

YourCorps

THE MARSOC SHORT CARD

Marines readying for Marine Corps Forces Special Operations Command's Assessment and Selection should brace themselves for the "A&S Short Card" workout. It is intended to be done with zero breaks, requiring at least two repetitions as the weeks progress. Stretches are built in, allowing you to catch your breath. The MARSOC preparation guide recommends that the workout is memorized to ensure "uninterrupted execution." Weekly hikes and swims are recommended in addition to the short card.

Source: Marine Corps Forces Special Operations Command



From the push-up position, bring a leg forward and then back to its original position. Repeat with the opposite leg.



Hold your feet and head about six inches off the ground. Raise your right leg to a 45-degree angle while keeping the left leg stationary. Lower the right leg, and raise your left leg to a 45-degree angle. Repeat.



THE MARSOC WORKOUT

This 10-week course is designed to prepare you physically and mentally for the rigors of Marine Corps Forces Special Operations Command's Assessment and Selection:

Week 1

Sunday: Stretch and hydrate.
Monday: Run three miles and do the A&S short card (See "The MARSOC Short Card").
Tuesday: Swim 300 meters. Tread water for five minutes. Rest. Repeat two more times. Complete total sequence 15 minutes.
Wednesday: Run 400 meters, five times, at the typical pace you would run a mile. Complete the short card.
Thursday: Hike three miles while wearing a 45-pound rucksack in an hour or less.
Friday: Complete the short card.
Saturday: Hike four miles, with pack, in an hour and 20 minutes or less.

Week 2

Sunday: Rest, stretch, hydrate and recover.
Monday: Run four miles. Complete the short card.
Tuesday: Swim 300 meters. Tread water for 10 minutes. Rest, and tread water again for five more minutes.
Wednesday: Run 400 meters, six times, at a mile pace. Complete the short card.
Thursday: Hike five miles, with pack, in an hour and 40 minutes or less.
Friday: Complete the short card.
Saturday: Hike six miles, with pack, in two hours or less.

Week 3

Sunday: Rest, stretch, hydrate and recover.
Monday: Run five miles. Complete the short card.
Tuesday: Swim 100 meters at max effort, five times. Tread water for 15 minutes.
Wednesday: Run 400 meters, seven times, at a mile pace. Complete the short card.
Thursday: Hike five miles, with pack. Strive for a goal of 1 hour and 20 minutes.
Friday: Complete the short card, twice.
Saturday: Hike eight miles, with pack, in two hours and 40 minutes or less.

Week 4

Sunday: Rest, stretch, hydrate and recover.
Monday: Run six miles. Complete the short card.
Tuesday: Swim 500 meters. Tread water for 15 minutes.
Wednesday: Run 400 meters, eight times, at a mile pace. Complete the short card.
Thursday: Hike five miles, with pack. Strive for a goal of an hour and 15 minutes.
Friday: Complete the short card twice.
Saturday: Hike 10 miles, with pack, in three hours and 20 minutes or less.

Week 5

Sunday: Rest, stretch, hydrate and recover.
Monday: Run three miles. Complete the short card.
Tuesday: Hike five miles, with pack.
Wednesday: Run through the Physical Fitness Test at max effort. Swim 300 meters. Tread water for 15 minutes.
Thursday: Rest, stretch, hydrate and recover.
Friday: Complete the short card, twice.
Saturday: Hike five miles, with pack. Strive for an hour and 10 minutes.