# AIR ASSAULT SCHOOL
## SIX WEEK TRAINING PROGRAM

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<td>2 MI. RUN W/INCLINE UNDER 18 MIN. 3 SETS OF 20 PUSHUPS; 20 SITUPS IMMEDIATELY FOLLOWING RUN</td>
<td>3 SETS x 20 REPS: BENCH PRESS, DIPS, OVERHEAD EXTENSIONS, PUSHUPS, INCLINE &amp; DECLINE FLYS</td>
<td>4 MI. RUN UNDER 40 MIN. W/INCLINE</td>
<td>3 SETS x 20 REPS: REVERSE FLYS, HAMMER CURLS, LAT PULLDOWN (FRONT &amp; REAR), PREACHER CURLS: 5 PULLUPS</td>
<td>3 SETS x 20 REPS: BARBELL CURLS, REVERSE FLYS, HAMMER CURLS, HYPEREXTENSIONS, SUPERMAN</td>
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**GoaL N OTES**

Students arriving at the Air Assault School should be in good physical condition. Potential students should be able to score a minimum of 240 points on the APFT. Soldiers arriving able to meet the before mentioned standard will have little difficulty with the physical aspects of the course. Students should be able to accomplish the following before reporting to the Air Assault Course:

- Foot march 12 miles with a 35 lb ruck sack in under 2 hours 50 minutes;
- Run two miles of uneven terrain in under 17 minutes;
- Be able to climb a 1½” vertical rope up to 16 feet;
- Run four miles in under 35 minutes.

Students should be able to:

- Complete 2 MI. RUN W/ INCLINE UNDER 18 MIN. 3 SETS OF 20 PUSHUPS; 20 SITUPS IMMEDIATELY FOLLOWING RUN;
- Complete 4 MI. RUN W/INCLINE UNDER 36 MIN. W/INCLINE;
- Complete 2 MI. RUN W/INCLINE UNDER 18 MIN.; FOLLOWING: 3 SETS x 30 SEC. FLUTTER KICKS, SITUPS, LEG SPREADERS, BICYCLES;
- Complete 4 MI. RUN UNDER 36 MIN.

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