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Fighting Fit: SAS Fitness Guide

Adrian Weale

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Fighting Fit: SAS Fitness Guide Adrian Weale
Each year some 11,000 men and women join the British Army. This book will help the reader match the fitness standards they have to achieve simply and sensibly. It goes on to show the user how to train up to the tougher tests demanded by the SAS, the Paras, the Commandos and other special forces. Mix and match courses allow the construction of a personal fitness programme, lasting from a couple of weeks to several months. Illustrated throughout with photographs and line drawings, this book is a comprehensive guide based on the methods used in the British army. Also included is advice on food and diet, medical factors, how to cope with injuries, and what personal kit is needed.

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