

6 WEEK ACFT TRAINING PLAN

6 WEEK ACFT TRAINING PLAN: YOUR GUIDE TO SUCCESS ON THE ARMY COMBAT FITNESS TEST

6 WEEK ACFT TRAINING PLAN IS AN ESSENTIAL ROADMAP FOR SOLDIERS AND CIVILIANS ALIKE PREPARING TO CONQUER THE ARMY COMBAT FITNESS TEST. WHETHER YOU'RE AIMING TO PASS FOR THE FIRST TIME OR IMPROVE YOUR SCORE, HAVING A STRUCTURED AND WELL-ROUNDED PROGRAM IS KEY. THE ACFT ASSESSES SIX DISTINCT PHYSICAL EVENTS DESIGNED TO MEASURE STRENGTH, ENDURANCE, POWER, AND AGILITY, MAKING IT A COMPREHENSIVE CHALLENGE. WITH ONLY SIX WEEKS TO PREPARE, CREATING AN EFFECTIVE TRAINING PLAN THAT TARGETS EACH EVENT WHILE ALLOWING RECOVERY IS CRUCIAL FOR OPTIMAL RESULTS.

IN THIS GUIDE, WE'LL DIVE INTO A STRATEGIC APPROACH TO TRAINING FOR THE ACFT IN SIX WEEKS, HIGHLIGHTING KEY EXERCISES, WEEKLY SCHEDULES, AND INSIDER TIPS TO MAXIMIZE YOUR PERFORMANCE. YOU'LL ALSO FIND EXPLANATIONS OF THE TEST'S EVENTS AND WHY EACH ELEMENT OF THE PLAN MATTERS. LET'S GET STARTED ON BUILDING YOUR STRENGTH, STAMINA, AND CONFIDENCE SO YOU CAN CRUSH THE ACFT.

UNDERSTANDING THE ARMY COMBAT FITNESS TEST

BEFORE DIVING INTO YOUR 6 WEEK ACFT TRAINING PLAN, IT'S IMPORTANT TO GRASP WHAT THE TEST ENTAILS. THE ACFT CONSISTS OF SIX EVENTS DESIGNED TO SIMULATE COMBAT-RELATED PHYSICAL TASKS:

- **3-REPETITION MAXIMUM DEADLIFT (MDL):** TESTS LOWER BODY AND BACK STRENGTH.
- **STANDING POWER THROW (SPT):** MEASURES EXPLOSIVE POWER BY THROWING A 10-POUND MEDICINE BALL BACKWARD.
- **HAND-RELEASE PUSH-UPS (HRP):** ASSESSES UPPER BODY ENDURANCE AND STRENGTH.
- **SPRINT-DRAG-CARRY (SDC):** EVALUATES ANAEROBIC CAPACITY AND MUSCULAR ENDURANCE THROUGH A SERIES OF SPRINTS, DRAGS, AND CARRIES.
- **LEG TUCK (LTK) OR PLANK:** FOCUSES ON CORE STRENGTH AND STABILITY.
- **2-MILE RUN (2MR):** TESTS AEROBIC ENDURANCE AND CARDIOVASCULAR FITNESS.

EACH EVENT DEMANDS DIFFERENT MUSCLE GROUPS AND ENERGY SYSTEMS, SO TRAINING MUST BE BALANCED AND VARIED TO PREPARE YOUR BODY EFFECTIVELY.

DESIGNING YOUR 6 WEEK ACFT TRAINING PLAN

WHEN TIME IS LIMITED, EVERY WORKOUT COUNTS. THE GOAL OF A 6 WEEK ACFT TRAINING PLAN IS TO PROGRESSIVELY BUILD YOUR STRENGTH, POWER, ENDURANCE, AND AGILITY WITHOUT OVERTRAINING. THE PLAN SHOULD INCLUDE:

- SPECIFIC EXERCISES TARGETING EACH ACFT EVENT
- CARDIOVASCULAR CONDITIONING
- MOBILITY AND RECOVERY SESSIONS

- PROGRESSIVE OVERLOAD TO ENSURE CONTINUOUS IMPROVEMENT

WEEK-BY-WEEK BREAKDOWN

HERE'S A SIMPLE STRUCTURE YOU CAN FOLLOW TO ORGANIZE YOUR TRAINING OVER SIX WEEKS:

1. **WEEK 1-2:** FOCUS ON ESTABLISHING A BASELINE. WORK ON FORM AND TECHNIQUE FOR DEADLIFTS, POWER THROWS, AND PUSH-UPS. INCORPORATE LIGHT TO MODERATE CARDIO SESSIONS AND CORE EXERCISES.
2. **WEEK 3-4:** INCREASE INTENSITY BY ADDING WEIGHT AND VOLUME. BEGIN SPRINT AND CARRY DRILLS FOR THE SDC EVENT. INTRODUCE INTERVAL RUNNING SESSIONS TO IMPROVE YOUR 2-MILE RUN PACE.
3. **WEEK 5:** PEAK WEEK FOR STRENGTH AND POWER. PUSH TO NEAR-MAX LIFTS, INCREASE SPRINT EFFORT, AND RAMP UP PUSH-UP REPS. FOCUS ON CORE STABILITY WITH LEG TUCKS OR PLANKS.
4. **WEEK 6:** TAPER AND RECOVERY. REDUCE OVERALL VOLUME BUT MAINTAIN INTENSITY. PRIORITIZE MOBILITY, STRETCHING, AND LIGHT CARDIO TO ALLOW YOUR BODY TO RECOVER BEFORE TEST DAY.

KEY EXERCISES TO INCLUDE IN YOUR PLAN

TO TARGET THE DEMANDS OF THE ACFT EVENTS, INCORPORATE THESE EXERCISES INTO YOUR TRAINING SESSIONS:

STRENGTH TRAINING FOR DEADLIFT AND POWER THROW

DEADLIFTS ARE THE CORNERSTONE OF STRENGTH TRAINING FOR THE ACFT. BEGIN WITH PROPER TECHNIQUE TO AVOID INJURY:

- CONVENTIONAL OR SUMO DEADLIFTS FOCUSING ON HIP DRIVE AND BACK ALIGNMENT
- TRAP BAR DEADLIFTS AS AN ALTERNATIVE FOR EASIER GRIP AND REDUCED LOWER BACK STRESS
- MEDICINE BALL OVERHEAD THROWS OR BACKWARD THROWS TO DEVELOP EXPLOSIVE POWER FOR THE SPT

INTEGRATE ACCESSORY LIFTS LIKE ROMANIAN DEADLIFTS AND KETTLEBELL SWINGS TO ENHANCE POSTERIOR CHAIN STRENGTH.

BUILDING UPPER BODY ENDURANCE FOR PUSH-UPS

HAND-RELEASE PUSH-UPS REQUIRE MUSCULAR ENDURANCE AND SHOULDER STABILITY. INCLUDE:

- STANDARD PUSH-UPS WITH HAND RELEASE TO MASTER FORM
- INCLINE PUSH-UPS FOR BEGINNERS OR DECLINE PUSH-UPS FOR ADDED DIFFICULTY

- TRICEP DIPS AND DUMBBELL PRESSES TO BUILD PRESSING STRENGTH

AIM TO GRADUALLY INCREASE REPS EACH WEEK, FOCUSING ON CONTROLLED MOVEMENT AND FULL RANGE OF MOTION.

IMPROVING ANAEROBIC CAPACITY FOR SPRINT-DRAG-CARRY

THE SDC EVENT CHALLENGES YOUR SPEED AND MUSCULAR ENDURANCE. TRAIN WITH:

- SPRINT INTERVALS: 50-METER SPRINTS WITH REST PERIODS
- DRAG EXERCISES: USING A SLED OR WEIGHTED OBJECT TO SIMULATE THE DRAG COMPONENT
- FARMER'S CARRIES WITH DUMBBELLS OR KETTLEBELLS TO BUILD GRIP AND SHOULDER STRENGTH

COMBINE THESE WITH AGILITY DRILLS LIKE SHUTTLE RUNS AND CONE DRILLS TO BOOST OVERALL PERFORMANCE.

CORE STRENGTH FOR LEG TUCK OR PLANK

A STRONG CORE IS VITAL FOR LEG TUCKS AND PLANKS. FOCUS ON:

- HANGING LEG RAISES OR CAPTAIN'S CHAIR KNEE RAISES
- PLANKS AND SIDE PLANKS, GRADUALLY INCREASING HOLD TIME
- RUSSIAN TWISTS AND BICYCLE CRUNCHES TO ENGAGE OBLIQUES

CONSISTENCY IN CORE TRAINING WILL TRANSLATE DIRECTLY INTO BETTER SCORES ON THE ACFT CORE EVENT.

BOOSTING AEROBIC ENDURANCE FOR THE 2-MILE RUN

THE 2-MILE RUN REQUIRES CARDIOVASCULAR EFFICIENCY. EFFECTIVE TRAINING METHODS INCLUDE:

- LONG, STEADY-STATE RUNS AT A CONVERSATIONAL PACE TO BUILD ENDURANCE
- TEMPO RUNS TO IMPROVE LACTATE THRESHOLD
- INTERVAL TRAINING FOR SPEED AND RECOVERY IMPROVEMENT

REMEMBER TO INCORPORATE PROPER WARM-UPS AND COOL-DOWNS TO PREVENT INJURY.

ADDITIONAL TIPS FOR YOUR 6 WEEK ACFT TRAINING PLAN

PRIORITIZE RECOVERY AND NUTRITION

TRAINING SIX DAYS A WEEK CAN BE TAXING. DON'T NEGLECT REST DAYS, HYDRATION, AND BALANCED NUTRITION. YOUR MUSCLES NEED FUEL AND DOWNTIME TO REBUILD STRONGER.

TRACK YOUR PROGRESS

KEEP A WORKOUT JOURNAL OR USE FITNESS APPS TO LOG YOUR LIFTS, REPS, AND RUN TIMES. SEEING IMPROVEMENTS OVER SIX WEEKS CAN BOOST MOTIVATION AND HELP ADJUST YOUR PLAN IF NEEDED.

PRACTICE TEST CONDITIONS

SIMULATE THE ACFT ENVIRONMENT BY PERFORMING MOCK TESTS. THIS HELPS FAMILIARIZE YOURSELF WITH THE EVENT SEQUENCE AND PACING, REDUCING TEST-DAY ANXIETY.

STAY CONSISTENT AND FLEXIBLE

LIFE HAPPENS, AND SOMETIMES WORKOUTS MIGHT NEED RESCHEDULING. STAY CONSISTENT OVERALL BUT BE FLEXIBLE TO ADAPT YOUR PLAN WITHOUT LOSING MOMENTUM.

SIX WEEKS MIGHT SEEM LIKE A SHORT TIME, BUT WITH A FOCUSED AND STRUCTURED 6 WEEK ACFT TRAINING PLAN, YOU CAN DRAMATICALLY IMPROVE YOUR PHYSICAL PREPAREDNESS. BY TARGETING ALL SIX EVENTS WITH TAILORED WORKOUTS AND BALANCING INTENSITY WITH RECOVERY, YOU'LL BUILD THE STRENGTH, POWER, AND ENDURANCE NEEDED TO EXCEL. REMEMBER, PROGRESS IS A JOURNEY — STAY COMMITTED, LISTEN TO YOUR BODY, AND KEEP PUSHING FORWARD. YOUR BEST ACFT PERFORMANCE IS WITHIN REACH!

FREQUENTLY ASKED QUESTIONS

WHAT IS A 6 WEEK ACFT TRAINING PLAN?

A 6 WEEK ACFT TRAINING PLAN IS A STRUCTURED WORKOUT SCHEDULE DESIGNED TO PREPARE SOLDIERS TO SUCCESSFULLY PASS THE ARMY COMBAT FITNESS TEST WITHIN SIX WEEKS, FOCUSING ON IMPROVING STRENGTH, ENDURANCE, AND FUNCTIONAL FITNESS.

HOW OFTEN SHOULD I TRAIN DURING A 6 WEEK ACFT TRAINING PLAN?

TYPICALLY, YOU SHOULD TRAIN 4 TO 6 DAYS PER WEEK DURING A 6 WEEK ACFT TRAINING PLAN, ALLOWING FOR REST AND RECOVERY DAYS TO PREVENT INJURY AND OPTIMIZE PERFORMANCE.

WHAT ARE THE KEY COMPONENTS OF A 6 WEEK ACFT TRAINING PLAN?

KEY COMPONENTS INCLUDE STRENGTH TRAINING FOR DEADLIFTS AND POWER THROWS, CONDITIONING FOR SPRINT-DRAG-CARRY

AND LEG TUCK OR PLANK, AND ENDURANCE TRAINING FOR THE TWO-MILE RUN.

CAN I IMPROVE MY ACFT SCORE SIGNIFICANTLY IN 6 WEEKS?

YES, WITH A CONSISTENT AND WELL-STRUCTURED 6 WEEK ACFT TRAINING PLAN FOCUSING ON YOUR WEAKNESSES AND OVERALL FITNESS, YOU CAN SEE SIGNIFICANT IMPROVEMENTS IN YOUR ACFT SCORE.

SHOULD I FOCUS ON ALL ACFT EVENTS EQUALLY IN A 6 WEEK TRAINING PLAN?

WHILE IT'S IMPORTANT TO TRAIN ALL SIX ACFT EVENTS, YOU SHOULD PRIORITIZE EVENTS WHERE YOU NEED THE MOST IMPROVEMENT, BUT STILL MAINTAIN BALANCED TRAINING TO ENSURE OVERALL READINESS.

IS NUTRITION IMPORTANT DURING A 6 WEEK ACFT TRAINING PLAN?

ABSOLUTELY. PROPER NUTRITION SUPPORTS RECOVERY, ENERGY LEVELS, AND MUSCLE GROWTH, WHICH ARE ALL CRITICAL WHEN FOLLOWING AN INTENSE 6 WEEK ACFT TRAINING PLAN.

HOW CAN I TRACK PROGRESS DURING THE 6 WEEK ACFT TRAINING PLAN?

YOU CAN TRACK PROGRESS BY REGULARLY TESTING YOUR PERFORMANCE IN EACH ACFT EVENT, RECORDING YOUR RESULTS, AND NOTING IMPROVEMENTS IN STRENGTH, SPEED, AND ENDURANCE OVER TIME.

ARE REST DAYS NECESSARY IN A 6 WEEK ACFT TRAINING PLAN?

YES, REST DAYS ARE ESSENTIAL TO ALLOW YOUR MUSCLES TO RECOVER AND PREVENT OVERTRAINING INJURIES, WHICH HELPS MAINTAIN CONSISTENT PROGRESS THROUGHOUT THE 6 WEEK TRAINING PERIOD.

ADDITIONAL RESOURCES

6 WEEK ACFT TRAINING PLAN: PREPARING FOR SUCCESS WITH STRATEGIC FITNESS

6 WEEK ACFT TRAINING PLAN HAS BECOME AN ESSENTIAL ROADMAP FOR SOLDIERS AIMING TO EXCEL ON THE ARMY COMBAT FITNESS TEST (ACFT). AS THE ACFT CONTINUES TO REPLACE THE TRADITIONAL ARMY PHYSICAL FITNESS TEST (APFT), UNDERSTANDING HOW TO EFFECTIVELY PREPARE WITHIN A LIMITED TIMEFRAME IS VITAL. THE SIX-WEEK WINDOW DEMANDS A FOCUSED, SCIENTIFICALLY-INFORMED REGIMEN THAT ENHANCES STRENGTH, ENDURANCE, AND FUNCTIONAL FITNESS, ALIGNING WITH THE DIVERSE COMPONENTS OF THE ACFT.

THE ARMY COMBAT FITNESS TEST IS A MULTIDIMENSIONAL ASSESSMENT THAT EVALUATES A SOLDIER'S PHYSICAL READINESS THROUGH SIX DISTINCT EVENTS: THE DEADLIFT, STANDING POWER THROW, HAND-RELEASE PUSH-UPS, SPRINT-DRAG-CARRY, PLANK, AND A TWO-MILE RUN. EACH EVENT TARGETS DIFFERENT MUSCLE GROUPS AND ENERGY SYSTEMS, WHICH MAKES A ONE-SIZE-FITS-ALL TRAINING APPROACH INEFFECTIVE. A CAREFULLY STRUCTURED 6 WEEK ACFT TRAINING PLAN EMPHASIZES BALANCED DEVELOPMENT ACROSS THESE DOMAINS, INTEGRATING STRENGTH TRAINING, CARDIOVASCULAR CONDITIONING, AND MOBILITY WORK.

UNDERSTANDING THE STRUCTURE OF A 6 WEEK ACFT TRAINING PLAN

A WELL-ROUNDED 6 WEEK ACFT TRAINING PLAN IS BUILT ON PROGRESSIVE OVERLOAD PRINCIPLES, ALLOWING GRADUAL INCREASES IN INTENSITY AND VOLUME TO OPTIMIZE ADAPTATION WHILE MINIMIZING INJURY RISK. THE PLAN TYPICALLY DIVIDES TRAINING INTO PHASES, EACH WITH SPECIFIC OBJECTIVES:

Weeks 1-2: Foundation and Assessment

The initial phase prioritizes establishing a baseline fitness level. This stage involves:

- Conducting a diagnostic ACFT test to identify strengths and weaknesses
- Introducing fundamental strength exercises such as trap bar deadlifts and push-ups with proper form
- Moderate cardiovascular sessions focusing on steady-state running and mobility drills

This period is crucial for correcting form and ensuring that the athlete can handle increased training loads in subsequent weeks.

Weeks 3-4: Strength and Power Development

Midway through the plan, the emphasis shifts to enhancing muscular power and anaerobic capacity, particularly for events like the standing power throw and sprint-drag-carry. Training elements include:

- Incorporating Olympic-style lifts or their variants (e.g., power cleans) to boost explosive strength
- High-intensity interval training (HIIT) for sprinting and shuttle runs
- Core stability exercises such as planks and dynamic holds to improve trunk endurance

At this stage, volume may decrease slightly while intensity increases, ensuring peak performance gains.

Weeks 5-6: Peak Performance and Tapering

The final phase focuses on refining technique, maximizing power output, and tapering for recovery before the test. Key components include:

- Practice ACFT events under timed conditions to simulate test day stress
- Reduced training volume with maintenance of intensity to prevent fatigue
- Active recovery sessions emphasizing flexibility and mental preparation

This approach helps consolidate gains and ensures readiness for optimal performance.

Key Components of an Effective 6 Week ACFT Training Plan

The ACFT's diverse demands require a multifaceted training approach. Below are the vital components integrated into a successful 6 week ACFT training plan.

STRENGTH TRAINING

STRENGTH UNDERPINS SEVERAL ACFT EVENTS, PARTICULARLY THE DEADLIFT AND SPRINT-DRAG-CARRY. A PROGRAM SHOULD EMPHASIZE:

- TRAP BAR DEADLIFTS TO REPLICATE THE TEST LIFT MECHANICS
- RESISTANCE EXERCISES TARGETING MAJOR MUSCLE GROUPS, INCLUDING SQUATS, LUNGES, AND ROWS
- PROGRESSIVE OVERLOAD, INCREASING WEIGHT OR REPS WEEKLY

PROPER PERIODIZATION AND REST ARE ESSENTIAL TO AVOID OVERTRAINING DURING THE SIX WEEKS.

EXPLOSIVE POWER AND SPEED

THE STANDING POWER THROW AND SPRINT-DRAG-CARRY REQUIRE RAPID FORCE PRODUCTION. PLYOMETRIC TRAINING—SUCH AS BOX JUMPS, MEDICINE BALL THROWS, AND SPRINT DRILLS—HELPS DEVELOP THIS QUALITY. INCORPORATING HIIT SESSIONS ALSO IMPROVES ANAEROBIC CAPACITY, ESSENTIAL FOR SHORT BURSTS OF MAXIMAL EFFORT.

CORE AND STABILITY WORK

A STRONG CORE SUPPORTS PERFORMANCE IN THE PLANK EVENT AND STABILIZES THE BODY DURING DYNAMIC MOVEMENTS. CORE TRAINING SHOULD INCLUDE STATIC HOLDS, ROTATIONAL EXERCISES, AND ANTI-EXTENSION DRILLS TO BUILD ENDURANCE AND RESILIENCE.

CARDIOVASCULAR ENDURANCE

THE TWO-MILE RUN TESTS AEROBIC CAPACITY, WHICH CAN BE IMPROVED THROUGH A BLEND OF LONG, STEADY-STATE RUNS AND INTERVAL TRAINING. BALANCING INTENSITY AND RECOVERY PREVENTS BURNOUT AND PREPARES THE CARDIOVASCULAR SYSTEM FOR SUSTAINED EFFORT.

IMPLEMENTING THE 6 WEEK ACFT TRAINING PLAN: PRACTICAL CONSIDERATIONS

DESIGNING AND ADHERING TO A 6 WEEK ACFT TRAINING PLAN REQUIRES ATTENTION TO INDIVIDUAL FITNESS LEVELS, ACCESS TO EQUIPMENT, AND RECOVERY STRATEGIES.

CUSTOMIZATION BASED ON INITIAL FITNESS

SOLDIERS WITH HIGHER BASELINE FITNESS MAY FOCUS MORE ON REFINING TECHNIQUE AND INCREASING INTENSITY, WHILE THOSE STARTING AT A LOWER LEVEL BENEFIT FROM FOUNDATIONAL CONDITIONING AND GRADUAL PROGRESSION. INITIAL ASSESSMENTS HELP TAILOR THE PLAN ACCORDINGLY.

EQUIPMENT AND SPACE REQUIREMENTS

KEY EXERCISES SUCH AS THE TRAP BAR DEADLIFT AND STANDING POWER THROW NECESSITATE SPECIFIC EQUIPMENT LIKE TRAP BARS AND MEDICINE BALLS. FACILITIES WITH LIMITED RESOURCES MIGHT ADAPT BY USING DUMBBELLS OR KETTLEBELLS AND SUBSTITUTING ALTERNATIVE THROWING DRILLS.

RECOVERY AND INJURY PREVENTION

GIVEN THE HIGH INTENSITY OF ACFT PREPARATION, INCORPORATING REST DAYS, STRETCHING ROUTINES, AND FOAM ROLLING IS CRITICAL. MONITORING FOR SIGNS OF OVERTRAINING—SUCH AS PERSISTENT SORENESS OR FATIGUE—CAN PREVENT SETBACKS.

COMPARING 6 WEEK ACFT TRAINING PLANS: POPULAR APPROACHES

VARIOUS TRAINING PLANS ARE AVAILABLE, EACH WITH UNIQUE EMPHASES AND METHODOLOGIES. FOR EXAMPLE:

- **MILITARY-CENTRIC PLANS:** OFTEN EMPHASIZE FUNCTIONAL MOVEMENTS AND TACTICAL CONDITIONING, INTEGRATING COMBAT-SPECIFIC DRILLS.
- **STRENGTH-FOCUSED PLANS:** PRIORITIZE MAXIMIZING DEADLIFT AND POWER THROW PERFORMANCE WITH HEAVY LIFTING CYCLES.
- **ENDURANCE-HEAVY PLANS:** CONCENTRATE ON IMPROVING TWO-MILE RUN TIMES THROUGH ADVANCED CARDIO PROTOCOLS.

AN IDEAL 6 WEEK ACFT TRAINING PLAN BALANCES THESE ELEMENTS RATHER THAN OVER-SPECIALIZING, ENSURING COMPREHENSIVE READINESS.

MEASURING PROGRESS AND ADJUSTING THE PLAN

TRACKING IMPROVEMENTS THROUGH WEEKLY ASSESSMENTS ENABLES TIMELY ADJUSTMENTS. METRICS SUCH AS DEADLIFT WEIGHT, PUSH-UP REPS, SPRINT TIMES, AND PLANK DURATION PROVIDE QUANTITATIVE FEEDBACK. IF PROGRESS PLATEAUS, MODIFYING TRAINING VARIABLES LIKE VOLUME OR EXERCISE SELECTION CAN REIGNITE GAINS.

FURTHERMORE, MENTAL PREPARATION PLAYS A SUBTLE YET SIGNIFICANT ROLE. VISUALIZATION TECHNIQUES AND STRESS MANAGEMENT STRATEGIES CONTRIBUTE TO CONFIDENCE AND FOCUS ON TEST DAY.

THE 6 WEEK ACFT TRAINING PLAN REPRESENTS A CONDENSED YET INTENSIVE PERIOD OF PHYSICAL PREPARATION. BY UNDERSTANDING THE TEST'S DEMANDS, STRUCTURING TRAINING PHASES STRATEGICALLY, AND EMPHASIZING RECOVERY, SOLDIERS CAN MARKEDLY IMPROVE THEIR PERFORMANCE. THE HOLISTIC NATURE OF THE ACFT ENCOURAGES A BALANCED FITNESS PROFILE, MAKING A WELL-DESIGNED TRAINING PLAN INDISPENSABLE TO SUCCESS.

[6 Week Acft Training Plan](#)

6 week acft training plan: Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More , 2019-03-05 Over

600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD 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).

6 week 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

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