 week ACFT training plan? Yes, provided the modifications maintain the intensity and target muscle groups. Consult with a fitness professional for suitable alternatives.
9. Is this 6 week ACFT training plan suitable for everyone? While this plan is comprehensive, it's crucial to consult your doctor before starting any new fitness program.

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TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability - IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight. Approximately 3,000 lbs. of bumper plates. 16 x 10 lb. medicine ball 16 x nylon sled with pull straps. 32 x 40 lb. kettle bells. Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5 feet off the ground with step-ups for shorter Soldiers). Common unit equipment for set-up and grading: 16 stop watches. 8 x 25m tape measures. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes. 70 x 18" traffic cones. 50 field / dome cones. A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field). A site that is free of any significant hazards. A preparation area (can be same as briefing area) to conduct Preparation Drill. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

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Twelve Weeks of Training Progressively created to help you increase strength, endurance, mobility, flexibility, and overall work capacity. Stew Smith's first major breakthrough with recovery and maintenance - Weekly Mobility Days. The goal of this book is to help people with the roadmap to being able to save themselves or others in potentially dangerous situations, as well as build healthy habits for the rest of their long lives. The Tactical Fitness 40+ is a three-phase program (this is phase 1): Phase 1 - Tactical Fitness 40+ Foundation Rebuilding (This BOOK) Phase 2 - Tactical Fitness 40+ Taking It To The Next Level Phase 3 - Tactical Fitness 40+ Ready to Compete Stew Smith has been training tactical athletes for over 20 years as well as those men and women who need assistance being who they used to be. As a full time fitness writer and trainer, Stew Smith is uniquely qualified to help you understand everything you need to know about recovery and maintenance! Grab your copy of Tactical Fitness (40+) Foundation Rebuilding - For Beginners or Those Recovering from Injury today

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Trusted Army Professional, certified in character, competence, and commitment to the Army. The pamphlet introduces Soldiers to the Army Ethic, Values, Culture of Trust, History, Organizations, and Training. It provides information on pay, leave, Thrift Saving Plans (TSPs), and organizations that will be available to assist you and your Families. The Soldier's Blue Book is mandated reading and will be maintained and available during BCT/OSUT and AIT. This pamphlet applies to all active Army, U.S. Army Reserve, and the Army National Guard enlisted IET conducted at service schools, Army Training Centers, and other training activities under the control of Headquarters, TRADOC.

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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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ultradistance athletes must sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

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amphibious operations at a time when suitable aircraft to make it work did not exist. The story of the subsequent struggle to procure and develop those aircraft, to refine a doctrine for their employment, and to familiarize the Marine Corps with their use is an interesting and vital part of modern Marine Corps history. The documentary basis for this monograph was primarily the official records of the Marine Corps and Navy Department, but considerable use was made of interviews and correspondence with key individuals involved in all phases of helicopter development.

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