

Sapper Train Up

Week 1 - Assessment

Day	Event
Monday	Non-Standard APFT including: - 2-min push-ups - 2-min sit-ups - 2-mile run - Pull-ups
Tuesday	4 Mile Run Pyramids (10): - Push-ups - Sit-ups - Pull-ups
Wednesday	6 Mile Roadmarch, 35 lbs.
Thursday	Interval Runs (2 Miles)
Friday	Rope Climbs Max Pull-ups Max Dips Weight Training

Soldier should use this week as an assessment tool to see what progress needs to be made prior to attending the Sapper Leader Course. The roadmarch should be conducted at a 15-minute per mile pace.

Week 2

Day	Event
Monday	6 Mile Run
Tuesday	Interval Run (2 miles) - Push-ups (Regular, Wide arm, Close hand; 2-min each) - Abs (Regular sit-ups, Flutter kicks, Rocky sit-ups; 2-min each) - Pull-ups (Regular grip, Reverse grip, Wide grip, Close grip; max each)
Wednesday	6 Mile Roadmarch, 40 lbs.
Thursday	Sprints: 2 x 200m 4 x 100m 6 x 50m 8 x 25m - 30 Push-ups / Sit-ups between each sprint
Friday	Rope Climbs

	Max Pull-ups Max Dips Weight Training
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Week 3

Day	Event
Monday	3 Mile Run - 2-min push-ups - 2-min sit-ups - Max pull-ups
Tuesday	1000m Swim
Wednesday	8 Mile Roadmarch, 45 lbs.
Thursday	Pyramids (12): - Push-ups - Sit-ups - Pull-ups
Friday	6.5 Mile Run 2-min push-ups 2-min sit-ups Max pull-ups

Week 4

Day	Event
Monday	4 Mile Run - 2-min push-ups - 2-min sit-ups - Max pull-ups
Tuesday	Sprints: 3 x 200m 5 x 100m 7 x 50m 9 x 25m -40 Push-ups / Sit-ups between each sprint
Wednesday	8 Mile Roadmarch, 60 lbs.
Thursday	Upper Body: - Push-ups (Regular, Wide arm, Close hand; 3-min each) - Abs (Regular sit-ups, Flutter kicks, Rocky sit-ups; 3-min each) - Pull-ups (Regular grip, Reverse grip, Wide grip, Close grip; max each)
Friday	2.5 Mile Boot Run with LBE and Weapon

Week 5

Day	Event
Monday	3 Mile Interval Run 2x: - 2-min push-ups - 2-min sit-ups - Max pull-ups
Tuesday	500m Swim 300m Swim 200m Swim 100m Swim - 50 Push-ups / Flutter kicks between each swim
Wednesday	3 Mile Boot Run with LBE and Weapon
Thursday	Pyramids (14): - Push-ups - Sit-ups - Pull-ups
Friday	6.5 Mile Run

Week 6 - Re-Assessment

Day	Event
Monday	Non-Standard APFT including: - 2-min push-ups - 2-min sit-ups - 2-mile run - Pull-ups
Tuesday	Rest Day
Wednesday	3.5 Mile Boot Run
Thursday	Rest Day
Friday	12 Mile Road March, 50 lbs.