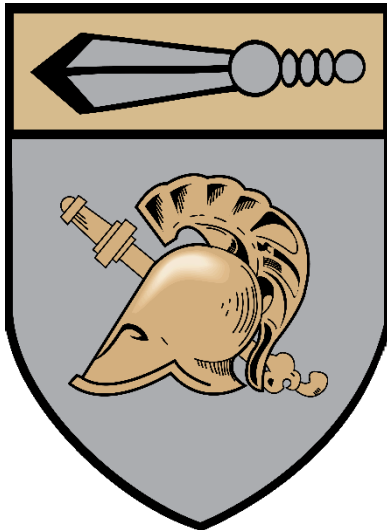




UNITED STATES MILITARY ACADEMY  
**WEST POINT**

# **Candidate Fitness Assessment (CFA) Preparation guide**



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To assist in the physical preparation for the West Point Admissions Candidate Fitness Assessment (CFA) – providing a training plan focused on each event. Let's break down each part of the assessment and develop a training progression plan for each event.



## Progression Plan:

- Start with proper form practice using a lighter ball, gradually increase ball weight
- Incorporate medicine ball throws for power development
- Practice throws from kneeling position
- Add plyometric exercises to improve explosive power

## Regression:

- If struggling, focus on shoulder and core strengthening exercises

## Resistance Training Recommendations for Improvement:

- **Frequency:** 2-3 times a week
- **Power/Plyometrics (48 hours between sessions; <100 plyo reps per session)**
  - Med Ball Chest Passes: 5 sets x 15 reps (Start with 2lb medicine ball work up to 10lb), 2 minutes rest
  - Plyometric Push Ups: 5 sets x 10 reps (Focus on speed off the ground), 2 minutes rest
- **Strength (24 hours between sessions)**
  - Barbell Bench Press: 5 sets x 5 reps (identify roughly 80% of your max bench press, use that weight), 2-5min rest
  - Barbell Overhead Press: 5 sets x 5 reps (identify roughly 75% of your max bench press, use that weight), 2-5min rest



## **Progression Plan:**

- Begin with assisted pull-ups or negative pull-ups
- Progress to dead hangs for increasing durations
- Incorporate lat pull-downs and inverted rows
- Practice scapular pull-ups
- Gradually increase repetitions of full pull-ups

## **Regression:**

- If struggling, focus on building upper body and back strength with rows and lat pull-downs
- If unable to perform pull-ups, start with flexed arm hangs
- Use resistance bands for assistance

## **Resistance Training Recommendations for Improvement:**

- **Frequency:** 2-3 sessions per week
- **Strength (48 hours between sessions):**
  - Lat Pull-downs: 4 sets x 8-10 reps (70-80% of max), 2-5 minutes rest
  - Inverted Rows: 4 sets x 8-10 reps (bodyweight or weighted), 2-5 minutes rest
- **Endurance (24 hours between sessions):**
  - Assisted Pull-ups: 3 sets >12 reps (use appropriate resistance band), <30 seconds rest
  - Flexed Arm Hang: 3 sets x max time-failure (focus on chin and bar)



## **Progression Plan:**

- Practice proper turning technique
- Incorporate agility drills (ladder drills, cone drills)
- Add sprint intervals
- Practice acceleration and deceleration
- Simulate shuttle run with increasing speed

## **Regression:**

- Focus on improving overall speed and agility separately
- Practice at slower speeds, gradually increasing pace

## **Resistance Training Recommendations for Improvement:**

- **Frequency: 2-3 sessions per week**
- **Speed and Agility (48 hours between sessions):**
  - 20-yard Sprints: 4 sets x 4-6 reps with full recovery between sets, 2-5 minutes rest
  - Lateral Shuffles: 4 sets x 20 yards each direction, 2-5 minutes rest
- **Power (48 hours between sessions):**
  - Box Jumps: 4 sets x 6-8 reps (focus on quick, explosive movements), 2-5 minutes rest
  - Depth Jumps: 4 sets x 6-8 reps (emphasize quick ground contact), 2-5 minutes rest



## **Progression Plan:**

- Start with basic crunches and planks
- Progress to full sit-ups without time constraint
- Incorporate various core exercises (Russian twists, leg raises)
- Practice timed sets, gradually increasing repetitions
- Simulate test conditions with 2-minute max repetitions

## **Regression:**

- If full sit-ups are challenging, start with crunches and gradually progress
- Focus on building core strength with isometric holds

## **Resistance Training Recommendations for Improvement:**

- **Frequency: 2-3 sessions per week**
- **Strength (48 hours between sessions):**
  - Weighted Sit-ups: 4 sets x 8-10 reps (add weight as you progress), 2-5 minutes rest
  - Hanging Leg Raises: 4 sets x 8-10 reps, 2-5 minutes rest
- **Endurance (24 hours between sessions):**
  - Plank Holds: 3 sets x 60 seconds, <30 seconds rest
  - Russian Twists: 3 sets x 30 reps (15 each side), <30 seconds rest



## **Progression Plan:**

- Begin with wall push-ups or incline push-ups
- Progress to knee push-ups
- Advance to full push-ups, focusing on form
- Incorporate variations (wide, diamond, decline)
- Practice timed sets, gradually increasing repetitions

## **Regression:**

- If full push-ups are difficult, start with incline push-ups
- Focus on building upper body and core strength separately

## **Resistance Training Recommendations for Improvement:**

- **Frequency: 2-3 sessions per week**
- **Strength (48 hours between sessions):**
  - Bench Press: 4 sets x 8-10 reps (70-80% of max), 2-5 minutes rest
  - Dips: 4 sets x 8-10 reps (add weight if bodyweight becomes too easy), 2-5 minutes rest
- **Endurance (24 hours between sessions):**
  - Push-up Pyramids: 3 sets (start with 1 rep, increase by 1 each set until failure, then decrease), <30 seconds rest
  - Tempo Push-ups: 3 sets x 15-20 reps (3 seconds down, 1 second up), <30 seconds rest



## **Progression Plan:**

- Start with a walk-run program (20-30 minutes total, alternating 1-2 minutes running, 1-2 minutes walking)
- Gradually increase running intervals and decrease walking (25-35 minutes total)
- Incorporate interval training and fartlek runs (4-6 sets of 2-3 minutes hard effort, 1-2 minutes easy)
- Practice steady-state runs at goal pace (20-30 minutes continuous)
- Perform time trials to gauge progress (1 mile at max effort, every 2-3 weeks)

## **Training Recommendations for Improvement:**

- **Primary Domain: Aerobic Endurance**
- **Secondary Domain: Anaerobic Endurance**
- **Progression Plan:**
  - Start with a walk-run program (20-30 minutes total, alternating 1-2 minutes running, 1-2 minutes walking)
  - Gradually increase running intervals and decrease walking (25-35 minutes total)
  - Incorporate interval training and fartlek runs (4-6 sets of 2-3 minutes hard effort, 1-2 minutes easy)
  - Practice steady-state runs at goal pace (20-30 minutes continuous)
  - Perform time trials to gauge progress (1 mile at max effort, every 2-3 weeks)
- **Additional Exercises:**
  - Hill sprints (6-8 repetitions of 20-30 seconds)
  - Tempo runs (2-3 miles at slightly faster than goal pace)





1. Implement a periodized training program, gradually progressing intensity (resistance, pace, repetitions etc.)
2. Focus on proper nutrition and hydration to support training
3. Ensure adequate rest and recovery between training sessions
  1. Sleep at least 8 hours/night
4. Regularly practice the full CFA to gauge overall progress
5. Tailor the training plan to individual strengths and weaknesses