★ THE ★ NAVY SEAL WEIGHT TRAINING WORKOUT

THE COMPLETE GUIDE TO NAVY SEAL FITNESS ★ PHASE 2 PROGRAM ★

ADD WEIGHTS TO YOUR NAVY SEAL TRAINING PREP!

STEWART SMITH, CSCS, USN (SEAL)

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The Navy SEAL Weight Training Workout
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Disclaimer

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program, as with this specific program, written by Stew Smith. This recommended program has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen. The workouts and information in this book do not represent any implicit or explicit endorsement by the United States Navy SEALs or United States military of any commercial or private products or services presented here.

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INTRODUCTION

The workouts in this book are designed as part of a weight lifting maintenance plan to be used for 3–4 months of the year. Before you begin this workout plan, I recommend you start with a challenging spring/summer routine of high-rep calisthenics and many miles of swimming and running, all of which can be found in the original *Complete Guide to Navy SEAL Fitness.* During your transition from the spring/summer plan, you should slowly integrate weight training into your training plan and slowly decrease calisthenics and impact aerobic activity. This helps your muscles to rebuild, allows your joints to recover, and reduces pains from high mileage and high repetition calisthenics. This program allows you to maintain growth and strength gains while avoiding over-training to the point of negative results. It also works to help avoid a range of other common issues often seen in year-round high repetition and high running mileage routines.

The program is designed for those who have a solid foundation of training under their belts and are looking for new ideas to add to or replace elements of their existing programs. The programs in this manual are difficult, and require some time investment to complete effectively. Exercises involving weights, running, biking, or swimming, as well as moderate repetitions of calisthenics are all incorporated in such a way that recovery is possible and progress is optimal.

These workouts are developed and tested daily by the free training groups of Heroes of Tomorrow that I hold in Maryland. They are difficult but doable, and are easy to scale back if you have issues with the intensity or time investment.

For example: when runs are prescribed and your knees are not up to it, skip the runs and replace them with some form of non-impact aerobic exercise like biking, swimming, rowing, or elliptical gliding to finish off the fat burning stage of your workouts.

For more information about my background or to contact me with questions/concerns about your training, please visit www.stewsmith.com.

And, if you are ever in the Annapolis, MD area, please join one of the workouts for our nonprofit program—HeroesofTomorrow.org.

Enjoy the workouts and the other information in this fitness manual.
—Stew Smith

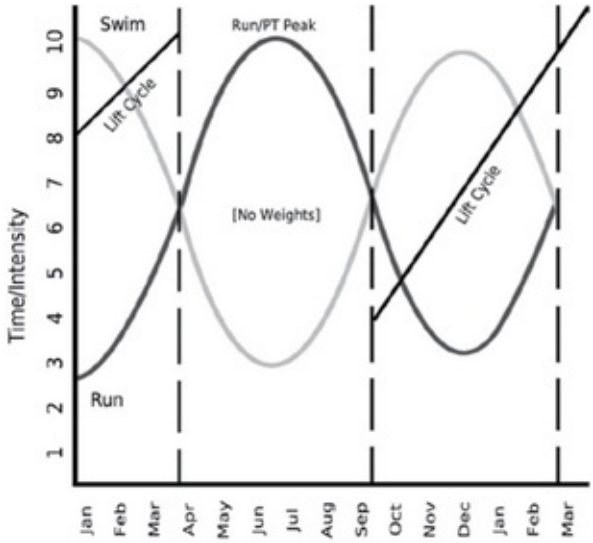
ABOUT PERIODIZATION TRAINING

As the training for Special Ops programs is grueling and intensive, overuse injuries tend to occur if a constant exercise routine is repeated for too long. Whether your routine consists of high mileage running, heavy weight lifting, or high repetition calisthenics (or anything else for that matter), if you do not change your routine frequently, you run the risk of injuring yourself. Frequency, intensity, and time spent doing workouts can play an equal part in both properly training you as well as over-training you. I have been using this program's exercise plans for nearly 20 years, and it has enabled me to avoid serious injury from training and keeps me in a condition where I can train with the younger generation, those in their teens and early twenties.

I use the sun as my indicator of tougher workouts seasons. If the days are longer (like in the spring and summer) then my workouts are longer. This method of periodization enables me to retain gains made in hard workout seasons into the shorter days/shorter workouts. During the fall/winter months, I tend to slowly taper off a bit from running and find more non-impact cardio. I also add weight to my calisthenics program—some heavy, some moderate.

For instance, in my "running solstice plan" the workout cycle will bell curve to its maximum during the longest day of the year (June 20) and will decrease slowly until the shortest day of the year (December 20). When the New Year arrives and each day is getting longer, so then do

the workouts until they peak in June. And the cycle continues.



As you can see, the easier parts of the workout are done in the middle of winter and the toughest parts are done in the summer. Winter workouts do not mean you do nothing—they are just less strenuous in terms of time involvement, running mileage, and repetition. The Navy SEAL Weight Training Workout is a combination of the third and fourth quarters (see this page), as it mixes calisthenics and more full-body weight exercises, along with a greater use of non-impact cardio options. It will eventually build back up to running greater distances and getting ready for longer mileage, as is required for SEAL type training.

First Quarter: Calisthenics/Cardio Workouts: The goal of this cycle is to build a foundation of moderate to high reps of calisthenics and bodyweight exercises to improve fitness testing scores, as well as to burn off some of the bulk you created during the winter weight lifting cycle. Progressing the running each week is critical to this cycle and will help prevent over-use running injuries when starting back up again. A sample of this process is the original *Complete Guide to Navy SEAL Fitness* Beginner/Intermediate Phases.

Second Quarter: Calisthenics/Cardio Workout (more advanced): This phase takes the last cycle and builds upon it further with more maximum effort (high rep/high mileage) cardio workouts. Typically, at

the end of this cycle you will reach a peak in cardiovascular and bodyweight performance. At this point, you will be ready for a change. A sample is the Twelve Weeks to BUDS Workout of the original *Complete Guide to Navy SEAL Fitness.* Typically, we see our best PST results in August/September of the year just before we start to add weight training.

Note: This book is based on the following third and fourth quarters of fitness:

Third Quarter: Some Calisthenics/Some Weights/Cardio Workouts: This quarter marks your beginning to change your routine a bit. Decrease reps of calisthenics, but add weights incrementally each week to build up your strength. Cardio options grow by adding more non-impact cardio to your running routine as you taper a bit to prepare for the weight cycle.

Fourth Quarter: Nearly 100 percent Weights/Less Running/More Non-Impact Cardio: As a former football player and power lifter, I have always enjoyed this cycle and found that within 4–8 weeks, I was back to my old max weight (1 rep max) in several exercises, including bench press, power clean, and dead lifts. However, we will not be focusing on one rep max workouts, as it will be most beneficial to go moderately heavy and keep the reps at the 5–10 range. Usually weight gain will accompany this cycle and typical results are 10–15 pounds, especially if you like to watch football and eat! The legs will feel good on occasional runs after a few weeks of tapering down to more non-impact cardio.

When you push your fitness to extremes the way I have throughout my teens, 20s, 30s, and now 40s, you need to create a break from all the elements of your yearly routine. Periodization and active pursuit of recovery is required to achieve that. You may have to adjust the point in your year when you place the weights; a winter weight phase may not be right for you. For instance, you could be a cross-country runner and compete in the fall and winter. You do not want to be lifting during your season, so it is recommended that you shift everything a few months to the right and do it in the off-season. The same goes for if you are planning on going to Boot Camp during the spring. You want to be at

your best in the PT/run and swim workouts, so peaking by spring in these PST events is a good way to go to Boot Camp; at which point you would be using Boot Camp as your taper. This is only one model of a periodized program, not the model, so adjust to fit your goals as necessary. Remember: fitness is a journey, not a destination. Keep changing and growing!

When I was in the SEAL teams, we actually used this type of program, as winter diving was always tough without extra bulk. We bulked up over the winter in order to handle the colder water temperatures. This style of training does have a very useful purpose tactically as well as physiologically.

Getting Started

The warm-up plan in the next chapter will assist you in getting started with your workouts and PSTs safely. Repeat these dynamic exercises at the end of a workout to help with post-exercise soreness as well.

Get the Blood Flowing

Warm up the body with a short run, bike, swim, or jump rope to get the heart pumping and blood flowing through the muscles. Never do these exercises/stretches cold.

Dynamic Stretching

A quick and easy-to-follow dynamic stretching routine will demonstrate the way to warm up and prepare for workouts and race day. Prior to working out, take 3–4 minutes and get warmed up with the leg movements in the next chapter.

Jumping Rope with CrossRope Cables

Adding rope jumping to this workout plan is easy to do but much more challenging with the jump cables made by CrossRope. If you are not a fan of regular jump roping, you may find jump roping with a 4–5 pound cable more fun and a better workout and warm-up drill.

Light Thigh Stretch

WARM-UP

Weight training exercises build muscle and increase joint and tendon strength needed for any Special Ops Training and any contact sport. Never begin lifting weights if you have not properly warmed up. In skipping the warm-up, you could potentially tear and/or strain the muscles you are trying to develop.

Finding what works best for you as a warm-up routine will help you to achieve the best results possible. It is critical to your success in both fitness testing as well as SEAL training that you learn properly how to increase your flexibility; this should be your first goal before starting any fitness/athletic activity. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion. The following dynamic stretch routine is a quick and effective way to produce these results.

Follow this program of exercises/light stretches before and after your workout. Perform these stretches or do these movements for at least 20–30 seconds each (unless otherwise noted).

Dynamic Warm-up and Key Stretches

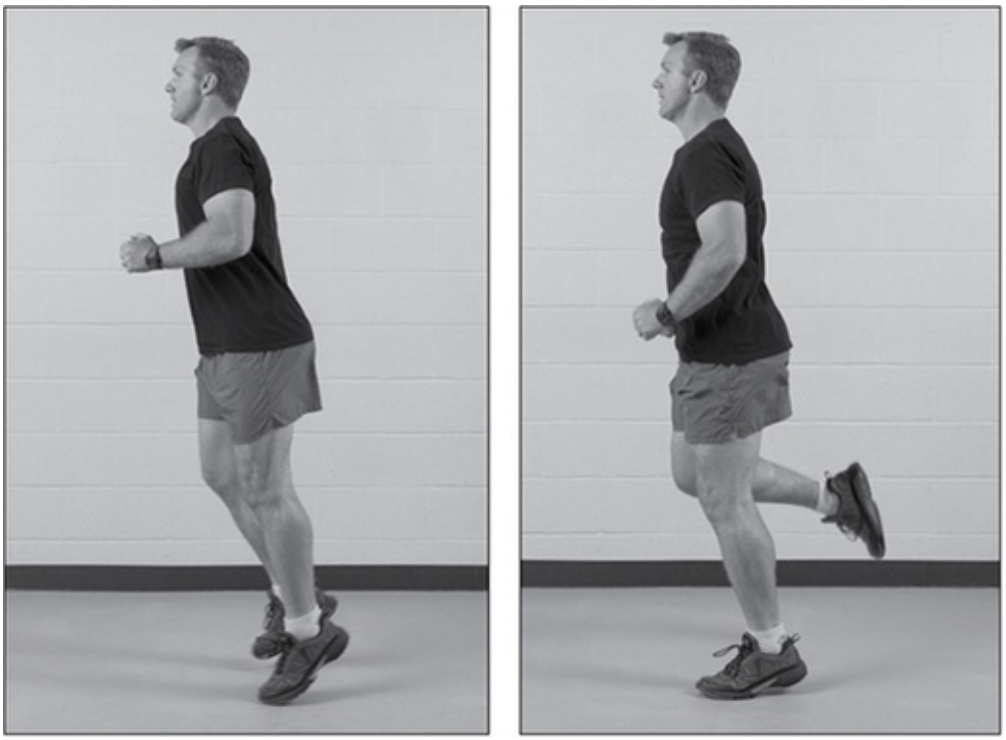
Jog or Bike: 5 minutes
Butt Kickers: 1 minute
Frankenstein Walks: 1 minute
Bounding in Place: 1 minute
Side Steps: 30 seconds each direction
Leg Swings: 1 minute

Calf/Shin Warm-Up: 1 minute
Burpees: 1 minute
Light Arm/Shoulder/Chest Stretch
Light Thigh Stretch
Hamstring Stretch
Hamstring/Piriformis Roll
Back Roll
Light ITB Roll
Shin Roll

WARNING UP FOR WORKOUTS AND PFT DAY

Jog for five minutes or do a series of light calisthenics (jumping jacks, crunches, push-ups, or squats) prior to stretching. Dynamic stretching is a major part of warming up prior to any athletic movements. In order to reduce muscle fatigue and soreness and prevent injuries, perform a good warm-up using these dynamic/static stretches. You can also use these towards the end of a hard workout to cool-down from strenuous activity.

BUTT KICKERS—1 MINUTE



Jog slowly and flex your hamstrings, pulling your heels to your butt on each step. Perform for 30–60 seconds.

FRANKENSTEIN WALKS—1 MINUTE

Walk and kick high with each step. Try to kick your hands in front of you. Do 10 kicks with each leg.

BOUNDING IN PLACE—1 MINUTE

Perform high-powered skipping for 1 minute. Start with regular skipping, and then lift your knees high with each step. Perform in place for 1 minute or across a 50–100-yard field.

SIDE STEPS—30 SECONDS EACH DIRECTION

Work lateral movement into the warm-up. Mix in a few squats with crossovers. Perform for 1 minute, moving side to side in each direction.

LEG SWINGS—1 MINUTE

Stand still and lift your legs back and forth, keeping your legs straight and using full range of motion of your hip. Swing legs left and right in front of your body for 10 reps each leg.

CALF/SHIN WARN-UP—1 MINUTE

Alternate lifting your heels and toes off the floor. This is a shins/calves builder to help strengthen legs for running/rucking.

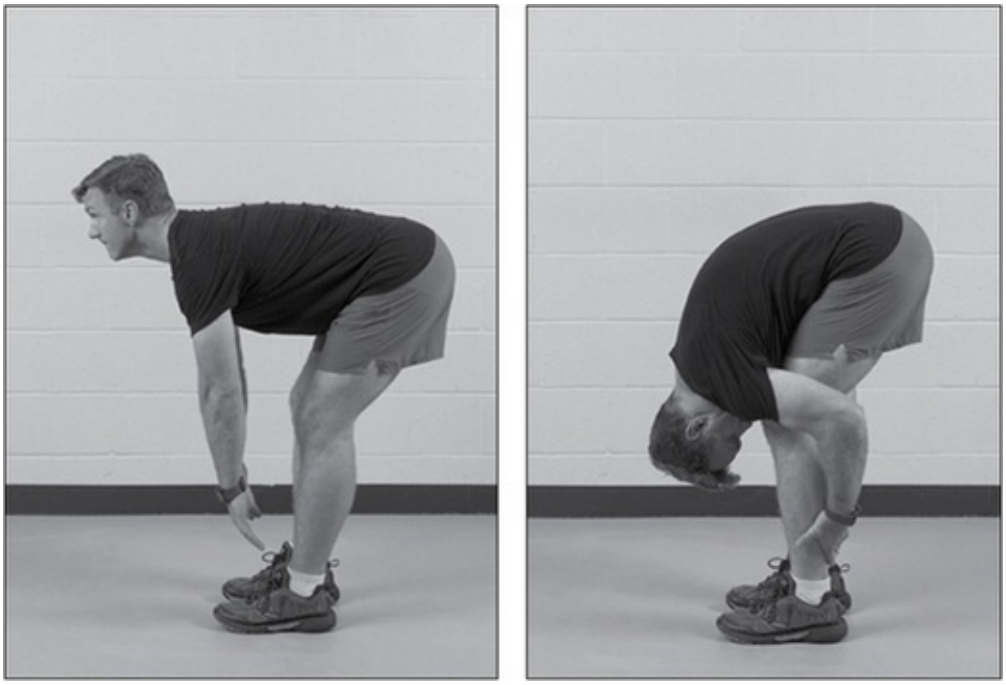
LIGHT ARN/SHOULDER/CHEST STRETCH

Pull your arm across your torso to stretch rear/deltoid and trapezius regions. Then pull your arms backward as far as you can to stretch the chest/front shoulder connections.

LIGHT THIGH STRETCH

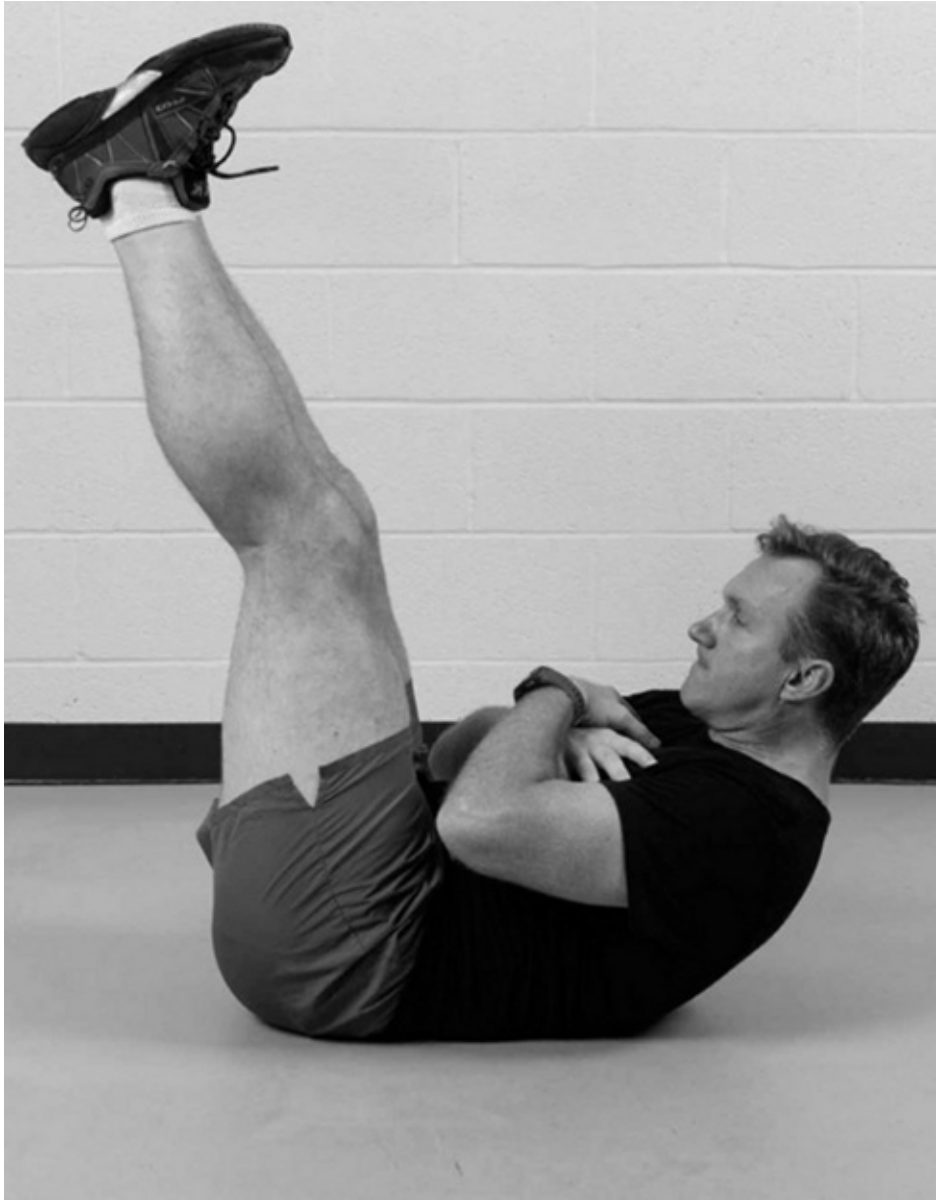
Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together while keeping your knees close together. Hold for 10–15 seconds and repeat with the other leg. (You can hold onto something for balance if you need to or you can lie down on your side and perform this stretch.)

HAMSTRING STRETCH



From the standing position, bend forward at the waist and come close to touching your toes, slightly bending your knees. Go back and forth from straight legs to bent knees to feel the top/bottom part of the hamstring stretch. You should feel this stretching the backs of your thighs.

For a deeper stretch, slightly bend your knees and relax your back. Take your head as close to your knees as possible, feeling the stretch in both the lower back and the upper part of the hamstrings.



Advanced Crunch

ABDOMINAL EXERCISES

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ADVANCED CRUNCH

Lie on your back with your feet straight in the air. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not perform this exercise if you have had a lower back injury; place feet on the floor instead.)

REVERSE CRUNCH

In the same position as the Advanced Crunch (this page), lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not perform this exercise if you have had a severe lower back injury or if this hurts your back.)

DOUBLE CRUNCH

Combine the Advanced Crunch (this page) and Reverse Crunch (this page) together in one motion. You will feel this one twice as fast.

RIGHT ELBOW TO LEFT KNEE

Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.

LEFT ELBOW TO RIGHT KNEE

Cross your right leg over your left leg. Flex your stomach and twist to bring your left elbow to your right knee.

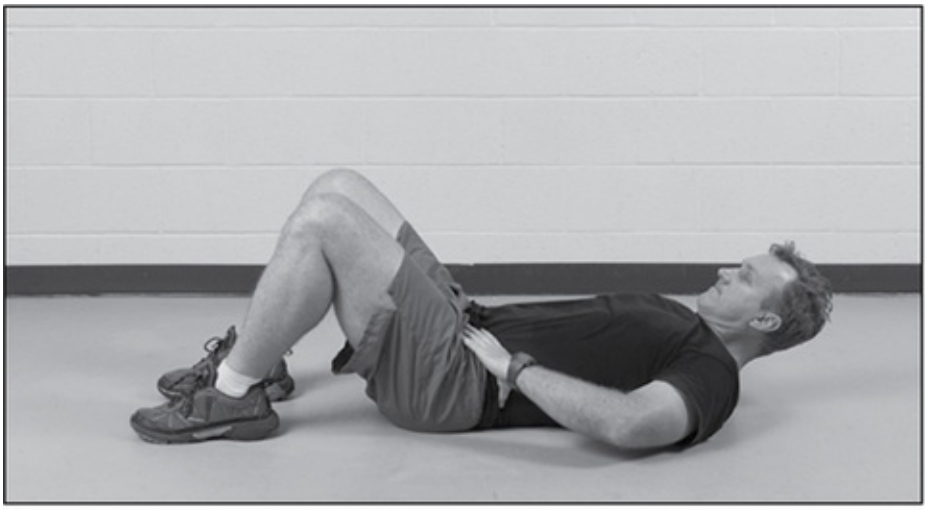
BICYCLES

This is a mix between opposite elbow to knee crunches with bicycling of your legs. Alternate from side to side for prescribed reps and do not let your feet touch the floor.

SIDE BENDS WITH WEIGHT OVERHEAD

While holding a dumbbell or plate over your head with both hands, simply lean to the left and right at least 10 times per side.

HALF SIT-UPS



With your hands on your hips, lift your torso off the ground higher than a crunch but not as high as a full sit-up. Your lower back will remain on the floor at the up position.

SIT-UPS

Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.

Do not perform these abdominal exercises if you are a beginner! These exercises can cause injury for those with weak or injured backs. If you cannot do the lower back exercise/swimmer exercises or Plank pose for at least 1–2 minutes, do not attempt these exercises.

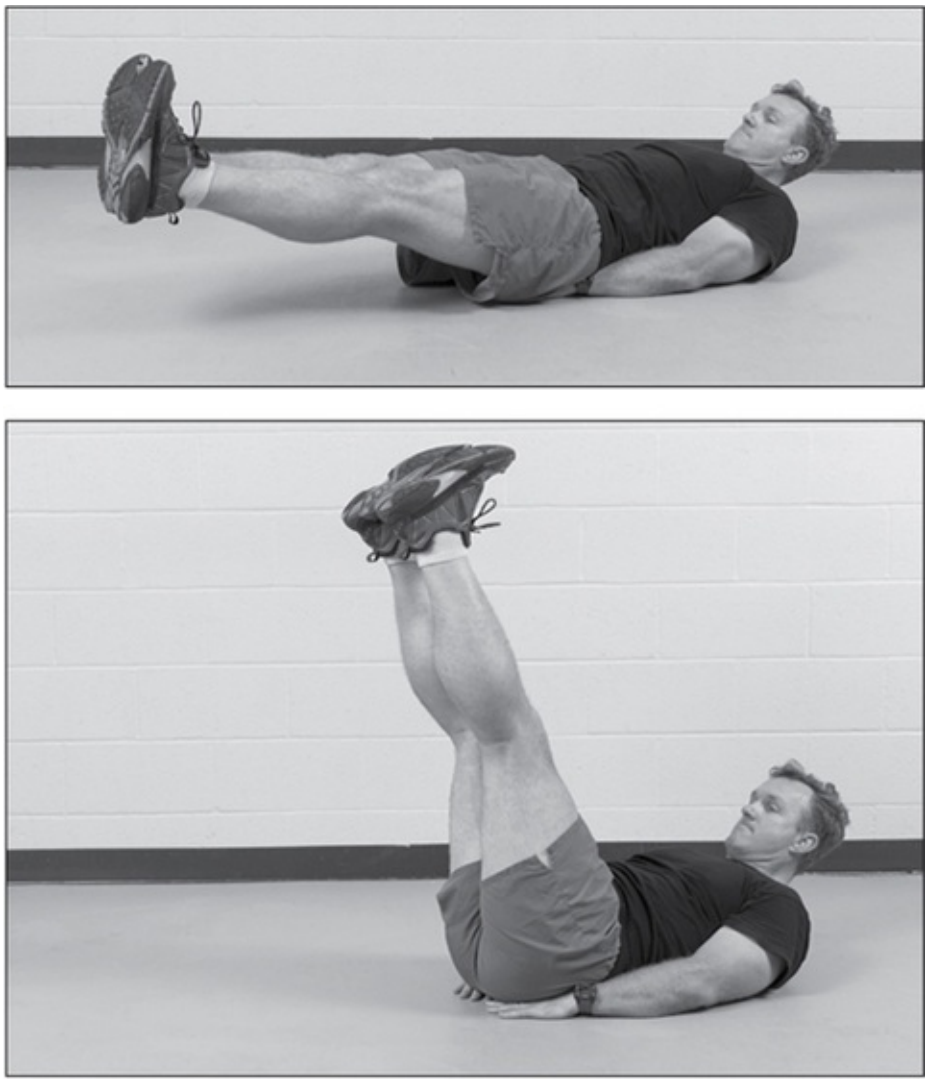
CROSS SIT-UPS

Lie on your back with your knees bent and feet flat on the floor. Raise your upper body off the floor, but add a slight twist and touch your right elbow to your left knee and return to the floor. Alternate and touch your left elbow to your right knee and repeat the sequence.

FLUTTER-KICKS

Place your hands under your hips. Lift your legs 6 inches off the floor and begin a walking motion, raising each leg approximately 36 inches off the ground. Keep your legs straight and moving through the entire motion. This is a four-count exercise: each rep consists of four kicks.

LEG LEVERS



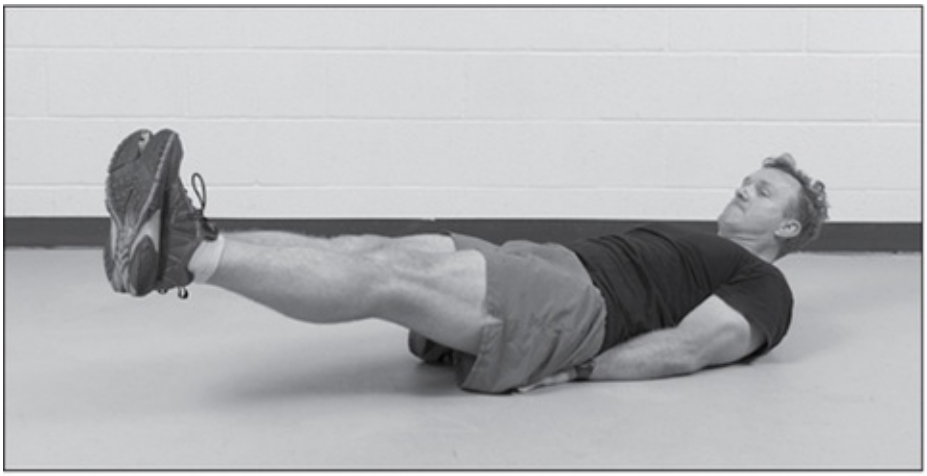
Lift your feet 6 inches off the floor. Raising both legs approximately 36 inches off the ground, keep your legs straight and off the floor until the specified number of repetitions are complete.

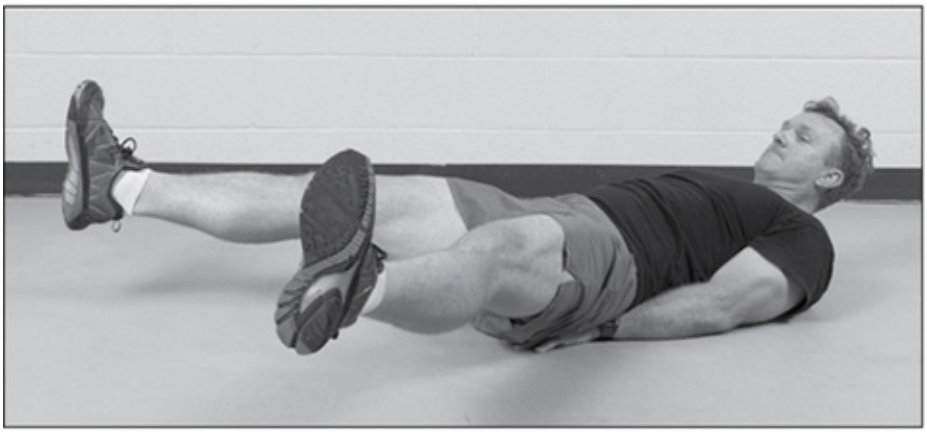
TIPS TO REDUCE STRAIN ON THE LOWER BACK WITH LEG LEVERS, FLUTTER-KICKS, AND SCISSORS

- Lift your butt off the ground about an inch and place your hands underneath your butt bone.
- Lay one hand on top of the other to get a higher lift of the butt, thus taking some of the strain off your lower back.
- Keep your knees straight and do these exercises at a full range of motion of your hips (your legs should move from 6 inches off the

floor to vertical).

SCISSORS



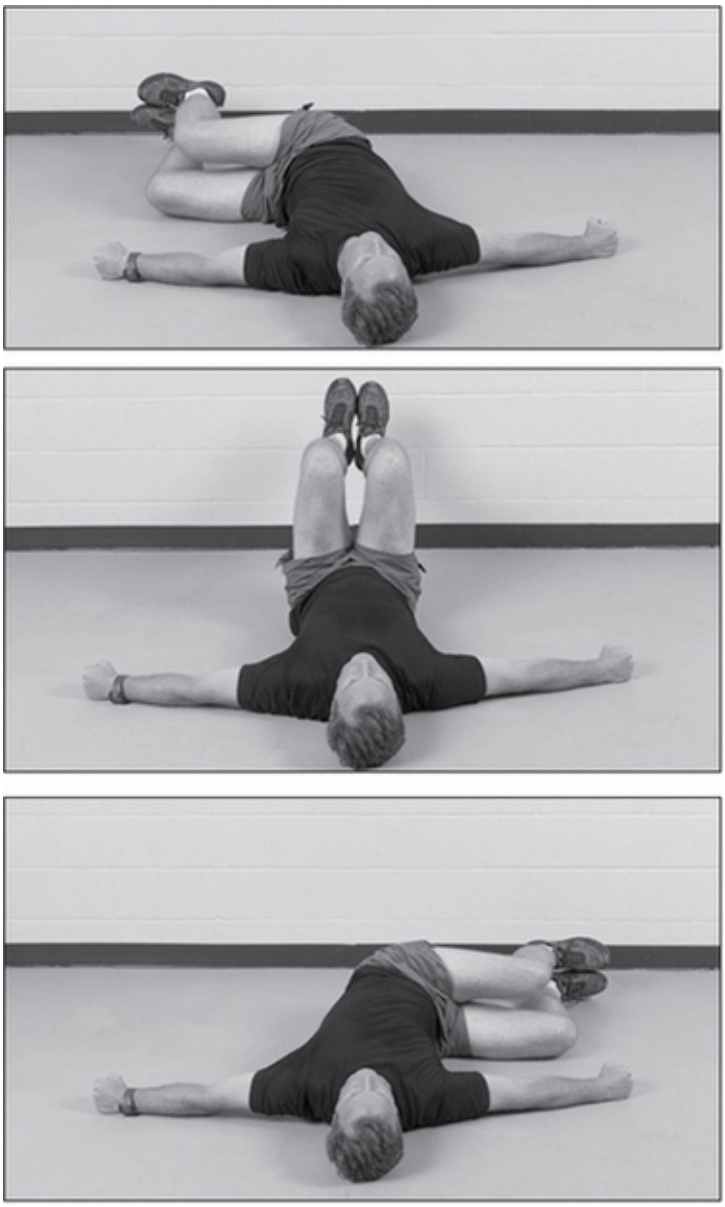


Lie on your back and lift your feet 6 inches off the floor. Open and close both legs approximately 36 inches apart. Keep your legs straight and off the floor until the specified number of repetitions are complete.

ATOMIC SIT-UPS

Lift your feet 6 inches off the floor as if you were doing a Leg Lever (this page). Pull your knees toward your chest while simultaneously lifting your upper body off the floor. This is a mix between a Sit-Up and a Leg Lever.

HIP ROLLS



Lie flat on your back with your knees in the air as shown. While keeping your shoulders on the floor, rotate your hips and legs to the left and right.

Plank Pose—Advanced

BACK EXERCISES

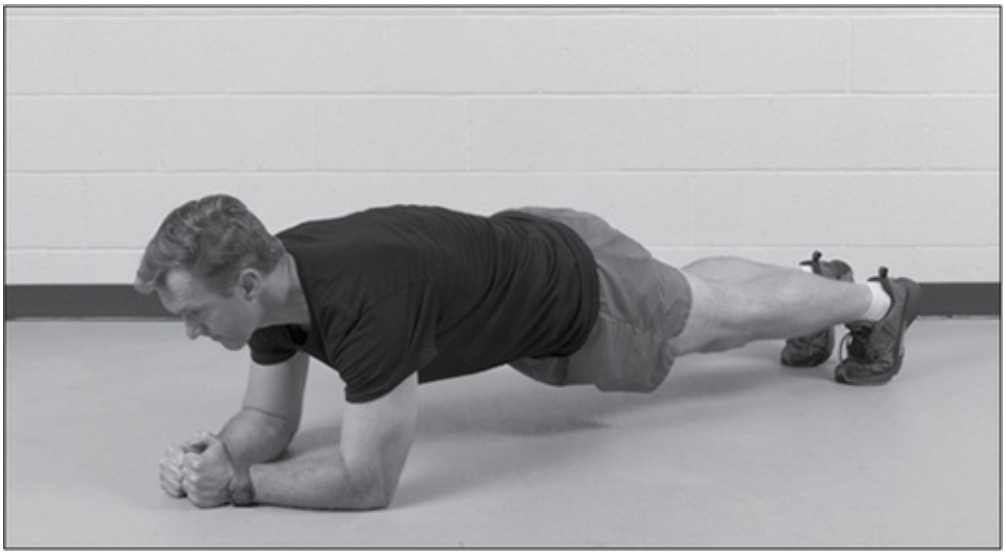
SWIMMERS' LOWER BACK EXERCISE

Lie on your stomach and lift your feet and knees off the floor by flutter-

kicking repeatedly as if you were swimming freestyle. Build up to flutter-kicking for 1 minute or keep your feet still, but off the floor.

Running will affect your lower and upper back. Make it flexible and strong using the following exercises.

PLANK POSE



Keep your back straight and abs tight while placing your elbows and toes on the floor and holding for as long as you can. Build up to 1 minute (advanced is 3–5 minutes).

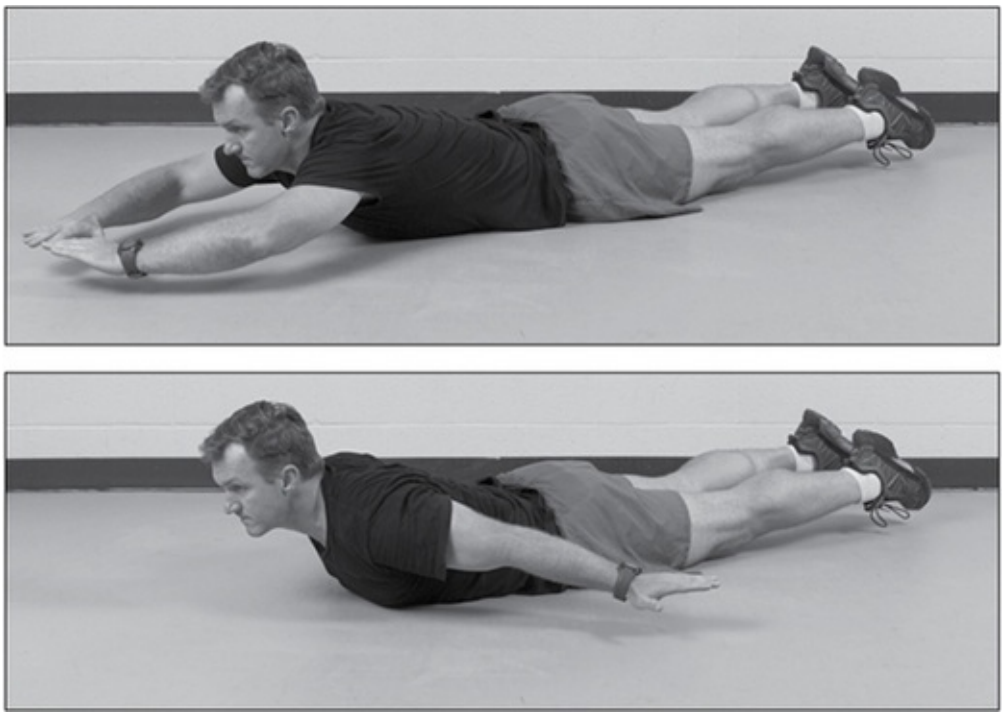
When you exercise your stomach muscles, make sure to exercise and stretch your back as well. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other is, you can easily injure the weaker muscle group.

PLANK POSE—ADVANCED

Tighten abs while keeping your back straight. If your shoulders bother you or your arms are not built up, do this same exercise on your elbows so that only your elbows and toes are touching.

In fact, when you fail at push-ups during your workout, stay in this position for an extra 30–60 seconds each time. This will prepare you well for the long periods in the “leaning rest” as well as strengthening the core for crawling obstacles.

ARM HAULERS



Lie on your stomach. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.

REVERSE PUSH-UPS

Lie on your stomach in the down push-up position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upper back muscles that oppose the chest muscles (the rear deltoids and rhomboids).

BIRDS

Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10–15 repetitions mimicking a bird flying.

Dumbbell Rows

UPPER BODY EXERCISES

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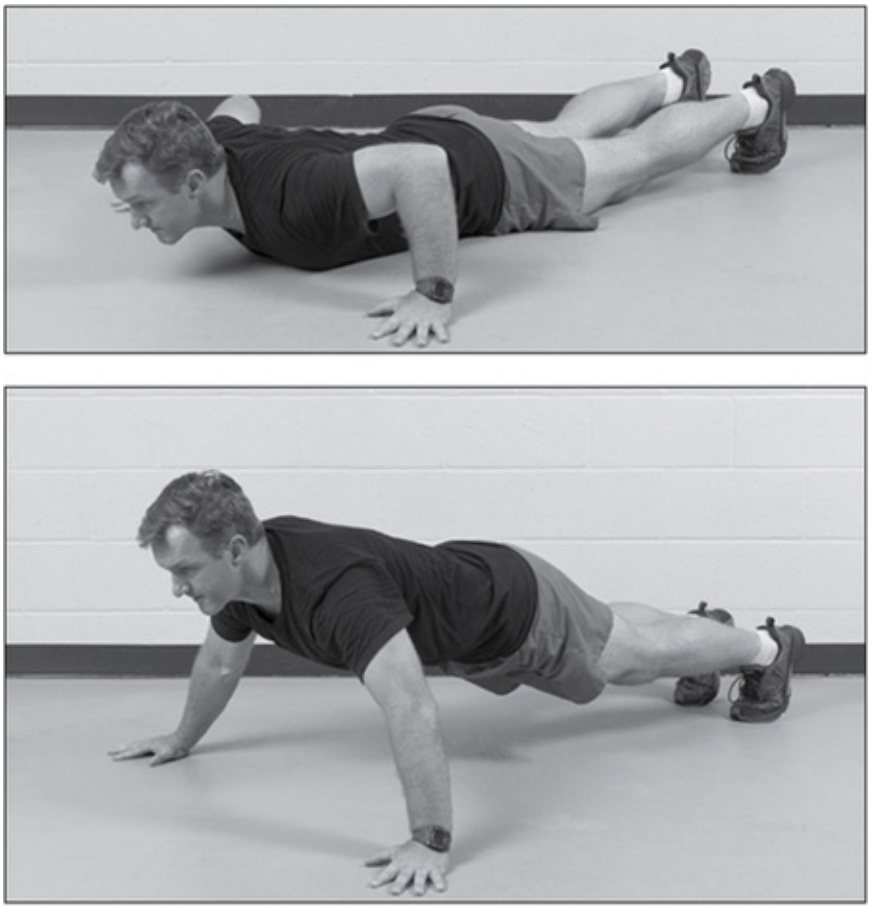
REGULAR PUSH-UPS

Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder-width apart. Push yourself up by straightening your arms and keeping your back stiff. Look forward as you perform this exercise. This exercise will build and firm your shoulders, arms, and chest.

WIDE PUSH-UPS



From the same position as the Regular Push-Up, place your hands about six to twelve inches away from your chest. Your hands should be greater than shoulder-width apart. The slight change of the arm distance changes the focus of what muscle are exercised so that you are now building the chest more than your arms and shoulders.

TRICEPS PUSH-UPS

From the same position as the Regular Push-Up (this page), place your hands under your chest about 1–2 inches away from each other. Spread your legs in order to help with balance. This exercise will concentrate more on the triceps of the arm than the chest.

DIVE BOMBER PUSH-UPS

Get into a pike pushup position as shown. Lower yourself to the position as shown in the second photo, as if you were a plane dive bombing. Straighten your arms in order to finish as shown. Repeat in reverse order to return to the first pose.

Suspension Trainer Options

Using pieces of equipment like the TRX is beneficial to the core and challenges you more than the typical calisthenics exercise. Add some TRX Atomic Push-Ups to your push-up repetitions in this workout if you have this piece of gear, created by Navy SEALs.

TRX Atomic Push-Ups: Place your feet into foot straps and get into the push-up position. Bring your knees up toward your stomach, straighten your legs, and do a push-up. Repeat this knees up/push-up cycle for multiple reps. This is a tougher progression of the regular push-up for those who have a TRX or want a bigger challenge when doing push-ups.

Former Navy SEAL, Randy Hetrick, created the TRX to address the need of his fellow SEALS to stay mission fit without a gym while on deployments. I spoke with Randy recently at a fitness conference and we both remarked at how at 40+ years old, both of our backs are stronger now than they ever were in our twenties when we were in the SEAL teams! We both credit this to the TRX added to our workout programs. *Images should be read clock-wise.*

PULL-UPS (REGULAR GRIP)

Grab the pull-up bar with your hands placed about shoulder-width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.

PULL-UPS (REVERSE GRIP)

Grab the pull-up bar with your hands placed about 2–3 inches apart and your palms facing you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.

Keep your hands in and do not go wider than your shoulders as you can develop elbow tendonitis similar to that of tennis elbow.

To add some variety to your Pull-Ups, try changing grips during the workout to include both wide and close grip Pull-Ups. Simply change your grip to close grip by having your hands touch during your repetitions. Place your hands wider than your shoulders to get a wider grip Pull-Up.

PARALLEL BAR DIPS

Grab the bars with your hands and put all of your weight on your arms and shoulders. (Do not do this exercise with added weight if you are a beginner, or if you have had a previous shoulder injury.) To complete the exercise, bring yourself down so that your elbows form a 90-degree angle (no less of an angle) and return to the up position.

This progression is not as tough as the regular Parallel Bar Dips, but when outside and not near a set of bars, the bench dip on a picnic table is a great method to work the shoulders and triceps.

Pull-ups and dips are crucial in your training because they will help you pull yourself up and over climbing obstacles when faced with a wall, rope, or ladder climb.

BENCH PRESS

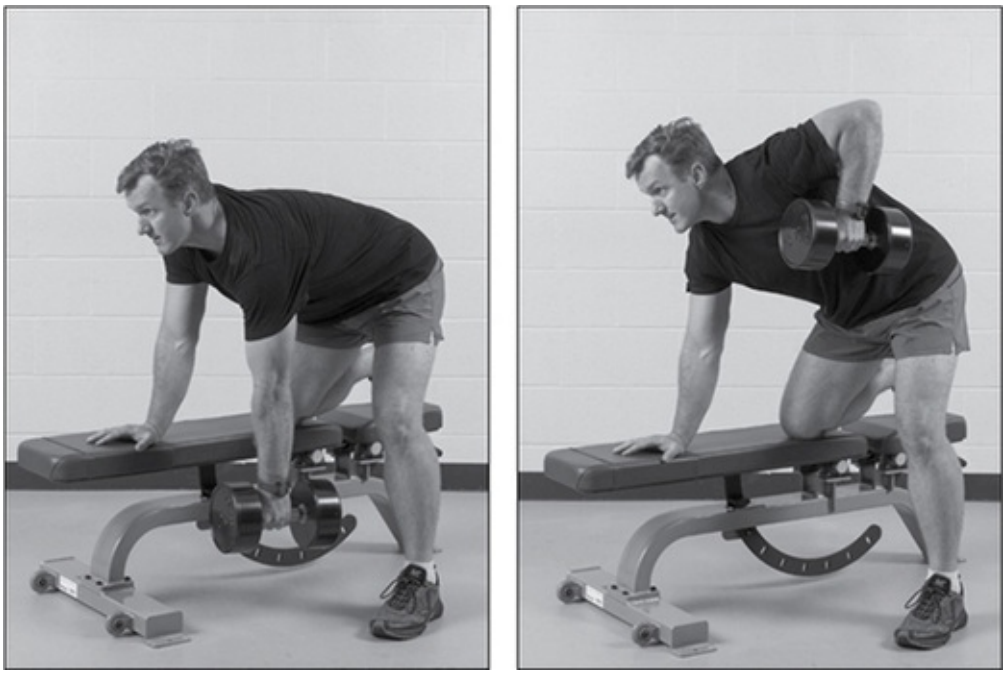
Lie on your back on a bench. Keep your legs bent with both feet flat on

the floor on both sides of the bench. Extend your arms upward, grab the bar or dumbbells slightly wider than shoulder-width, and slowly lower the bar to your chest. The bar should hit just below the nipples on your sternum. Extend your arms again to a locked position and repeat several times.

PULL-DOWNS

Using a pull-down machine, grab the bar, sit down, and pull the bar to your collarbones. Keep the bar in front of you (performing Pull-Downs with the bar behind your neck can be dangerous to your neck and shoulders). Change grips on the pull-up bar as you are able (wide, regular, close, and reverse).

DUMBBELL ROWS

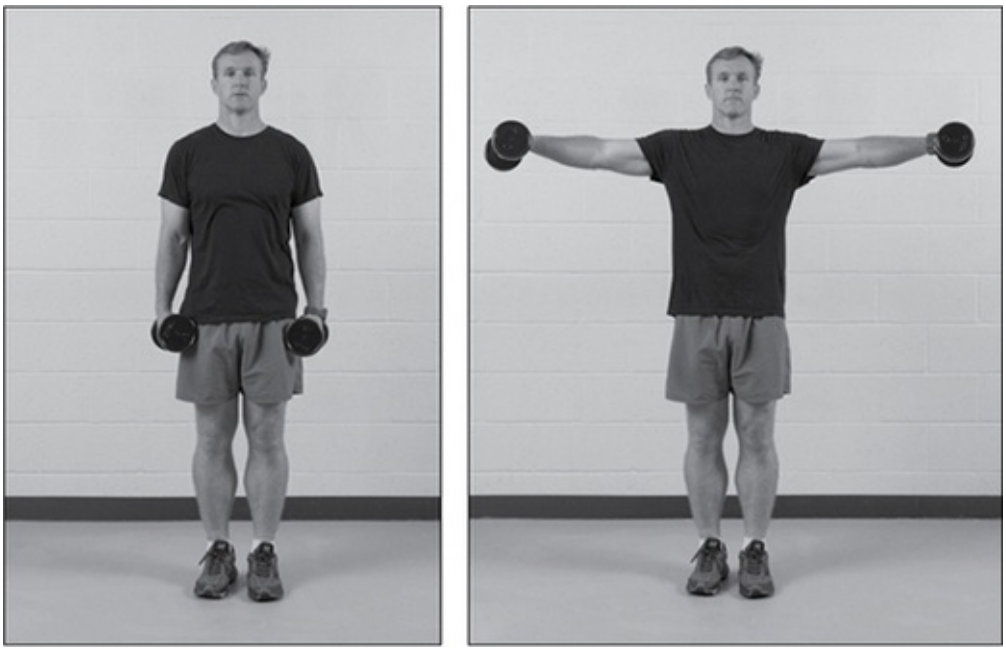


Bend over and support your lower back by placing your hand and knee on the bench as shown. Pull the dumbbell to your chest area as if you were starting a lawn mower.

Front Raise

LIGHT-WEIGHT SHOULDER EXERCISES

LATERAL RAISE

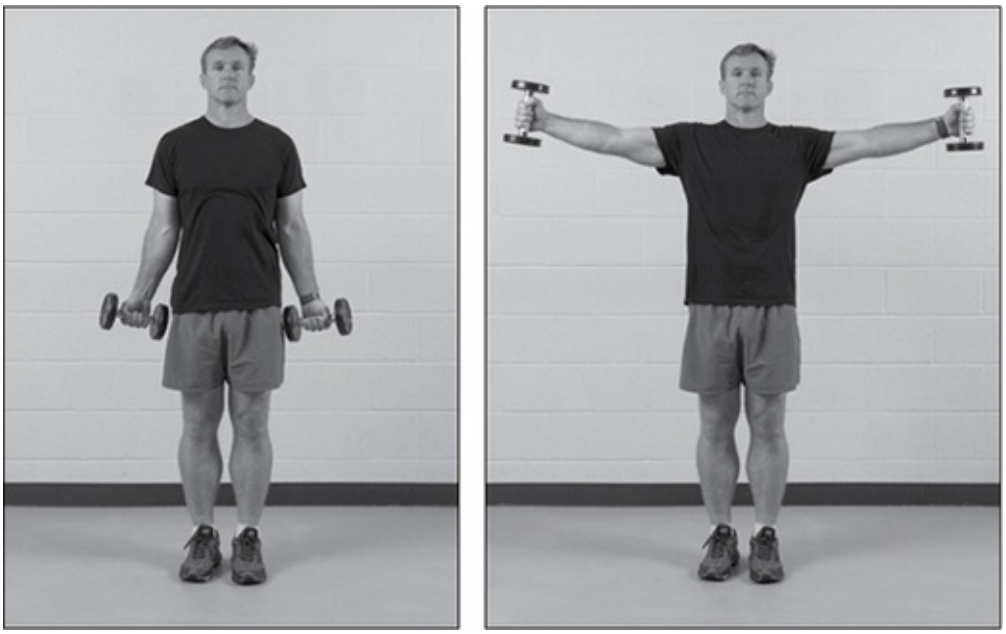


Keep your knees slightly bent, shoulders back, and your chest high. Lift the weights parallel to the ground in a smooth, controlled motion while keeping your palms facing the ground. Follow with the next six exercises

without stopping. (It is recommended to used dumbbells under 5 pounds for this exercise.

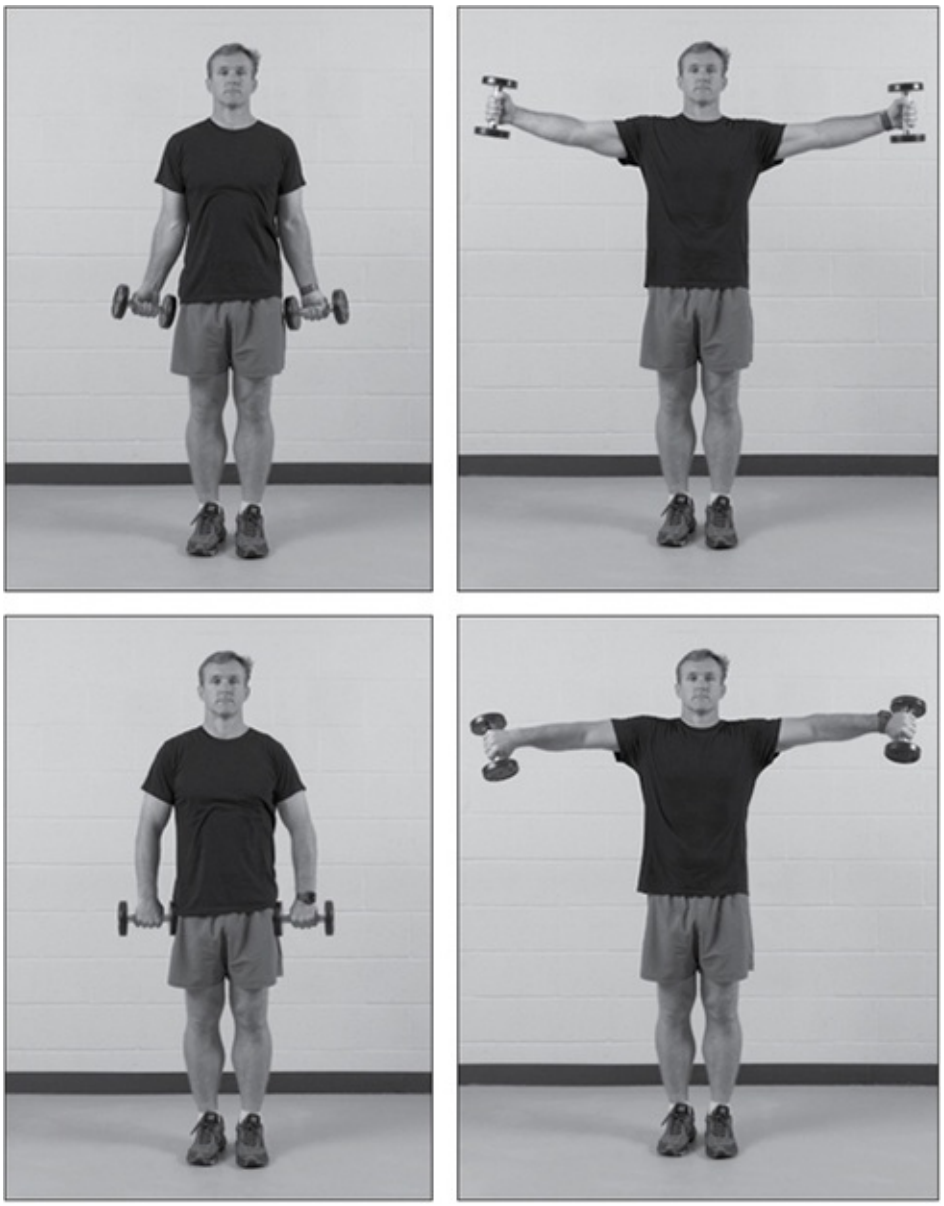
The following shoulder routine is for anyone in physical therapy after undergoing rotator cuff shoulder surgery. You will find it to be one of the toughest shoulder workouts ever—until you get used to it.

THUMBS UP LATERAL RAISE



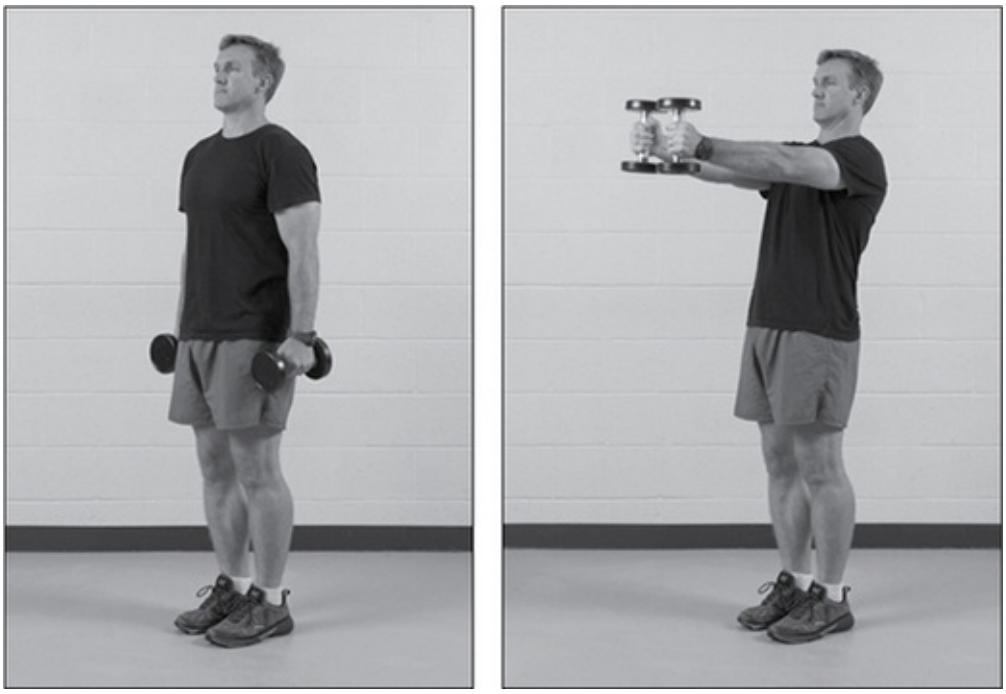
After performing 10 Lateral Raises (this page), perform 10 more with your thumbs up, touching your hips with your palms facing away from you on the down motion and raising your arms no higher than shoulder height on the up motion.

THUMBS UP/THUMBS DOWN LATERAL RAISE



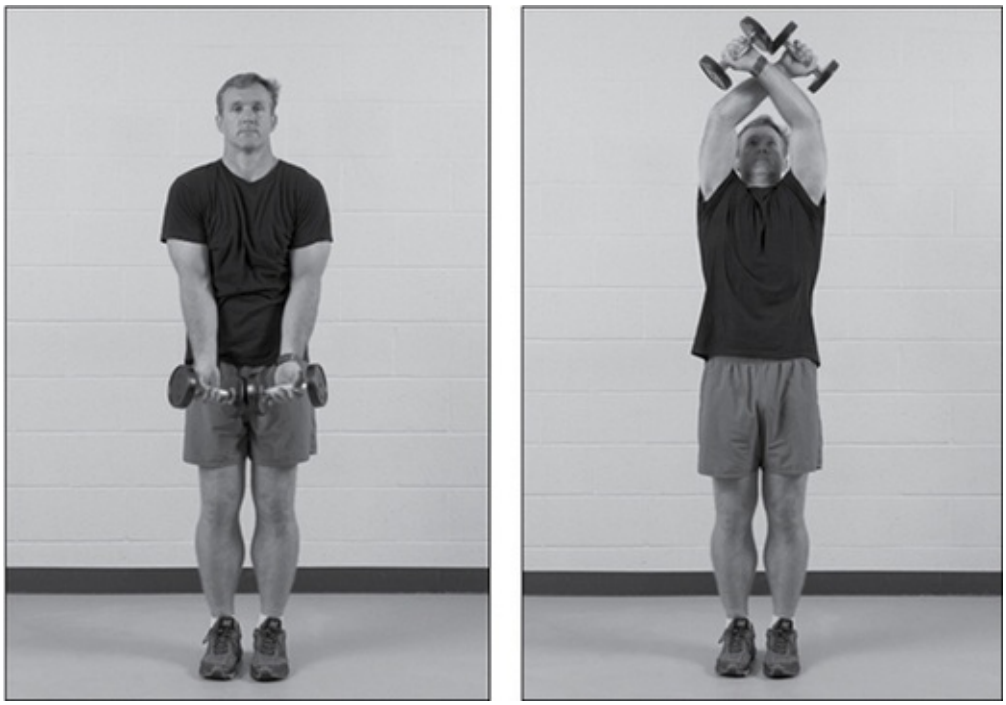
Continue with the Lateral Raises (this page). As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn your hands and make your thumbs point toward the floor. Repeat 10 times, always leading in the up and down direction with your thumbs. *Images should be read clock-wise.*

FRONT RAISE



Lift the dumbbells from your waist to shoulder height, keeping your thumbs up. Perform 10 repetitions to work your front deltoids.

CROSS-OVERS



With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms in front of your head and bring them back to your hips for 10 repetitions.

MILITARY PRESS

Place one foot in front of the other and keep your knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head. Slowly lower them to shoulder height and repeat for a final 10 repetitions in this mega shoulder-pump workout. The muscles used for this exercise are the shoulders and triceps (back of arm).

Box Jumps

LOWER BODY EXERCISES

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

SQUATS

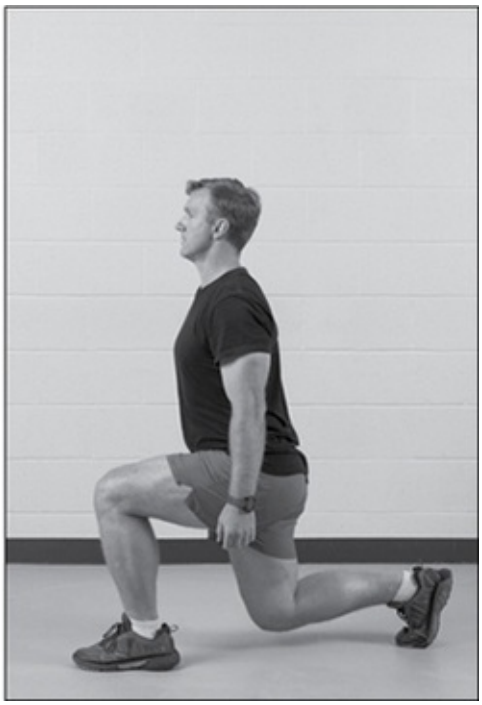
Keep your feet shoulder-width apart. Drop your buttocks back as though sitting in a chair. Concentrate on squeezing your glutes during the upward motion. Keep your heels on the ground and knees over your ankles. Your shins should remain vertical at all times. Extend your

buttocks backward. Do not keep your buttocks over your feet or extend your knees over your feet. This exercise works the glutes, quads, and hamstrings. Perform with or without a dumbbell/kettlebell in your hands.

HALF SQUATS

Intensify your squats by doing Half Squats. While in the full squat position, hold the pose and push yourself up and down within a 6-inch range of motion, just like riding a horse. Do not straighten your legs until you have completed 20–30 reps as indicated in the workout section.

WALKING LUNGE



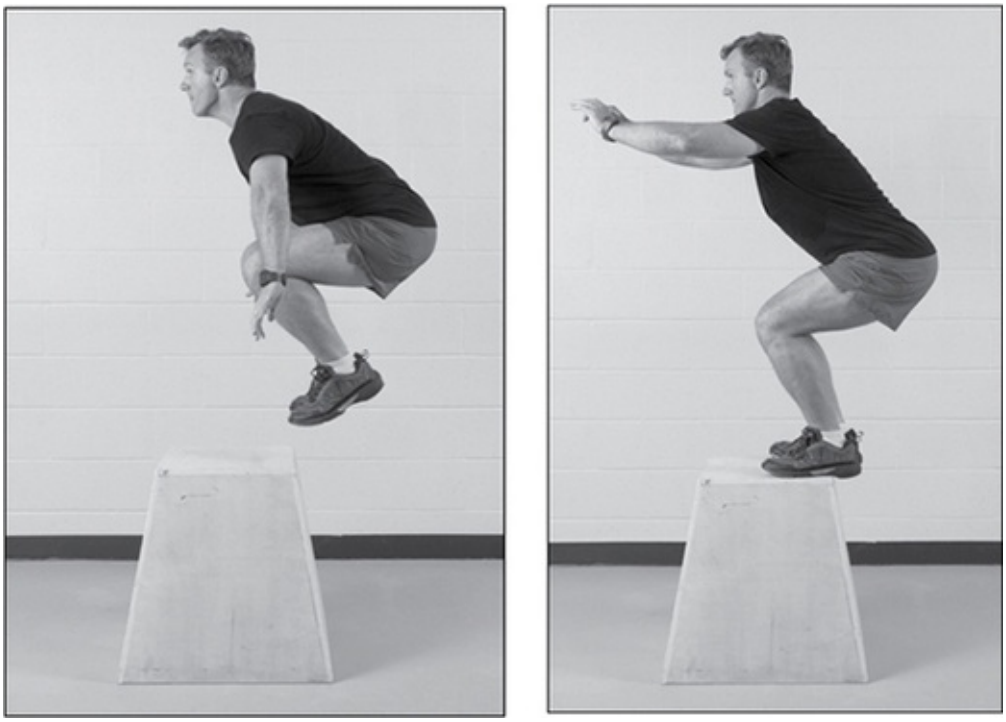
Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Stand up on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot (in other words, keep your shin vertical).

Performing Walking Lunges is another way to get from point A to point B within your outdoor workout area. Build up to 100-yard lunge walks and eventually 400-yard lunge walks to prepare your legs for long days of training.

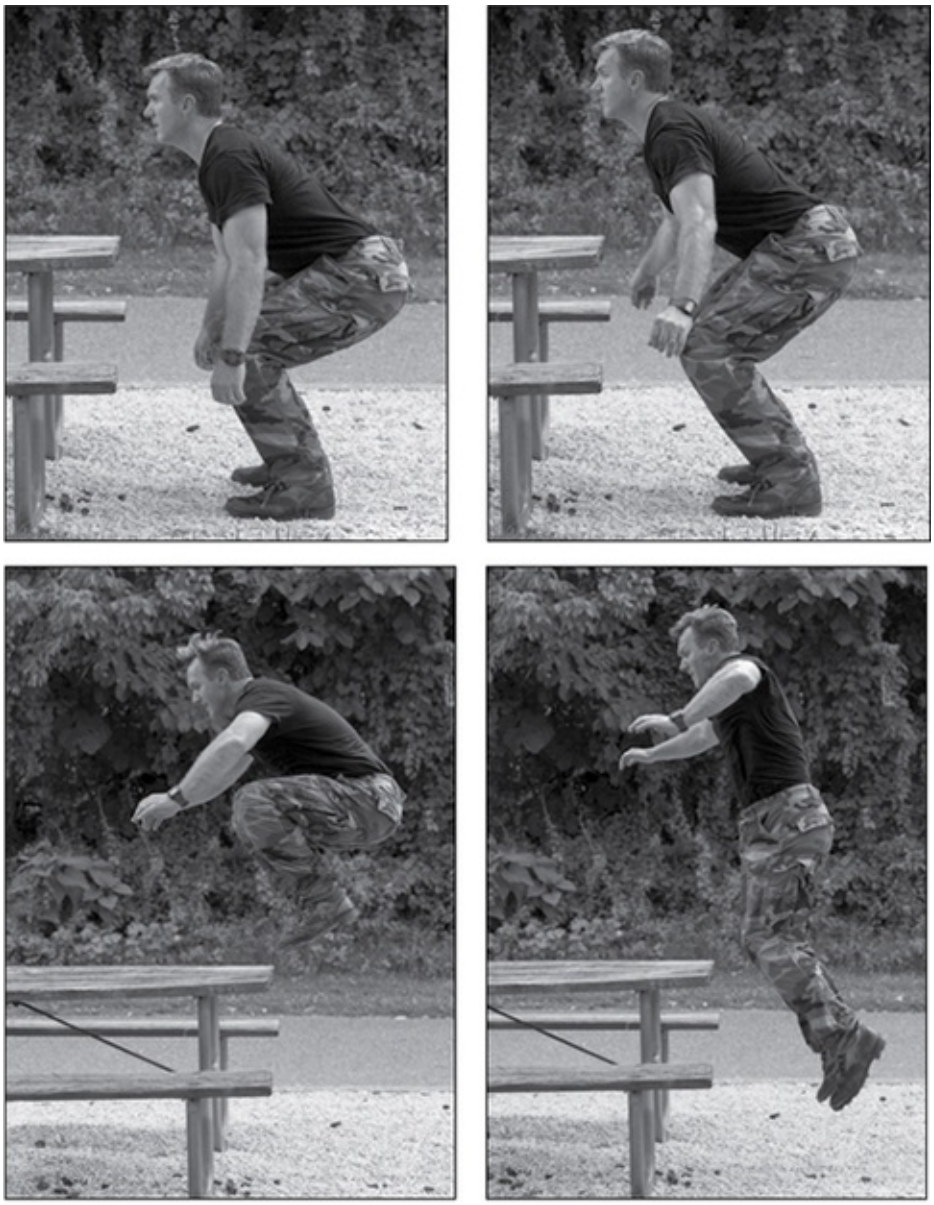
STATIONARY LUNGE

Take a big stride forward. Bend both knees as you lower yourself so that your front thigh is nearly parallel to the floor. Lift yourself up so that your knees are straight but your feet have remained in the same position. If you have bad knees, either avoid the lunge exercise or only go halfway down.

BOX JUMPS



Using a box about 20 inches in height, jump up onto the box and straighten your torso/hips to complete the motion. Step or jump down and repeat.



Build your explosive power in your legs by adding Box Jumps when you see a park bench while outside running or doing PT exercises.

DIRTY DOGS

In the all-fours position, lift your left leg from the hip to work the glutes and help balance the hip/ITB/thigh connections. (This is great for hip development and fin swimming.) Repeat with the right leg.

FULL BODY EXERCISES

WOOD CHOPPER SQUAT WITH DUMBBELL

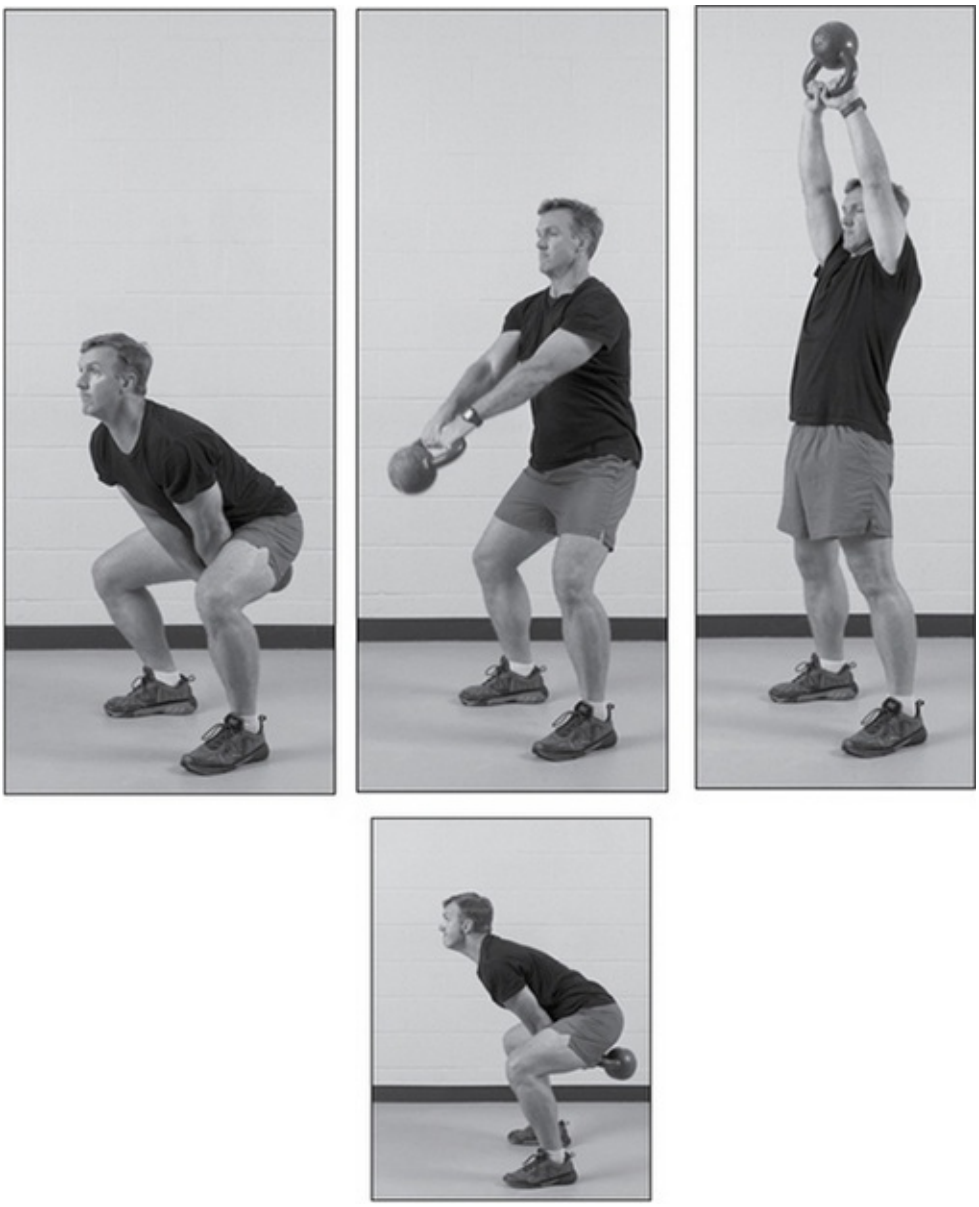
Add a dumbbell to the squat by swinging the weight over your head when standing and between your legs when squatting. Keep your head up and your back straight.

WOOD CHOPPER LUNGE WITH DUMBBELL

Add a dumbbell to the lunge and swing from over your head to the outside of the front leg when in the down position.

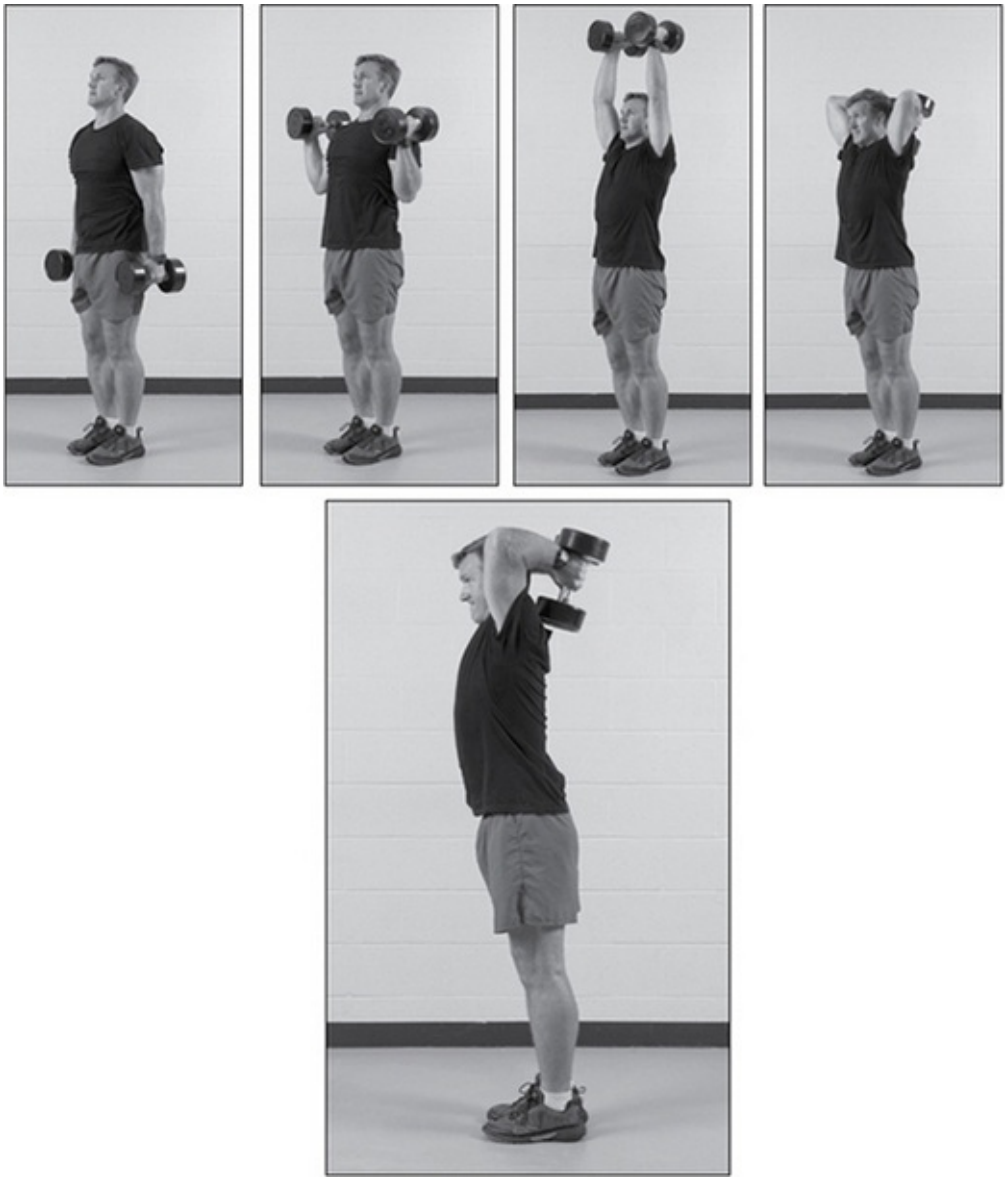
Add to your arsenal the Kettlebell Swing and the Kettlebell Clean and Press during your outdoor workouts. These make great circuit workouts outside as shown in the workout charts and will add some variety to your workouts.

KETTLEBELL SWING



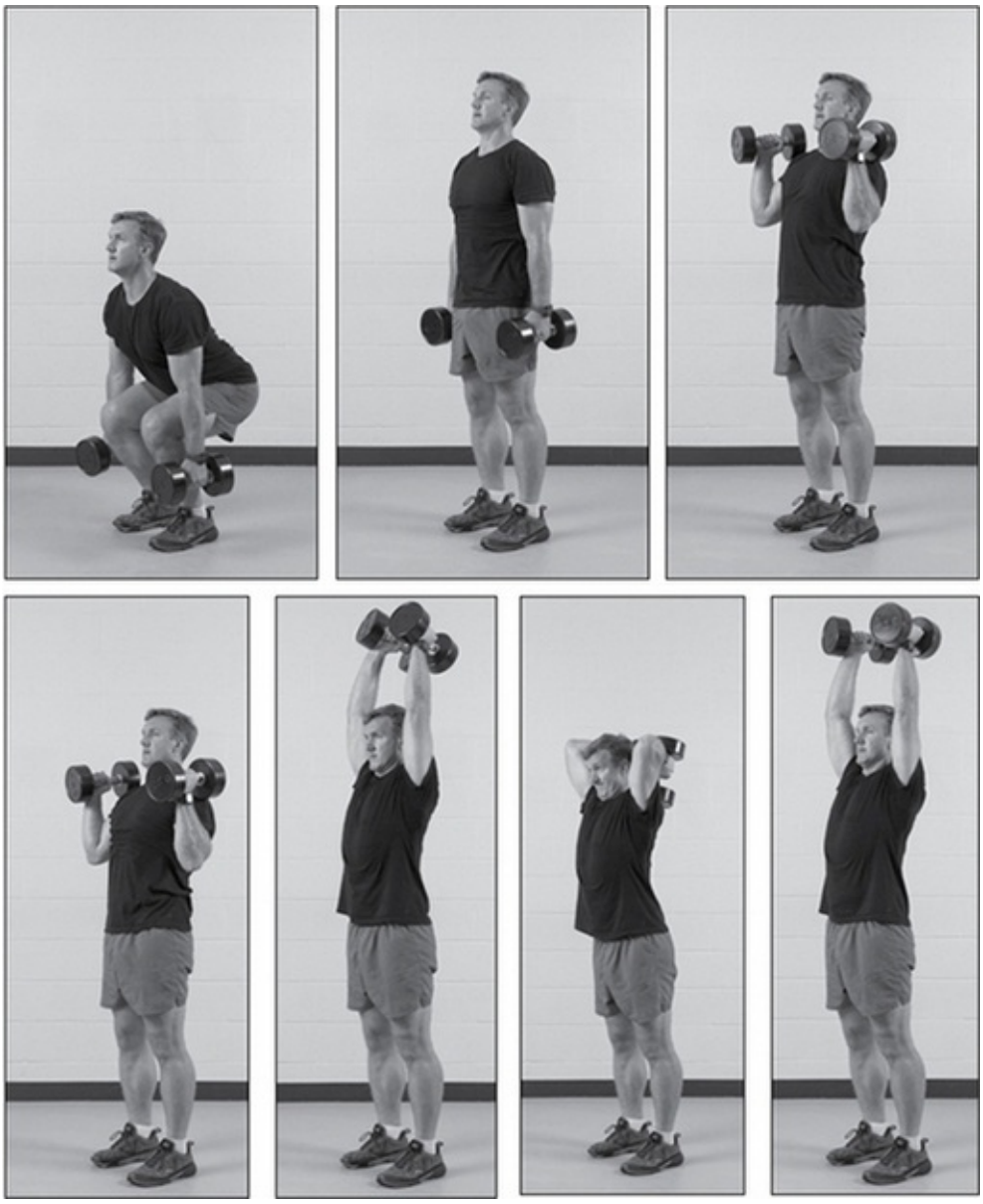
Similar to the Wood Chopper Squat (this page), explode with your legs and hips to bring the kettlebell or dumbbell above your head.

MULTI-JOINT DUMBBELL (MJDB) #1



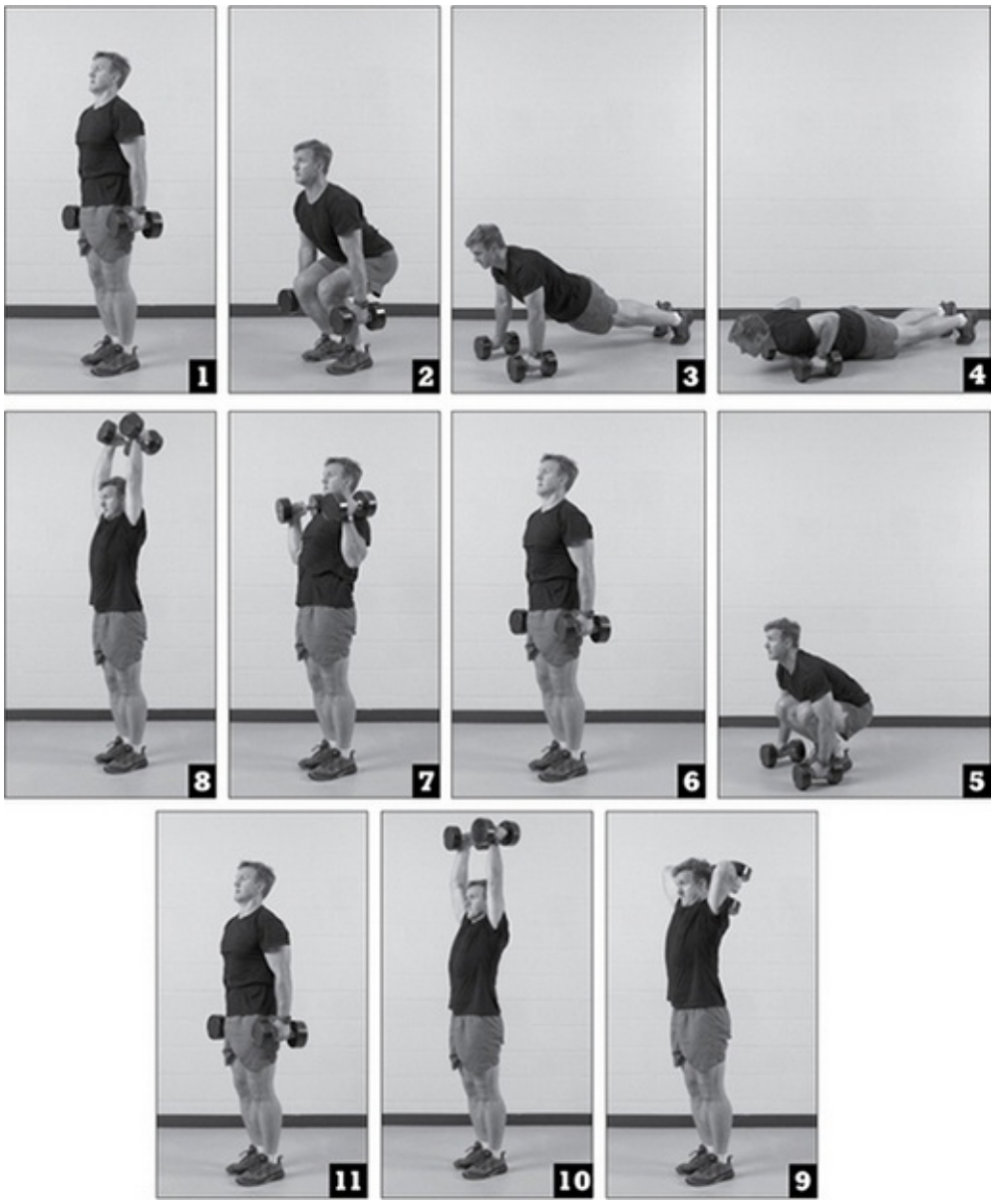
Perform a bicep curl, then press the dumbbells over your head with a military press, and go straight into a triceps extension. Repeat in reverse order to return to the starting position.

MULTI-JOINT DUMBBELL (MJDB) #2



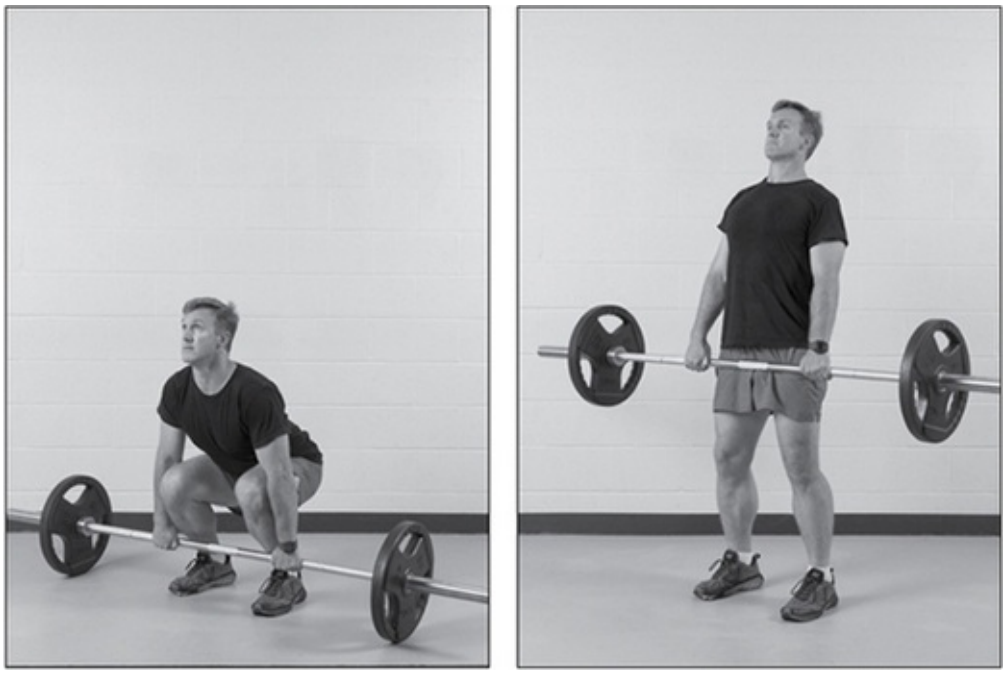
Follow MJDB #1 (this page), but add in a squat when your hands are in the down bicep position (by your hips). *Images should be read clock-wise.*

MULTI-JOINT DUMBBELL (MJDB) #3



Follow MJDB #2 (this page) and add a squat thrust and 1–5 push-ups (five push-ups per cycle is recommended). Repeat in reverse order and continue MJDB #2.

DEAD LIFT



With the barbell on the ground, place your feet about shoulder-width apart and bend down to grab the bar as shown. Keep your back straight and your head upright. Pull the barbell to your hips by standing (straighten your legs and keep your hips forward). Use the legs and hips to lift the weight, not your lower back.

NOTE: Do not perform this exercise with a heavy weight if you have never tried it before. If you are not comfortable with the Olympic lifts in this book (such as dead lift, power clean, or hang cleans), replace with the MJDB exercises or try them with dumbbells instead of a barbell.

POWER CLEAN

The Power Clean is one of the most dynamic exercises in athletics. Make this movement fast and get the momentum of the barbell moving quickly from the start so that it is an easy transition with the power relay into your torso and arms. Stretch your triceps well before doing this lift in order to get your elbows high and in front of you. This helps balance the bar on your front shoulders and fingers.

HANG CLEAN

NOTE: Perform this exercise with a lightweight barbell or dumbbells.

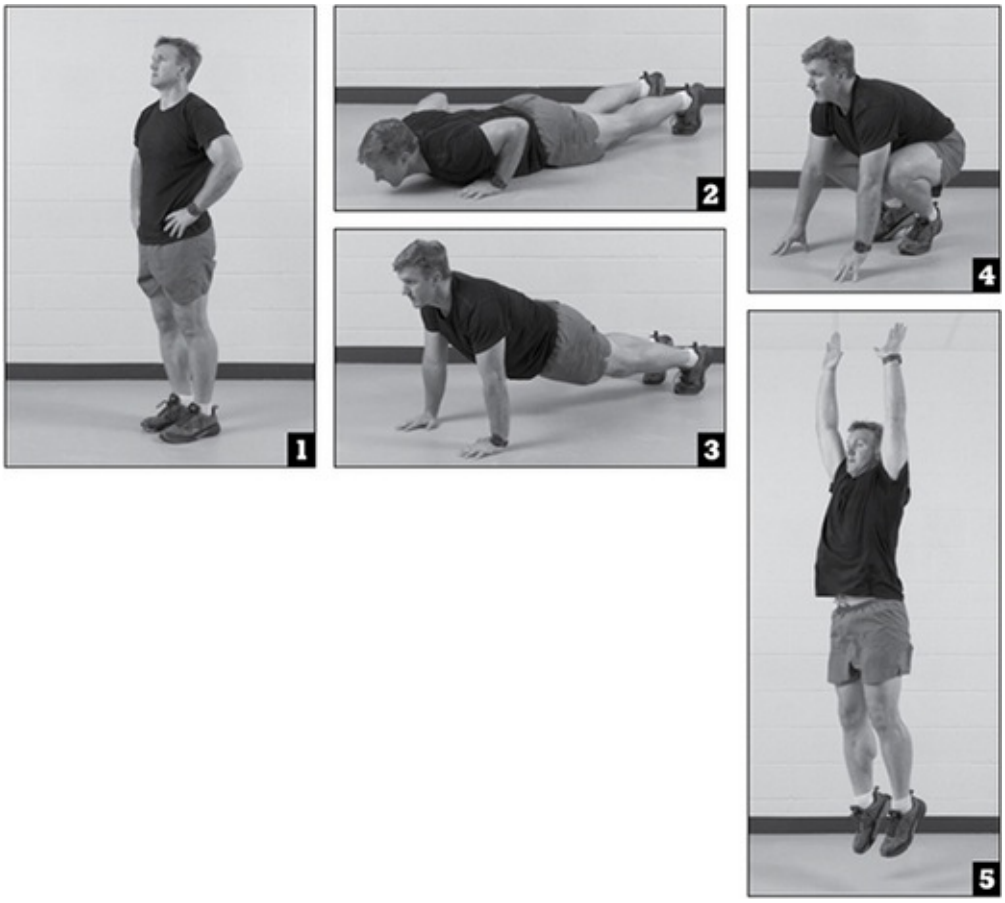
With the barbell on the ground, place your feet about shoulder-width apart and bend down to grab the bar as shown. Keep your back straight and your head upright. Pull the barbell to your hips by standing (straighten your legs and keep your hips forward). Use the legs and hips to lift the weight, not your lower back. Swing the barbell to your chest by bending your knees and dropping your waist 6–12 inches. The barbell should be stationary between your chest and collarbones, with your elbows lifted high in front of you. Drop the weight to your waist and repeat.

HANG CLEAN WITH FRONT SQUAT

This variation of the Hang Clean is a great addition for all muscle groups. Lift the barbell to waist height. Explosively shrug your shoulders at the same time as you push off the ground with your feet, and immediately drop under the barbell in a full front squat position. Straighten your legs and finish the repetition by standing upright. This option is harder and requires more time to learn with light weights, but you will find that it challenges your legs, back, arms, and lungs when

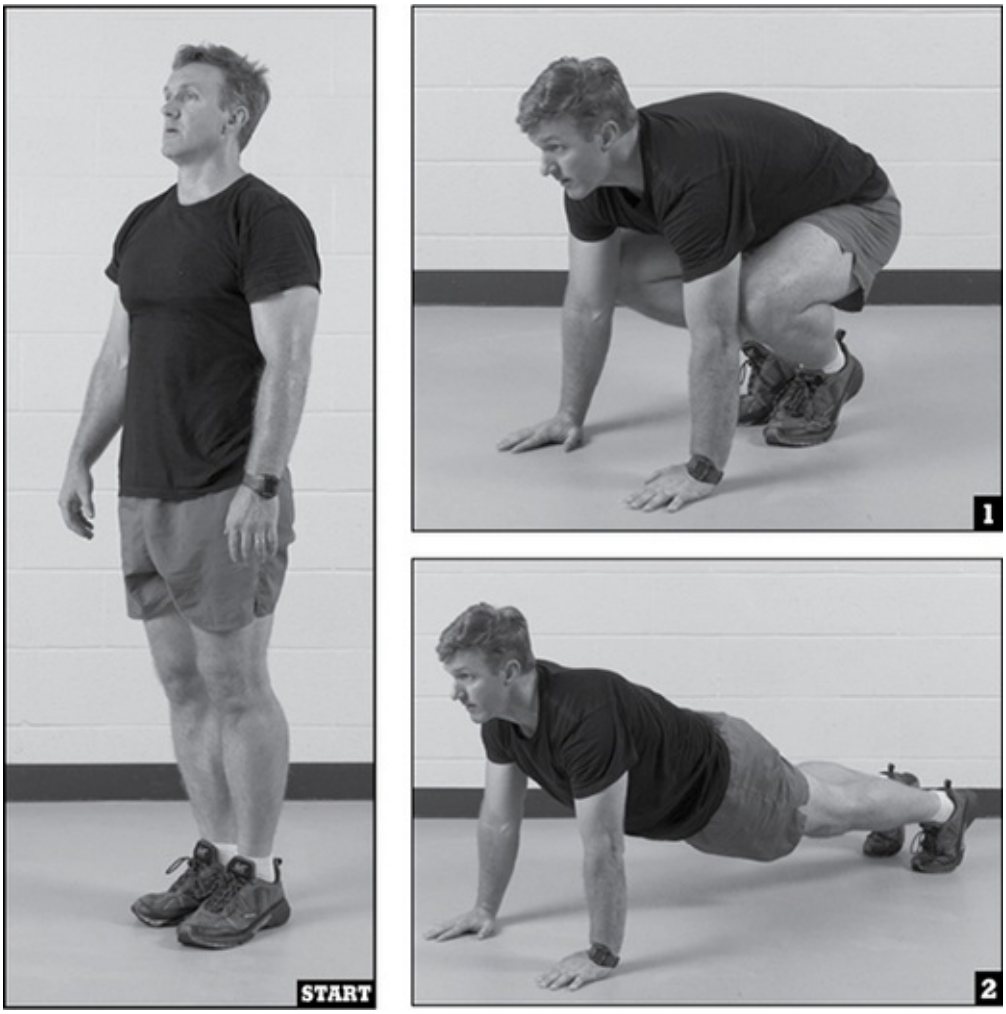
performing 5–10 reps.

BURPEES

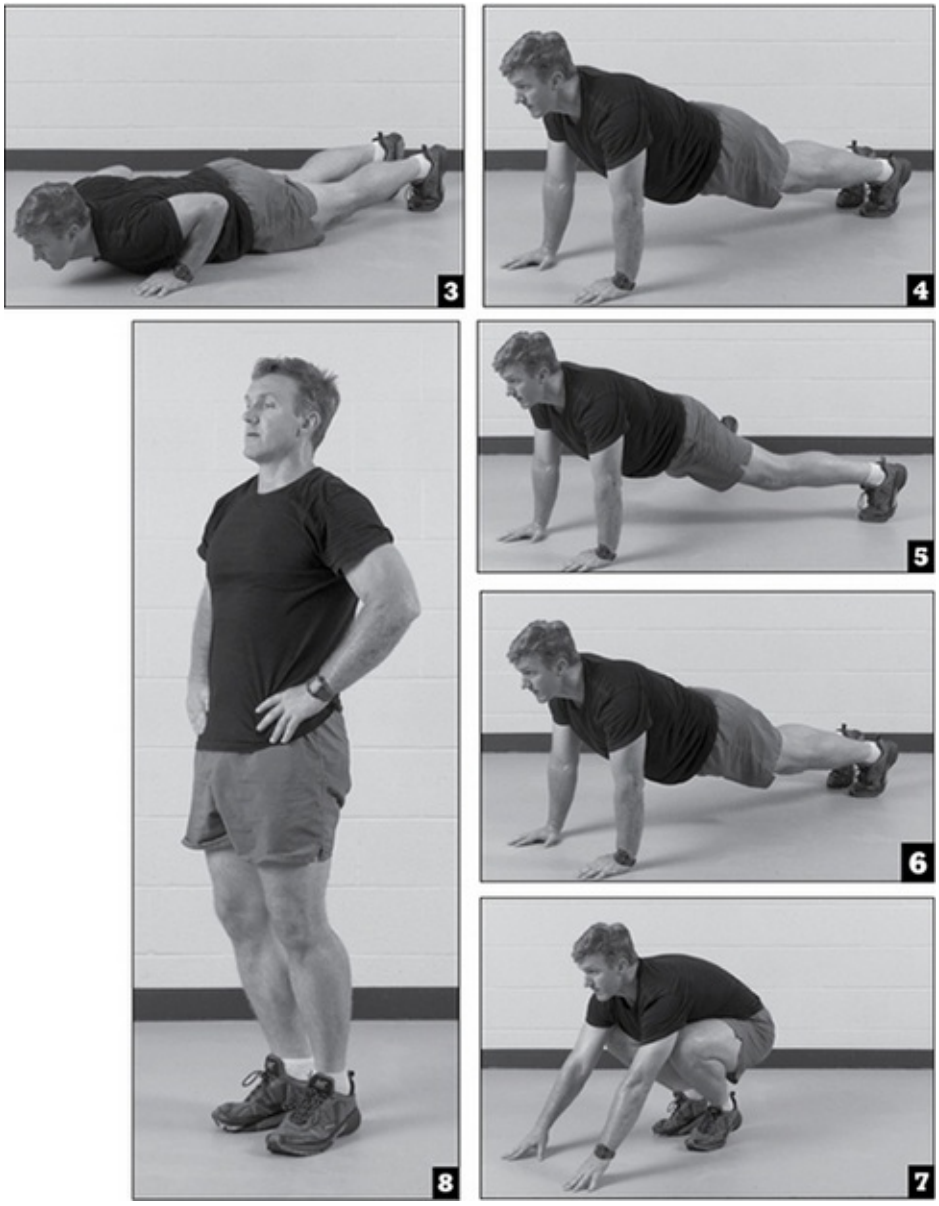


Drop into the push-up position. Quickly drop your chest to the floor and back to the up position. Bring your feet up, stand, and jump 4–6 inches off the ground to finish the rep.

8-COUNT BODY BUILDER PUSH-UPS



This is an all-time favorite group PT exercise and is ideal when preparing for an obstacle course because it is a great simulation exercise when mixed with pull-ups, short runs, and crawls. Starting from the standing position, drop your hands to the floor and get into the push-up position. Do a push-up, opening and closing your legs. Bring your legs under your torso, and then stand up.



THRUSTERS

Explode upward from the front squat position straight into an overhead press or push press.

THRUSTERS WITH DUMBBELLS

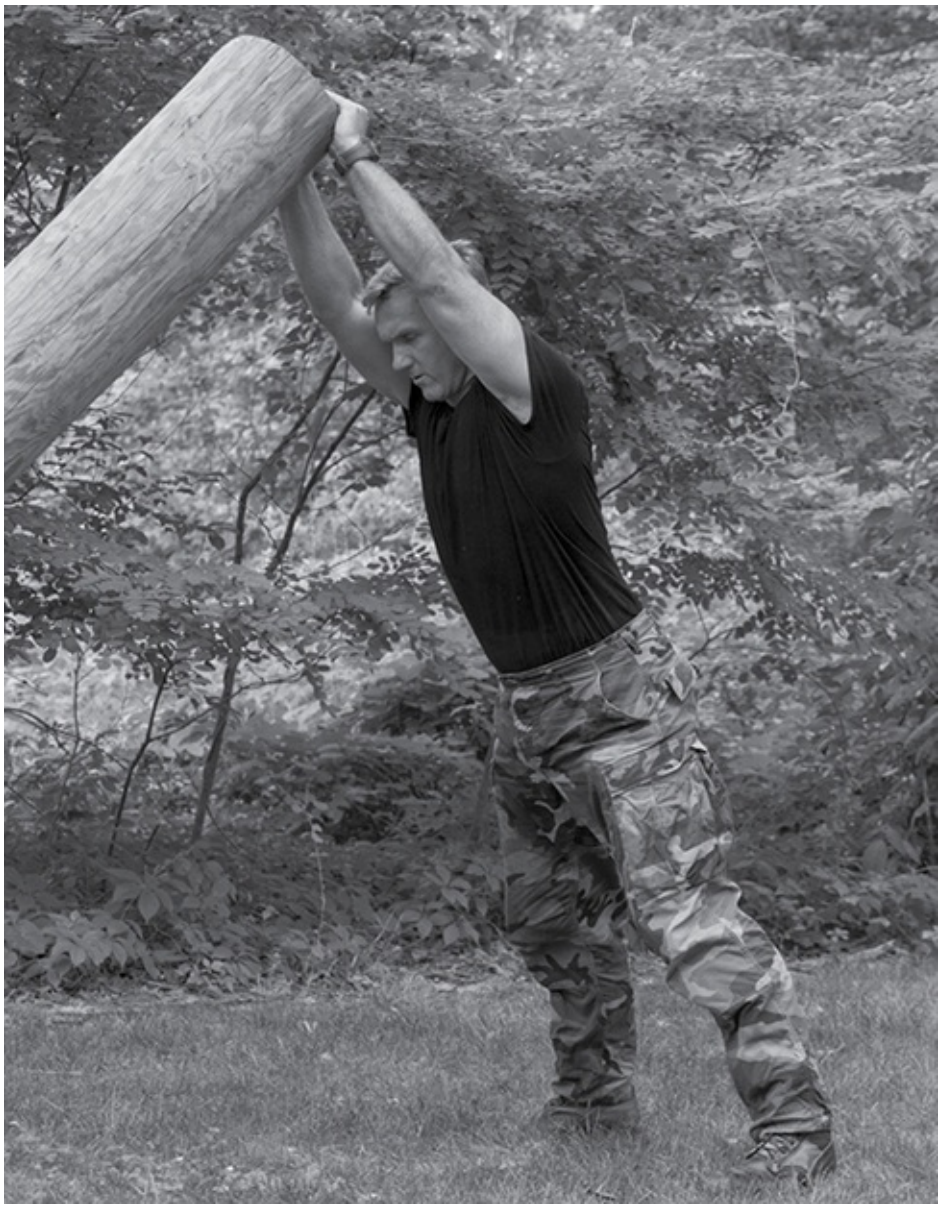
You can perform this exercise with dumbbells or even a single plate. The goal is to squat and forcefully stand, using the momentum of the upward movement to lift the weight easily over your head.

The difference between Thrusters and Push Press is that you go much deeper into the squat position when doing the Thruster. The Push Press is a slight knee bend compared to the Thruster.

PUSH PRESS WITH BARBELL

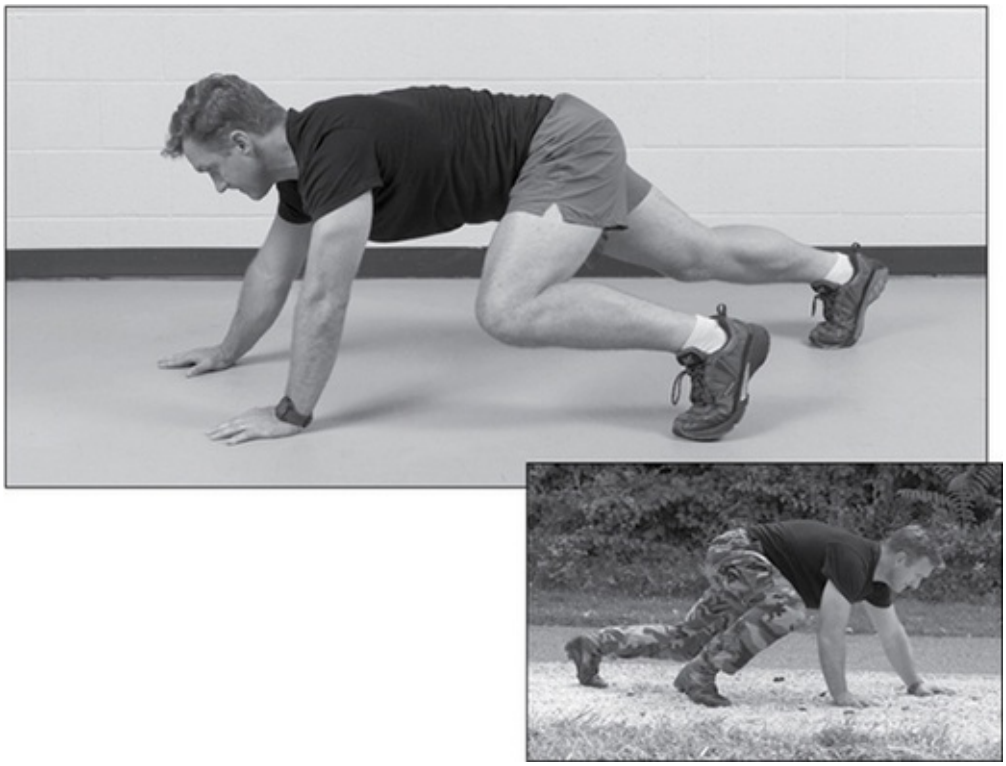
Slightly bend your knees and explode upward while lifting the barbell (to simulate a log) over your head in a power relay.

Note: This is not a shoulder press; use your legs to add momentum to the lift.



All of these exercises will help you with log PT, but the best log PT exercise is the Push Press. Work on teamwork Push Presses. If you can do this as a team under a log, your log PT experience will be much better.

BEAR CRAWLS



Walk like a bear on all fours. (This gets tough after a few hundred yards.)

NOTE: You can Bear Crawl just about anywhere. Crawl in between exercise locations and build up to 100-yard crawls and eventually 400-yard to prepare for those brutally long days during Hell Week.

Stair Crawls

Find a set of stairs and Bear Crawl backwards up the stairs. This requires stronger shoulders than the average Bear Crawl and works the core much harder. Be careful with this progression as it can be potentially dangerous. Do not do this unless you are able to Bear Crawl at least 50 meters without stopping.

LOW CRAWLS

Crawl on your belly across the floor for 1–2 minute sets.

FOAM ROLLER

MYOFASCIAL RELEASE (MFR)

EXERCISES

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

BACK ROLL

Sit on a foam roller and move slowly back and forth as you lie on the roller. Move your legs to move your body over the roller. Perform for 1–2 minutes on each body part.

Foam rollers are one of the best recovery inventions of the century. Understand the term “myofascial release” and apply it to your pre- and post-workout routine. You can use a foam roller to alleviate pain from typical overuse injuries from running, running in sand, and rucking. Get smart on the foam roller and learn how to roll out your back and illiotibial band (ITB). Use the roller, especially after exercise.

LIGHT ITB ROLL

Lie in a side plank position and place a foam roller under your hip. Move forward and roll your ITB from the hip to below the knee. Perform for 1–2 minutes on each side.

SHIN ROLL

Place a roller under your knees and slowly kneel down, placing both shins on the roller. Slowly roll back and forth from bottom of the knee to the top of the ankle. When done, flex the foot and point the toes to stretch the shins 20–30 times on each leg.

HAMSTRING/PIRIFORMIS ROLL

Sit on the foam roller and slowly roll the connection of the hamstrings into your hips. Roll all the way to just above your knees to loosen the hamstrings.

THE WORKOUTS

In the following workouts, you will see indications such as “Repeat 5–10 times.” In these instances, you should repeat the exercises that follow until you reach the end of the circuit of exercises.

Swim/Run/Bike 20 Minutes: These are often your choices for cardio exercise. Some people prefer to swim, row, or bike rather than rucking or running. It is up to you. Just get moving and do some cardio exercise for that day. If you wish, you can even pick more than one option to do for that day and mix in a ruck with a swim, or even a bike ride.

Plank–1 Minute: You will notice a “1 minute” indication next to the Plank pose. See how long you can hold the Plank and hold for 1 minute. Build up to 4-5 minutes.

Light-Weight Shoulders: This refers to the Light-Weight Shoulder Workout (this page). When you see this, you need to do six exercises in a row using a light-weight dumbbell set (for example, 5 pounds) for 10 repetitions of each exercise.

5-6 Workouts Per Week: The days in the workout are set up for you to get 5-6 workouts per week as you can fit into your schedule. You pick your rest days and if you want to add a sixth workout on a five workout per week cycle, then add another longer cardio day. Use this extra day to work on your personal weakness.

Running at Goal Pace: When you see something such as “run ¼ mile at goal timed run pace,” this means that you should run the ¼ mile at the

goal pace you have for the 1.5 mile timed run. If your goal is a 9 minute 1.5 mile run, you need to run these paced intervals at a 90-second pace.

Swimming Intervals at Goal Pace: When you see something like "5 × 100 meters at goal pace for 500 meters timed swim," this means you will swim each 100 meters at your goal 500-meters pace. This is not a sprint, but a paced effort workout to help you reach your goal. For instance, if you want an 8:20 (or 500 seconds) 500-meter swim, you need to swim your 100 meters in 100 seconds. NOTE: The Navy SEAL test is measured in yards and the AF PJ PAST is measured in meters. Please use meters/yards interchangeably.

Weighted Squats: When you see this exercise, it is your option to use the Woodchopper Squat, a barbell front or back squat, or just hold dumbbells in your hands while squatting.

Bike Pyramid: When you see the bike pyramid workout, this requires a stationary bike that allows you to adjust the resistance. Make each minute of your workout tougher by adding a level or two of resistance until you fail to keep up with a minimum 80 rpm. The goal is to do this for at least 20 minutes.

Obstacle Course Simulation Workout: You can simulate a PT obstacle course by performing the following exercises:

- **8-Count Body Builder Push-Ups or Burpees**
- **Pull-Ups**
- **Pyramid Workout:** Run 25 meters, perform 1 Pull-Up; run 25 meters, perform 1 Burpee. Continue this cycle until you fail at Pull-Ups. The recommended maximum amount is 20–25 sets.

Preparation for Obstacle Courses: Use the 8-Count Body Builder Push-Up or Burpee/Pull-Up Pyramid: This is one hardcore workout. Do one 8-Count Body Builder Push-Up, run 20 meters to a pull-up bar, and do 1 Pull-Up. Run back to the area where you did the push-ups and then do two 8-Count Body Builder Push-Ups. Run back to pull-up bar and do 2 Pull-Ups. Keep this cycle of 8-Count Body Builder Push-Ups, short runs, and Pull-Ups until you fail at the Pull-Ups, then repeat in reverse order.

Get Creative: After a 1-5 set warm-up, make it so that you do not walk or run to and from the pull-up bar to the push-up area. Instead, get there by doing Low Crawl, Bear Crawl, Fireman Carry, drag a partner, frog hop, crab walk, Lunge, Side Steps, or other agility exercises. If you have something available like a wall or a fence, jump that to better simulate the obstacle course.

Fireman Carry and Farmer Walk: These exercises require you to carry someone or something heavy. They are meant to simulate boat and log carries at BUD/S. One of the best places to insert Fireman Carries and Farmer Walks are during the short runs in the workout charts.

Kettlebell Farmer Walk: Take your kettlebells or dumbbells anywhere. Add them to track interval workouts and outdoor pull-up bar workouts and use them as weights when performing the Farmer Walk. (If you don't have kettlebells, you can also use a backpack loaded with weights.)

Fireman Carry Drills: These make great progressions when doing short runs back and forth in your PT area as with the Pull-Up/Burpee pyramid workout. Grab your partner's right wrist with your left hand, bend at the waist, drop your shoulder just below your partner's groin area, and drape your partner over your shoulders. For the partner, cross your legs and squeeze the carrier's shoulders for a tighter fit. Place your free left hand in the small of your carrier's back for extra support. Enjoy the ride! When in doubt, make that short run to and from the pull-up bars tougher with a Fireman Carry.

On the following workout charts, you will see Days 1–6. Fit the 5–6 workouts into your 7-day week based on your schedule. You can pick the day off that fits best for your schedule and fitness needs.

Before you start, take the Navy SEAL Physical Screening Test (PST) to gauge your starting condition:

- 10 minute transition to running clothes
- Push-Ups: 2 minutes
- Rest: 2 minutes
- Sit-Ups: 2 minutes
- Rest: 2 minutes
- Pull-Ups: (as many as possible)
- Rest: 10 minutes
- Read PST Transition (see this page)
- Run: 1.5 miles (timed)

Welcome to my Navy SEAL/Special Ops Weight Training Workout, which has been tested over the past four years on a variety of highly trained athletes and veterans. As I said in the beginning, this is not a beginner plan so be sure to alter if needed to avoid overexertion or injury.

Week 1: Introduction to Weights into PT / Cardio Mix (select weight so you can achieve recommended numbers)

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike** 5 minutes/stretch
Repeat 4 times Run: ¼ mile Thrusters: 5-10 Box Jumps: 10-20 Lunges: 20/leg Squats: 20 ½ Squats: 20 **Light-Weight Shoulders** MJDB #3: 5-10 **Chest/Abs Superset** **Repeat 3-4 times** Bench Press: 5 reps (75% of max) Burpees: 25 Crunches: 50 Reverse Crunches: 50 Double Crunches: 50 Plank Pose: 1 minute Run 2 miles Bike 10 minutes Cooldown or swim 500m / stretch	**Repeat 5 times** Pull-Up: max reps Abs of Choice: 50 Plank Pose: 1 minute How many reps do you get in 5 sets? If you are near 100, keep going until you get 100 Pull-Ups Run 2 miles timed 500 meter swim timed—any stroke	Run 1 mile **Power Lift Day** Warm-Up/Stretch **Repeat 3 times** Weighted Squats: 15 Abs of Choice: 50 Deadlifts: 5 Abs of Choice: 50 Power Cleans: 5 Run or Bike: 5 minutes **Repeat 10 times** Jumping Jacks: 10 Push-Ups: 10 **Bench Press/Abs** Bench: 10 Reps Crunches: 50 Plank Pose: 1 minute Bench: 8 Reps Reverse Crunches: 50 Plank Pose: 1 minute Bench: 6 Reps Continue cycle until 2 reps, using abs of choice **Swim Workout** **Repeat 5 times** 200 meter sprint, Burpees on pool deck for as long as it took you to swim your 200 meters	**Cardio Option Day** **Repeat 8 times** ¼ mile at goal timed run pace—rest 1 minute walk Swim: 1000-1500m Or swim options Bike Pyramid: See Bike / Swim Options	Run 1 mile Pull-Ups: 10,8,6,4,2 - Do 20 Push-Ups - 20 abs in between each set of Pull-Ups **Repeat 4 times** Run 30 seconds easy Run 30 seconds fast Squats: 20 ½ squats: 20 **Repeat 4 times** Run 30 seconds easy Run 30 seconds fast Thrusters: 5-10 Box Jumps: 10-20 Lunges: 10/leg **Repeat 3-4 times** Pull-Ups: Max reps Push-Ups: Max reps Sit-Ups: 25 in 30 seconds Run 1.5 miles easy and 1.5 miles timed **Swimming option** 1000-1500 meters Add Day 6 of extra cardio if needed

Week 2

Day 1	Day 2	Day 3	Day 4	Day 6 (Rest Day 5)
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike** 5 minutes/stretch
Run, bike, or swim 30 minutes—-how far do you get? Pull-Ups **Warm-Up** 2, 4, 6, 8, 10 – rest with - 10-20 Push-Ups - 20 abs of choice in between each set **Repeat 4–5 times** Run or bike 5 minutes Pull-Ups – max Pull-Downs – 15 Burpees – 1 minute Abs of choice – 50 Plank Pose: 1 minute **Repeat 3 times** Bench Press – 5 reps MJDB #1 – 10–15 reps Bike, swim, run 30 minutes	1 mile warm-up run **Repeat 4 times** 1 mile warm-up run Run ¼ mile Wood Chopper Squats – 20 Wood Chopper Lunges – 10/leg **Repeat 3 times** Dead Lifts –5 Hang Clean – 5 Power Cleans – 5 Thrusters – 5 (non-stop) Abs of choice – 50 Plank Pose – 1 minute **Repeat 4 times** Run 50 meters easy Run 50 meters hard (shuttle run) Rest 20 seconds 2 mile cool-down run or ruck Swim 5 x 100 meters at goal 500 meter pace - 10 x 50 meters at goal pace - 250 meters split timed swim	**Repeat 4–5 times** Bench Press – 10 reps Pull-Ups – max reps Abs of choice – 50 **Light-Weight Shoulders** **Repeat 5 times** Run or swim 3 minutes Push-Ups – 20–30 Crunches – 30 Plank Pose – 30 seconds **Repeat 2–3 times** MJDB #3 – 5–10 reps Plank Pose – 1 minute Run or bike – 10 minutes Swim 1 mile – any stroke with or without fins	**Repeat 3 times** Weighted Squats – 10 Abs of choice – 50 Dead Lifts – 5 Abs of choice – 50 Power Cleans – 5 Abs of choice – 50 Plank Pose – 1 minute Thrusters – 5–10 Run or bike 5 minutes **Repeat 4 times** Run ¼ mile Lunges – 10/leg Squats – 20 Bike Pyramid – 20 minutes or **Repeat 3 times** 500 meter swim CSS Rest 2 minutes	Pull-Ups – 50-100 (any way you can) Rest with 1 minute of: – Push-Ups – Sit-Ups – ¼ mile run Stop cycle when you reach 50-100 Pull-Ups (maxing out every set on Pull-Ups) Bench Press – 5 x 5 (75% of 1RM) Rest with 50 abs of choice or 1 minute of Plank Pose Swim or bike option 20–30 minutes Add Day 6 of extra cardio if needed

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
Upper Body Weights **Repeat 3 times** Pull-Ups – 50% max reps Bench Press – 50–75% bodyweight – max reps Rest with abs – 50 Plank Pose: 1 minute 1 minute water break **Light-Weight Shoulders** **Repeat 3 times** Dips –10–20 reps Pull-Ups – max reps Abs of choice – 50 **Repeat 8 times** ¼ mile at goal timed run pace—walk 1 minute 500 meter timed swim	**Repeat 4 times** Run 50 meters, pivot, turn around – 50 meters back to start (fast, but not full speed) or bike 1 minute Power Cleans – 5 Hang Clean – 5 Dead Lifts – 5 (nonstop light weight) **Repeat 4 times** Run 50 meters fast Run 50 meters back to start (fast 90% full speed) Bike Pyramid 20 minutes or swim with fins 1000 meters Stretch	**Pull-Up/Push-Up:** 5 Pull-Ups then drop down and do 10 Push-Ups (non-stop until you can no longer do 5 Pull-Ups; 10, 20+ sets) **Repeat 3 times** Bench Press – 5–10 reps Plank Pose – 1 minute MJDB #1 – 10 Crunches – 50 **Light-Weight Shoulders** 1.5 miles easy pace run followed by 5 minutes rest/stretch and 1.5 miles timed run **Swim Workout** **Repeat 5 times** 100 meters free sprint 100 meters CSS at goal pace 30 seconds rest	**Cardio/Leg Day** Bike Pyramid – 20 minutes Swim with fins for 20 minutes Crunches – 50 Reverse crunches – 50 Double Crunches – 25 Left Elbow to Right Knee – 25 Right Elbow to Left Knee – 25 Bicycle Crunch – 25 Plank Pose – 1 minute	**Weighted/PT Circuit** Non-stop – no rest **Repeat 2 times** Bench Press – max reps at 50% body-weight Pull-Ups – max reps Abs of choice – 100 Thrusters – 10–15 Push-Ups – max reps Dead Lifts – 5 Dips – max reps MJDB #1 – 15 Stretch 2 minutes **Light-Weight Shoulders** (5-pound dumbbells) Run 3 miles easy pace Swim 1000 meters—any stroke Optional: Add Day 6 by repeating Cardio Day this week

Week 4

Day 1	Day 2	Day 3	Day 4	Day 6 (Rest Day 5)
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
Repeat 5–10 times Jumping Jacks – 10 Toe touch stretch – move into Push-Up position Push-Ups – 10 Crunches – 20 of choice **Repeat 3 times** Bench Press – 50% bodyweight – max reps Pull-Ups – max reps Abs of choice – 30 **Light-Weight Shoulders** **Repeat 3 times** MJDB #1 – 10–15 reps Crunches – 25 Plank Pose – 1 minute **Repeat 4 times** Run ½ mile at goal pace	**Bike or Run/PT Circuit** Repeat 3 times Run or bike – 5 minutes Stretch legs lightly Wood Chopper Squats – 20 Wood Chopper Lunges – 10/leg Kettlebell Swings – 1 minute Recovery walk/jog 15 minutes **Repeat 3 times** Power Cleans – 5 reps Hang Clean – 5 Dead Lifts – 5 Thrusters – 5–10 Plank Pose – 1 minute Swim with fins 1000 meters Swim 2 x 500 meters CSS	Cardio of choice for as long as you like – Run – Bike – Row – Elliptical – Swim Select 2 options above for 20 minutes each or one for 40 minutes (maybe try bike and long run workout) When in doubt, add swimming: Focus on 500 meters CSS, drown-proof practice, underwater swimming--note: do not do these exercises alone	**Repeat 10 times** Jumping Jacks – 10 Push-Ups – 10 Pull-Ups – 5 **Light-Weight Shoulders** (Alternate sets) Repeat 5 times: Bench Press – 5 Pull-Ups – 5–10 Abs of choice – 50 MJDB #3 – 5 **Bike/Leg Workout** **Repeat 3 times** Bike 3 minutes Squats – 1 minute Lunges – 1 minute Stretch 1 minute Run or ruck 30 minutes Swim 1000 meters timed with fins	**Repeat 4 times** Run ¼ mile Squats – 20 Lunges – 10/leg **Repeat 4 times** Run 50 meters easy Run 50 meters fast Push-Ups – 20–30 Pull-Ups – max **Repeat 4 times** Run 50 meters easy Run 50 meters fast Wood Chopper Squats – 20 Wood Chopper Lunges – 10 Bike pyramid or swim with fins 1000 meters

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6/ Day 7
Warm-up Pull-Ups – 2, 4, 6, 8, 10 (in between, do 10 Push-Ups/ chest stretch and leg warm-up/ stretches) **Repeat 4 times** Dead Lifts – 5 Hang Clean – 5 Power Cleans – 5 Kettlebell Swing – 20 Box Jumps – 10–15 Pull-Ups – max Run 5 minutes **Light-Weight Shoulders** **Repeat 5 times** Swim 200 meters Push-Ups/Plank for amount of time it takes to swim 200 meters	**Swim Workout** 500 meters warm-up – any stroke 500 meters with fins CSS **Pool Skills** 3 minutes each: – float – tread (no hands) – bottom bounce – 100 meter swim (no hands) – only dolphin kick	**Military Triathlon** Run 2.5 miles Swim 1000 meters with fins Ruck 2.5 miles (if new to rucking, only use 30-40 pounds in backpack)	**Run – PT** Warm-up Pull-Ups – 2, 4, 6, 8, 10 (in between, do 10 Push-Ups/ chest stretches and leg warm-up/stretches) **Repeat 4 times** Pull-Ups – max Push-Ups – 50 Abs of choice – 50 Run 5 minutes	Warm-up legs/abs **Repeat 5 times** Jog 20–30 meters Squats – 20 Stretch hamstrings/ thighs **Repeat 3 times** Cardio of choice – 5 minutes (bike, row, elliptical) Dead Lifts – 5 Squats – 5–10 Thruster – 20 Plank Pose – 1 minute Swim/abs **Repeat 6 times** Swim 250 meters with fins Plank Pose – 1 minute	Repeat Days 2, 3, or 4 or all 3 for additional challenge

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Cardio/Abs Day Warm-up jog **Repeat 8 times** ¼ mile at goal timed run pace – 25 Flutter-Kicks – 25 Leg Levers – 25 Scissors Run, swim, or bike Note: For the remainder of your time, try 2 minutes fast, 1 minute slow interval training, for your choice of cardio.	Run 1 mile Do 1:30 set/30 second rest for the following: –Thrusters 75 pounds (max) –Burpees (max) –Kettlebell Swings (max) –Box Jumps (max) Run 1 mile 100 Pull-Ups 200 Push-Ups 300 Sit-Ups (Get in as few sets as possible) Swim 1000 meters with fins, timed	5 minutes warm-up/stretch Cardio option Run 2 miles, timed Ruck 5 miles with 30–40 pounds Swim 1 mile with fins (alternative: mix any of the three options)	Pull/Push/Combo **Repeat 3 times** Bench Press – 5–10 (heavy to moderate) Military Press – 5–10 Dips – max Rest with abs –100 **Repeat 3 times** Pull-Ups – max Rows – 5–10 Pull-Downs – 10-15 **Light-Weight Shoulders** Rest with Plank Pose – 100 seconds **Repeat 3 times** Push Press – 10 MJDB #2 – 10 Hang Clean – 5 Timed 1000 meters Swim or jog 2 miles for cardio	5 minutes warm-up/stretch 40 minutes run or ruck 40 pounds (see how far you can get, and try to push yourself beyond your comfort zone) Swim 1 mile with fins	**Pull-Up Test Day** Push/Pull/Full – Combo **Repeat 2–3 times** Bench Press – max at 75% bodyweight Dead Lifts – 5 Push-Ups – max Military Press – 10–15 Pull-Ups – max Pull-Downs – 10 (heavy) Rows – 10/arm Dead Lifts – 5 Hang Clean – 5 Power Cleans – 5 OR MJDB #2 – 15 **Light-Weight Shoulders** Easy 2-3 mile run

WORKOUT #2: ADDING MORE WEIGHTS/LESS RUNNING (WEEKS 7–12)

The following six weeks are dedicated to more weights and less cardio. Weight will increase as the reps decrease, and your mileage for cardio will decrease. However, the cardio will remain easy and take place after the weight workout in order to burn fat at optimal levels.

If you wish to keep the cardio high during the next six weeks, just add the cardio of your choice. Personally, I select a non-impact cardio during this six-week period to give my legs a break from previous several months of longer distance running. On the last page of the workout section you will find a great swimming and bike optional workout plan.

Another option is to repeat the previous six weeks in order to get another six weeks of weight/PT mixed with moderate cardio, then you can do the same with the next six weeks of weights/less PT and cardio. It all depends on your goals.

Week 7

Day 1	Day 2	Day 3	Day 4	Day 6 (Rest Day 5)
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
1 mile run **Repeat 5–10 times** Jumping Jacks – 10 Push-Ups –10 Stretch upper body **Repeat 3 times** Bench Press – 3–5 reps (moderate weight) Pull-Ups – max reps Rest 1 minute Military Press – 10 **Light-Weight Shoulders** **Abs Cycle x 2** Crunches – 50 Reverse Crunches – 50 Double Crunches – 50 Plank Pose – 1 minute Run 20 minutes Swim 20 minutes for distance—how far do you get?	**Leg Workout** **Repeat 5 times** Jumping Jacks – 10 Squats – 10 Box Jumps – 10 Stretch legs **Repeat 3 times** Wood Chopper Squats – 10 reps Abs of choice – 50 Dead Lifts – 3–5 Power Cleans – 3–5 Hang Clean – 5 Use bodyweight for lifts if possible Easy bike 3 minutes Stretch legs Ruck with 25-50 pounds and swim with fins 1 mile	Non-impact cardio option: Row, bike, elliptical glide 20–30 minutes or swim 500–1000 meters easy paced **Swim Workout Option** **Repeat 10 times** 100 meter CSS at goal pace 100 meter hypoxic free style at 6–8 strokes/breath	Bench Press – 10, 8, 6, 4, 2: Increase weight after each set and continue to add weight until you can no longer do 2 reps. Rest 1 minute. Then, 50 abs of choice each set (2 rep weight). **Light-Weight Shoulders** **Repeat 3 times** Pull-Ups – max Pull-Downs – 10 wide grip, 10 reverse grip Dips – 10–15 MJDB #1 – 10–15 reps Run 1.5 miles easy pace and 1.5 miles timed	**Repeat 4–5 times** Pull-Ups – max reps MJDB #2 – 10 reps Abs of choice – 50 **Repeat 3 times** Dead Lifts – 3–5 Rest 1–2 minutes Hang Clean – 3 Rest 1–2 minutes Power Cleans – 3 (moderate weight) During your rest, try a set of abs of your choice – 50 Ruck with 25-50 pounds and swim with fins 1 mile Optional: Add in extra run or ruck day of 4-5 miles for Day 5 or 7

Week 8

Day 1	Day 2	Day 3	Day 4	Day 5 or Day 6
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**		**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
1 mile run **Repeat 5 times** 1 mile run Jumping Jacks –10 Push-Ups – 10 Stretch **Repeat 5 times** Bench Press – 5 reps of 75% of 1 rep max (1RM) Abs of choice – 50 Push Press – 5–10 reps **Repeat 5 times** Pull-Ups – max reps with 25 pound weight belt Abs of choice – 25 Plank Pose – 1 minute MJDB #1 – 20 Run 1.5 miles timed 500 meters timed CSS	**Repeat 5 times** Jumping Jacks – 10 Squats – 10 **Light-Weight Shoulders** **Repeat 3 times** Bike 5 minutes Stretch legs Power Cleans – 5 Hang Clean – 5 Dead Lifts –5 Thrusters – 5–10 (less than body-weight) Plank Pose – 1 minute Bike pyramid 20 minutes or swim with fins 20 minutes	**Cardio Day** Run 2 miles Ruck 2 miles Swim 1 mile with fins	**Repeat 10 times** Bench Press – 10 Pull–Ups – 5–10 Push Press – 5 reps Crunches – 20-30 second hold of 45 pound weight over head **Light-Weight Shoulders** **Repeat 3 times** MJDB #1 – 20 reps Plank Pose – 1 minute No cardio	Build up to 2 rep max Dead Lifts – do 2 reps, increasing weight each set gradually until you can no longer do 2 reps. Rest for 2 minutes in between each set. **Repeat 4 times** Bike 3–5 minutes Wood Chopper Squats – 10 Wood Chopper Lunges – 10/leg Thrusters – 10 Crunches – 25 Bike or swim 20 minutes Add non-impact cardio day during Day 6 or 7 of this week: 1 hour of swim, bike, row, etc. or mix of two

Week 9

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
Repeat 2 times Jumping Jacks – 10 Push-Ups – 10 Stretch Increase weight until 1RM Bench Press – 5, 4, 3, 2, 1: Work to max, rest 1 minute, then 50 abs of choice **Repeat 3 times** Pull-Ups with Weight – 5 Push Press – 5 MJDB #1 – 15 **Light-Weight Shoulders** Run or bike 20 minutes Swim 3 x 500 meters timed CSS—rest 3 minutes in between each	**Repeat 3 times** Crunches – 50 Hang Clean – 5 Bike 3 minutes **Repeat 3 times** Bike 3 minutes Squats – 20 Lunges – 10/leg Rest with abs – 50 Power Cleans – 5 Cool-down bike or jog 15–20 minutes Swim 1 mile with fins	**Max PT Circuit x 3** Pull-Ups – max reps Push-Ups – max reps Abs of choice – 2 minutes Dips – max reps Plank Pose – 1 minute **Repeat 3 times** Pull-Ups with Weight – 5 Bench Press – 5 reps Plank Pose – 1 minute Push Press – 5 **Light-Weight Shoulders** **Repeat 10 times** 100 meters CSS at goal pace 50 meters free at 6-8 strokes per breath 30 seconds rest	**Cardio Day** **Repeat 10 times** Do 2 minutes easy, 1 minute fast of your choice of cardio Then do 30 minutes of swim, bike, run, elliptical glide, etc.	Build up to 2 reps max Power Cleans – Do 2 reps. Gradually increase weight each set until you can no longer do 2 reps. Rest 2 minutes in between each set. **Repeat 3 times** Jog or bike 3 minutes MJDB #2 – 20 OR Thrusters – 1 minute Lunges – 10/leg Crunches – 50 Plank Pose – 1 minute Swim 1500 meters with fins

Week 10

Day 1	Day 2	Day 3	Day 4	Day 6 (Rest Day 5)
Warm-up run or bike 5 minutes/stretch	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**	**Warm-up run or bike 5 minutes/stretch**
1.5 mile run **Repeat 4–5 times** Pull-ups with Weight – max Bench Press – 2 reps. Increase weight on bench after each set. Rest with abs of choice for 2 minutes **Light-Weight Shoulders** **Repeat 2 times** MJDB #3 – 15 reps Non–impact cardio of choice 20–30 minutes Swim 3 x 500 meters timed CSS—rest 3 minutes in between each	1.5 mile run **Repeat 4 times** Run 400 meters Squats (bodyweight only) – 20 Stretch legs Plank Pose – 1 minute Dead Lifts – 5 Hang Clean – 5 Power Cleans – 5 (use light weight, recommend less than bodyweight) Stretch Bike pyramid 20 minutes Swim 1 mile with fins	1.5 mile run **Max Rep Circuit x 2** Pull-Ups – max reps Dip – max reps Sit-Ups – 2 minutes Bench Press – max reps Squats (bodyweight only) – max reps Push-Ups– max Pull-Ups – max reps Pull-Downs – max reps with 50% body-weight MJDB #1 – 20 reps Bike 3 minutes (do above without rest; should take less than 10 minutes) **Light-Weight Shoulders** **Repeat 10 times** 100 meters CSS at goal pace 50 meters free at 6-8 strokes per breath 30 seconds rest	Run 3 miles **Cardio Day** Bike pyramid or Swim for 1000 meters	Build up to 2 rep max Squats – 2 reps (Gradually increase weight after each set until you can no longer do 2 reps. Rest 2 minutes in between each set.) **Repeat 4 times** Run 400 meters (moderate pace, not a sprint) Wood Chopper Squats – 10 Wood Chopper Lunges – 5–10/leg Swim 1000 meters timed—any stroke Swim 500 meters CSS timed

Week 11

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm-up with 2, 4, 6, 8, 10 Pull-Ups. In between sets, do dynamic warm-up exercises. **Light-Weight Shoulders** **Repeat 3 times** MJDB #1 – 5-10 reps Pull-Ups – max Pull-Downs – 10, 10 (wide/reverse grip) Push-Ups – 25 Wood Chopper Squats – 10 MJDB #2 – 5-10 reps Pull-Ups – max Dumbbell Rows – 10/arm Bench Press – 15–20 Light Arm/Shoulder/Chest Stretch Plank Pose – 1 minute Crunches – 25 Swim 1000 meters easy 1–2 mile run	**Swim Mix** 500 meter warm-up (any stroke) 500 meters with fins **Repeat 5 times** 100 meters of: 50 meter fast freestyle (2–3 breaths per 50 meters) 50 meters CSS easy Rest Repeat 50/50 (5 times with little or no rest) **Repeat 10 times** 50-meter sprints, any stroke Rest 15–20 seconds 500-meter cool-down (any stroke)	Cardio/Lower Back Run or ruck mix for 1 hour	Pull-Ups Test Burpee Pyramid Warm-Up Run 50 meters, do 1 Burpee, run 50 meters, do 2 Burpees, etc. Stop at 10 Burpees. **Combo Sets** **Repeat 3 times** Pull-Ups – max Dips – max (weighted 10–20 pounds) Dead Lifts – 5 Hang Clean – 5 Bench Press – 10–15 **Light-Weight Shoulders** **Repeat 3 times** Pull-Ups – max MJDB #2 – 5–8 (heavy) **Repeat 3 times** Kettlebell Swings – 20 Abs of choice – 1 minute	Cardio/Lower Back Run or ruck mix for 1 hour	Run 1.5 miles Run/stretch **Light-Weight Shoulders** **Pull-Up/Run/Kettlebell Pyramid** Run 50 meters Pull-Ups – 2 Bear Crawls, Walking Lunge, or run – 50 meters Kettlebell Swings – 5 (increase Pull-Ups x 2 and Kettlebell Swings x 5 each set; shoot for 10 sets) Run 1.5 miles Run/stretch

Week 12

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
5 minute warm-up **Light-Weight Shoulders** **Repeat 5 times** Bench Press – 5 at 75% of max weight Pull-Ups – max Push-Ups – max Abs of choice – 25 **Final set:** Pull-Ups – 25 Rest with 50 abs each set MJDB #3 – 5 **Light-Weight Shoulders** Run, swim, or bike for the remainder of your time. Try 2 minutes fast, 1 minute slow for interval training.	5 minute warm-up/stretch **Repeat 3 times** Run or bike 10 minutes Wood Chopper Squat – 20 Wood Chopper Lunges – 10/leg Sit-Ups – 1 minute Dead Lifts – 5–10 reps Double Crunches – 25 Left/Right crunch – 25 each side Plank Pose – 1 minute Run remaining time of workout. Shoot for as many ¼-mile sprints as you can manage, with 1 minute rests in between until time is up. Max of 10 sets.	5 minute warm-up/stretch Pick 1–2 options: 2–3 mile run or ruck with 30–40 pounds, bike 30 minutes, swim 1500 meters with fins	**Light-Weight Shoulders** **Repeat 3 times** Bench Press – 10 reps at bodyweight Pull-Ups – max Wood Chopper Squats – 20 Hang Clean – 5 **Repeat 3 times** Military Press – 10 Dumbbell Rows – 10/arm Lunges – 10/leg Thrusters – 5–10 **Pull-Up Section** Pull-Ups (Regular Grip) – 2, 4, 6, 8, 10 Reverse Grip – 2, 4, 6, 8, 10 Wide Grip – 2, 4, 6, 8, 10 Close Grip – 2, 4, 6, 8, 10 Run 2 miles timed or 1000 meter swim with fins	Long cardio of your choice: 60 minutes of swim, bike, row, elliptical, run, etc. (or combination)	Warm-up with bike or run 20 minutes **Repeat 3 times** Bench Press – 25 reps Pull-Ups – max reps Push-Ups – max reps Sit-Ups – max 1 minute Dips – max reps Pull-Downs – 10, 10, 10 **Light-Weight Shoulders** MJDB #3 – 10 Abs of choice – 100

WORKOUT #3: HARDCORE NIX OF WEIGHTS, CALISTHENICS, AND CARDIO OPTIONS

(WEEKS 13–18)

The following six weeks are mixing in more weights, calisthenics, and cardio than the previous six weeks. Weight will decrease, reps will increase, and mileage for cardio will also increase. However, the cardio will be easy and will be done after the weight workout in order to burn fat at optimal levels.

If you wish to keep the cardio high during the next six weeks, just add the cardio of your choice. Personally, I select a non-impact cardio during this six-week period to give my legs a break from previous months of longer distance running. This cycle is good to build up on running over the next six weeks. On the last page of the workout section is a great swimming and bike optional workout plan, if you need some more non-impact options.

Another option is to repeat the previous six weeks in order to get another six weeks of weight/PT mixed with moderate cardio, then you can do the same with the next six weeks of weights/less PT and cardio. It all depends on your goals.

Week 13

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm–up with abs: Crunches – 25 Reverse Crunches – 25 Double Crunches – 25 Plank Pose – 1 minute Stretch Pull-Ups – max **Repeat 10 times** Jumping Jacks – 10 Pull-Ups – 5–10 **Repeat 3 times** Pull-Ups – max MJDB #2 – 20 Abs of choice – 25 Pull-Ups – max Abs of choice – 25 Pull-Ups – max Plank Pose – 1 minute Run 1–2 miles Swim 1000 meters—any stroke	**Repeat 10 times** Jumping Jacks – 10 Push-Ups – 10 **Weight Circuit** **Repeat 3 times** Bench Press – 20 Rest 1 minute Burpees – 1 minute Crunches – 25 Military Press – 20 Dips – max reps **Abs Workout** Crunches – 25 Right Elbow to Left Knee – 25 Left Elbow to Right Knee – 25 Reverse Crunches – 25 Double Crunches – 25 Plank Pose – 1 minute **Light-Weight Shoulders** (use 5 pound dumbbells) Run 1–2 miles	Jog 5 minutes Stretch **Repeat 10 times** Jumping Jacks – 10 Squats – 10 Back/leg stretch **Repeat 3 times** Wood Chopper Squats – 20 Pull-Ups – 10, 8, 6, 4, 2 (30 second rest) Rows – 20 Flutter-Kicks – 25 Leg Levers – 25 Plank Pose – 1 minute 500–1000 meter swim with fins	**Interval Training** **Repeat 4 times** ½ mile goal pace ¼ mile walk/jog ¼ mile goal pace ⅛ mile jog **Abs Workout** **Repeat 2 times** Crunches – 25 Reverse Crunches – 25 Double Crunches – 25 Plank Pose – 1 minute Goal pace = your goal pace for a timed run, i.e. 90 second ¼ mile = 6 minute mile Swim 1500 meters with fins	1-2 mile run Obstacle course simulation workout: Burpee/Pull-Up pyramid up to your max reps Run 2 miles **Swim Workout** **Repeat 3 times** 250 meters CSS 250 meters freestyle at 6-8 strokes per breath	**Full Body Circuit** **Light-Weight Shoulders** **Repeat 2–3 times** Burpees – 1 minute Wood Chopper Squats – 20 Kettlebell Swings – 20 Dips – max reps Crunches – 50 Thrusters – 1 minute Plank Pose – 1 minute Dips – max reps MJDB #2 – 20 Box Jumps – 1 minute 500 meters timed CSS 5 x 100 meters at goal pace 10 x 50 meters at goal pace

Week 14

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
5 minute warm-up/ stretch **Repeat 5 times** Bench Press – 5 at 75% of max weight Pull-Ups – max Burpees – max Abs of choice – 25 Final Set: Pull-Ups – 25 **Light-Weight Shoulders** Run, swim, or bike. Try 2 minutes fast, 1 minute slow for interval training in any time remaining. Swim 1500 meters with fins	5 minute warm-up/stretch **Repeat 3 times** Run or bike 10 minutes Sit-Ups – 1 minute Dead Lifts – 5–10 reps Double Crunches – 25 Left/Right Crunches – 25 each side Plank Pose – 1 minute Run for remaining time: Shoot for as many ¼-mile sprints as you can. Take 1-minute rests until your time is up. Max of 10 sets. Swim 1500 meters with fins, timed; or run 2–3 miles.	5 minute warm-up/ stretch Choose 1, 2, or all 3 of the following: 3 mile run or ruck with 30–40 pounds, bike 30 minutes or swim 1500 meters with fins	**Light-Weight Shoulders** **Repeat 3 times** Bench Press – 10 reps bodyweight Pull-Ups – max Crunches – 30 Plank Pose – 1 minute Wood Chopper Squats – 20 Hang Clean – 5 **Repeat 3 times** Military Press – 10 Rows – 10/arm Lunges – 10/leg Leg Levers – 25–50 Thrusters – 5–10 Pull-Ups – 2, 4, 6, 8, 10 Box Jumps – 1 minute Run 2–3 miles timed or swim with fins 1500 meters	Long cardio of your choice – 60 minutes Swim, bike, row, elliptical, run Alternatively, choose two options for 30 minutes each 500 meters timed CSS 5 x 100 meters at goal pace 10 x 50 meters at goal pace	5 minute warm-up/ stretch Bike or run – 20 minutes **Repeat 3 times** Bench Press – 25 reps Pull–Ups – max reps Sit-Ups – max reps 1 minute Dips – max reps Kettlebell Swings – 1 minute, 30 seconds Burpees – 1 minute, 30 seconds Thrusters – 1 minute, 30 seconds MJDB #3 –5 Abs of choice – 100 **Light-Weight Shoulders** 30 minutes of running or rucking with 40 pounds Or Swimming 1000–1500 meters with fins **Swim Workout** **Repeat 3 times** 250 meters CSS 250 meters freestyle at 6-8 strokes per breath

Week 15

Day 1	Day 2	Day 3	Day 5 (Rest Day 4)	Day 7 (Rest Day 6)
PFT #2 Swim 500 meters timed or bike 5 miles for time Bench Press – max reps of bodyweight Rest 2 minutes Pull-Ups – max Rest 2 minutes Sit-Ups – 2 minutes Rest 2 minutes Push-Ups – 2 minutes Rest 10 minutes 1.5 mile timed run	1 mile warm-up jog or 5-minute bike Stretch **Repeat 12 times** ¼ mile at goal mile pace (i.e. 6-minute mile = 1:30 quarter mile) Rest with 20 leg/abs exercises of your choice: Squats, Lunges, Flutter-Kicks, Leg Levers	Build your own PFT: – Non-impact cardio: 500 meter swim, 10 mile bike, 2000 meter row – Pick 2 upper body: Pull-Ups, Push-Ups, Bench Press (max reps) – Pick 1 abs exercise, 2 minutes: Sit-Ups, Crunches, Flutter-Kicks. – Plank Pose: 2 minutes (pass/fail) –Pick 1 fast run: 100 meter sprint 300 meter sprint 120 yard shuttle run ¼ mile sprint –Pick 1 longer run: 1.5 mile timed run 2 mile timed run 3 mile timed run 4 mile timed run	**Repeat 25 times** 50 meter fast run. Stop and do 5 Burpees. Every 5 sets, select a different method of running (Bear Crawl, Low Crawl, Fireman Carry, etc.) to get to/from pull–up bar/Burpee area Swim 1500 meters with fins	Run/Burpee Pyramid: Run 50 meters, do 1 Burpee and 1 Pull-Up Run 50 meters, do 2 Burpees and 2 Pull-Ups Run 50 meters, do 3 Burpees and 3 Pull-Ups Continue to increase until you fail. Can you get above 15 reps? How high can you get? If you get over 10 sets, continue until you fail. If you do not get 10 or more sets before you fail, repeat in reverse order until you get to 1 Pull–Up on the pyramid again. **Swim Workout** **Repeat 3 times** 250 meters CSS 250 meters freestyle at 6-8 strokes per breath

Week 16

Day 1	Day 2	Day 3	Day 5 (Rest Day 4)	Day 6
Full Body Workout **Repeat 4 times** Burpees – 1 minute Kettlebell Swings – 1 minute Thrusters – 1 minute Box Jumps – 1 minute Pull-Ups – max Dips – max Run 1 mile **Light-Weight Shoulders** Cardio cool-down 3 mile easy paced run OR 1000 meter swim workout with fins	**Cardio Day** Mix of your choice: 60 minutes of running, swimming, biking at high resistance, elliptical OR 2 x 40 minutes of two cardio options	Pull-Ups – 100 in as few sets as possible Rest with 20 Burpees and ½ mile run in between Pull-Up sets Cardio cool-down 3 mile easy paced run OR 1000 meter swim workout with fins	**Run PT** **Repeat 6 times** Run ¼ mile at goal mile pace Squats – 20 Lunges – 10/leg **Light-Weight Shoulders** **Repeat 3 times** Kettlebell Swings – 1 minute Thrusters – 1 minute Box Jumps – 1 minute Run 1 mile **Repeat 3 times** Swim 200 meters (timed) Burpees on pool deck equal to swim time	Your choice of 100 Pull-Ups (pyramids, supersets, max rep sets) Rest with ¼ mile run and Flutter-Kicks – 50 reps every 20 Pull-Ups 500 meters timed CSS 5 x 100 meters at goal pace10 x 50 meters at goal pace

Week 17

Day 1	Day 2	Day 3	Day 4	Day 5	Day 7 (Rest Day 6)
Long Run 4–5 miles Swim 1000 meters timed without fins	**Light-Weight Shoulders** **Full Body Workout** Pull-Ups – 2, 4, 6, 8, 10 (in between sets do 10 Push-Ups/10 Squats/stretch) **Repeat 3 times** Pull-Ups – max Push-Ups – 1 minute max Sit-Ups – 1 minute **Repeat 3 times** Dips – max Thrusters – 1 minute Squats – 20 reps Plank Pose – 1 minute **Repeat 3 times** Wood Chopper Squats – 20 Burpees – 1 minute Box Jumps – 1 minute Run 3–4 miles or swim 1000 meters (timed)	**Easy Cardio Day** Pick any cardio and do it for 90 minutes OR mix running, swimming, biking, etc. into 30–45 minutes of each	**Full Body/Abs Circuit** **Repeat 10 times** 1 minute, 30 seconds abs of choice then 1 minute, 30 seconds any full body exercise: – Thrusters with Dumbbells (or barbells) – Kettlebell Swings – MJDB #2 or #3 – Dead Lifts – Hang Clean – Power Cleans – Push Press – Wood Chopper Squats/Lunges – Burpees – Bear Crawls (50 meters) – Plank Pose Swim 1500 meters with fins	Ruck or run 40 minutes or do both back to back (40–50 pounds in backpack) Swim: optional 500 meters without fins 500 meters with fins Run additional 30 minutes for distance	**Navy SEAL PST** 500-yard swim Push-Ups – 2 minutes Sit-Ups – 2 minutes Pull-Ups – max 1.5 mile timed run

Week 18

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Ruck or run 40 minutes or do both back to back (40–50 pounds in backpack) Swim: 500 meters without fins 500 meters with fins **Repeat 10 times** Swim 50 meters freestyle (fast) Rest with 50 meters CSS or breast stroke	**Full Body Workout** Pull-Ups – 2, 4, 6, 8, 10 In between sets: 10 Push-Ups/10 Squats/ stretch **Repeat 3 times** Pull-Ups – max Push-Ups – 1 minute max Sit-Ups – 1 minute **Repeat 3 times** Bench Press (heavy weight) – 5–7 reps Pull-Downs or Rows – 5–7 reps Squats – 5–7 reps Plank Pose – 1 minute **Repeat 3 times** Wood Chopper Squats – 20 Thrusters – 5–10 Dips – max MJDB #3 – 10–15 **Light-Weight Shoulders** **Repeat 5 times** SWIM/PT 50 meter sprint free, then 25 meters easy (2 reps) Push-Ups – 3 minutes (no resting, resort to Plank Pose)	**Easy Cardio Day** Pick any cardio and do it for 90 minutes OR mix running, swimming, biking, etc. into 30–45 minutes of each	**Full Body/Abs Circuit** **Repeat 10 times** 1 minute, 30 seconds abs of choice then 1 minute, 30 seconds any full body exercise: – Thrusters with Dumbbells (or barbells) – Kettlebell Swings – MJDB #2 or #3 – Dead Lifts – Hang Clean – Power Cleans – Push Press – Wood Chopper – Squats/Lunges – Push-Ups – Burpees – Bear Crawls – Plank Pose Swim 1500 meters with fins	Ruck or run 40 minutes or do both back to back (40–50 pounds in backpack) Swim: 500 meters CSS 500 meters with fins **Repeat 10 times** Swim 50 meters freestyle (fast) Rest with 50 meters CSS	**Repeat 4 times** Run or ruck 1 mile Pull-Ups – max Push-Ups – max Squats – 25 Lunges – 10/leg (if rucking do all the above with backpack or weight vest on) **Light-Weight Shoulders** Swim 1500 meters with fins

SUBSTITUTION WORKOUTS

The following are alternate options, including swimming and biking exercises, which you can insert into your workouts where non-impact cardio is called for:

Quick Workouts

Swimming:

- 300 meter timed swim
  (plus 5 reps of 100 meter sprints)
- 200 meter warm-up
- 10 reps of 50 meter sprints (with 30–45 second rests in between)
- 500 meter cool down

Bike Riding (or Elliptical):

- Bike/Elliptical pyramid for 20-minute workout for the week
- Do level resistance increase of 2, 4, 6, 8, 10, 12, 14, 16, 18, 20. Hold each level for 1 minute. Do forwards progression for ten minutes, and then repeat in reverse order for 20 minutes total.

Medium Workout

- 25 meter sprints (20 reps), rest 20 seconds

- 50 meter sprints (10 reps), rest 30 seconds

Fast Workout

- 100 meter pyramid:
  - Swim 100 meters, keeping a pace between 1:20–1:40
  - Rest 30 seconds, swim 100 meters (5 reps)
  - Repeat in reverse order but rest with 50 meters, using a slower swim (breaststroke, back stroke, etc.)

Longer Workout

- 500 meter warm-up
- 100 meter sprints (5 sets)
- 50 meter kickboard (5 sets)
- 50 meter—arm pull only (5 sets)
- Swim 500–2000 meters with or without fins (non–stop)

Basic Hypoxic Workout

- Swim 100 meters (4 strokes/breath)
- Swim 200 meters (6 stroke/breath)
- Swim 300 meters (8 stroke/breath)
- Do PT for 5 minutes (push-ups/abs)
- Swim 100 meters (4 sets) at 8 strokes/breath)
  - Rest 30 seconds each 100 meters
- Do PT for 5 minutes (push-ups/abs)

Hypoxic Workout

- Swim 300–500 meters
  - 4 stroke/breath
  - 6 stroke/breath

- 8 strokes/breath
- 10 stroke/breath

• Total distance: 900–1500 meters

WEIGHT GAIN TIPS

I receive this question often from young men and women in their teens and early twenties: how do I gain weight? I remember when I was that age, gaining weight was difficult, but it can be done with a proper diet and a strength-training program.

Weight gain is something that is not easy to do correctly, as you probably know already. People who cannot gain weight usually have a high metabolism, which makes gaining so hard. The key to weight gain is to do everything **BIG.** You have to eat big and lift big, in order to get big. This is your new motto! Many people think weightlifting is the key to gaining weight, and while it is an extremely important part, your diet is just as important.

To put it as simply as possible, there are five simple steps to gaining weight:

1. **Calories IN:** Count how many calories you eat in a normal day. Do not change anything, just eat as you normally would and count how many calories you consumed. This is extremely important, so try to be as exact as possible. Weigh yourself. If you are not gaining weight or losing weight, this number is your baseline caloric intake.
2. **Eat BIG:** Starting the day after you counted calories, eat 500 calories more than you normally do. For example, say that the

day you counted calories, you counted 2,000 as your baseline. For the rest of the week, you would now eat 2,500 calories per day. Instead of eating 3 big meals per day or eating all day, all the time, spread those calories out over 5–6 smaller meals. Eat one meal every 2 ½ to 3 hours. To get big, you have to eat big! Remember that. Make sure you are getting these good calories from good carbohydrates, protein, and fats.

3. **Weightlifting:** Get in the gym and lift! This is another important step to gaining weight, so make sure you are doing it correctly.
4. **Weigh Yourself:** At the end of the week, weigh yourself. You will notice you are gaining just after one week! Now, do not expect to see a 10 pound increase. Gaining anymore than 1 or 2 pounds each week is unhealthy and means you are putting on way too much fat. Instead, look for 1 or 2 pound gains at the end of the week. While this might not sound like much, remember that you can be gaining 5–8 pounds per month, so be patient.
5. **Adjust As Needed:** Here is an important one. At some point, you will stop seeing weight gain. When this happens, you will have to eat even more. When you stop gaining for at least 2 weeks, it means it is time to start eating an extra 250 calories each day. Every time you see you have not gained weight for at least 2 weeks, add an extra 250 calories, until you have reached your goal.

NOW, even more important: KEEP WORKING OUT! Do not just eat to get big. Lift to get big, too!

More Important Tips for Gaining Weight

Stay away from too much bad fat! We need good fats, from fish oils, nuts, olive oils, etc. Even though weight gain is your goal, get rid of the chips and candy. No more fast food, nothing fried. You should stick to high protein/good fat foods like tuna fish (and other seafood), chicken breast, turkey, ham, lean meats, fruits, and vegetables.

Carbohydrates are an important asset as well. Add in good fruits

and vegetables, although you may want to add in some milkshakes/protein shakes after meals to top off the calorie addition.

Drink water! Drink around one gallon per day, more if you can. While this is a lot of water, it will better allow you to gain weight. Just make sure you sip it throughout the day, rather than consuming quarts during meals. That will take up space in your stomach.

Foods That Will Assist with Weight Gain

Below is a list of foods you will want to eat to gain weight:

Eat these in moderation if you are trying to lose weight, but add additional helpings if you are trying to boost your caloric intake to 2,500–3,000 calories or more per day in order to gain weight—even more if you are very active during your workouts.

Milkshakes (Whole/2%)

Salad dressing

Mayonnaise

Cheese

Burgers

Raisin Bran Cereal

Oatmeal

Crackers

Croissant

Peanut butter and jelly

Club sandwiches

Bagel

Cream based soup

Prime rib

Steak

Ice Cream

Chicken

Ham Steak
Fish
Nuts, Almonds
Beans, Peas
Potatoes
Carrots
Bananas
Protein drinks

HOW TO BECOME A NAVY SEAL

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Do you think you have what is takes to become a member of Naval Special Warfare/Special Operations? If you think you can handle some of the toughest military training in the world, you should be aware of some recent changes. Now, the Special Warfare/Special Operations communities each have their own rating source codes, as well as a preparatory "A" school for students starting training after boot camp. To become a member of the Naval Special Warfare/Special Operations community, you now have four choices:

Naval Special Warfare

1. SEAL: Sea Air Land commandos, the Special Forces of the Navy.
2. SWCC: Special Warfare Combatant Crewman work in support of SEAL missions, as well as other engagements that require special boat tactics and operations.

Naval Special Operations

3. EOD (Navy Diving and Explosives Ordnance Disposal): Dismantle unexploded ordnance, including underwater mines, land mines, and IEDs (Improvised Explosive Devices).
4. Navy Diver (Deep Sea Diving and Salvage Operations and Training): These skilled divers are specialists in recovering and/or

repairing Navy ships and equipment.

SEE www.sealswcc.com for official SEAL / SWCC / EOD / Diver recruiting information.

Becoming a Member of NSW

Below are the steps required to becoming a member of the Navy Special Warfare/Operations enlisted community:

Step 1: Choose a Spec Ops/Spec War Source Rating

Go to a recruiter's office. You will have to sign up for a regular Navy Source Rating to join the Delayed Entry Program (DEP). However, once you pass the high standards of the Navy SEAL/EOD/Diver Physical Screening Test (PST), you will be given a new designation.

The new ratings are the following:

- SEAL: (SO)
- SWCC: (SB)
- EOD: (EOD)
- Diver: (ND)

The Navy SEAL/SWCC Draft: A new system used by Naval Special Warfare has been helping to screen recruits before they get to SEAL or SWCC training. It is called the Spec War Draft. Please be careful not to get this confused with the Vietnam War-era draft. The Spec War Draft is more in line with the NFL draft process, and the PST is now considered the Spec War version of the NFL Combine. But yes—you now have to compete in order to go to BUD/S or SWCC. There are no longer minimum standards that will get you to SEAL/SWCC training. Also taken into consideration in your composite draft score are the ASVAB, CSORT, your education level, and other factors that make you a better or worse candidate.

The current trend in the SEAL/SWCC recruiting world is that a huge number of candidates take the screening test. The students are graded on the PST by adding the times of their 1.5 mile timed run and 500 yard swim (measured in seconds). They then subtract the number of push-ups,

sit-ups, and pull-ups (the number of pull-ups completed is multiplied by 6 for scoring) from that number. The lowest score wins and the candidate with the lowest PST score is at the top of the draft list. All this means is that the number 1 candidate ranked will go to BUD/S first, as long as the other elements of the total score composite are in line. In short, it pays to ace the fitness test even though it only makes up a part of your entire draft score.

> **For example: If you get an 8:20 swim (500 seconds) and a 9:00 run (540 seconds), adding those together nets you a base score of 1,040. Now let us say you do 100 push-ups and sit-ups in 2 minutes each: you would then subtract 200 points from the 1,040 to get 840. Now, since pull-ups are harder, they are weighted heavier in your score: you get 6 points per pull-up. 20 pull-ups gives you 120 points. Now subtract 120 from 840 to get 720.**

This (720) is considered an above average score on the draft. You now have to strive to score far above the minimum standards to attend BUD/S and SWCC training. You are competing with every kid in the nation who wants to be a SEAL/SWCC.

Candidates are given the test by a SEAL/SWCC Mentor who is a contracted former Navy SEAL, SWCC, EOD, or Diver. The mentor program is made up of former Spec War/Spec Ops members and it is their job to get you ready for your future training. And, equally as important, it is their duty to screen out those who are not making the grade. You have to be in the Delayed Entry Program (DEP) to take the PST with your Mentor.

The SEAL Mentor and Spec War Draft Programs are just ways of making sure that, on a nationwide level, the best candidates are going to BUD/S and SWCC training and are prepared enough to make it through training physically.

Ask your local recruiter about the Navy Special Warfare/Special Operations Mentor in your area. Once you are DEP, you can train with the Mentor in your area.

Step 2: Boot Camp Training

All recruits will report to Great Lakes, Illinois to attend basic military training. During Boot Camp, you will be required to take and pass the Special Warfare/Operations PST again. If you pass at Boot Camp you are officially in the pre-training community, meaning you will receive orders to the Navy SEAL/SWCC, EOD, or Diving Schools.

Step 3: Pre-Training

After Boot Camp you get to work out for a living at Great Lakes Spec War PRE-BUD/S program. Your job is to learn about the Special Warfare and Special Operations Communities as well start an extensive physical training program for 6–8 weeks. The pre-training program is to help candidates get into better shape as Boot Camp does not properly prepare a SEAL, EOD Tech, or Diver for their advanced training programs.

The pre-training instructors are not interested in weeding anyone out at this point. The goal of this training is to teach candidates that they will not survive the next phase of training if they strive for the minimum standards in the PST.

Below are the minimum and recommended standards for the PST:

PST Event	Minimum Standards	Recommended Standards
500 yard swim	12:30	8–9 minutes
Push-ups	50	80–100
Sit-ups	50	80–100
Pull-ups	10	15–20
1.5 mile timed run	10:30 (in shoes)	9:00–9:30

You still have to show up to Boot Camp in above average shape and it is recommended that you be able to hit all of the above recommended scores prior to Boot Camp to ensure a proper physical foundation.

Step 4: Navy SEAL, SWCC, EOD, and Diver Training

SEAL candidates attend Basic Underwater Demolition/SEAL Training (BUD/S), a grueling six-month training program that teaches the basics of SEAL missions. Candidates will learn patrolling, marksmanship, land/sea navigation, SCUBA, underwater navigation/explosives, and a variety of other combat-related skills to excel in today's war climate.

SWCC candidates attend the Naval Special Warfare Combatant Crewman course in Coronado, CA for 22 weeks. There candidates learn a variety of skills related to small boat tactics, marksmanship, and communications, all while still having to endure a rigorous fitness program daily.

EOD candidates start their physically and mentally challenging 51 weeks of training and will learn Navy diving, parachuting, marksmanship, warfare tactics, and explosive ordnance disposal of a variety of bombs, mines, torpedoes, and improvised explosive devices.

Navy Diver candidates learn the basics and become the most advanced divers in the world. To become that skilled, divers will learn to perform ship salvage, battle-damage repair, deep-ocean recovery, combat salvage, emergent underwater ship repair, as well as remotely operated diving vehicles.

The types of people who perform well at Special Warfare and Special Operations training programs have several common traits. Ask any of these special operators, "Did you think about quitting?" and you will usually get the same answer. "NO!" Due to proper physical preparation, your body has a better foundation to remain fit throughout months of grueling training. Here is a list of those common traits held by successful graduates from these programs:

Knowing How to Play with Pain

Many graduates of these Special Ops programs were former athletes and know the difference between injury and pain. Sports, martial arts, tough workouts, and life in general can help you know what the difference is. Graduates know how to "tape it up and play with pain" if required. This is where they say that Special Ops Training is 90 percent mental. It is

not academically mental, but is mentally challenging because you have to deal with pain and discomfort on a daily basis.

Team Player

Understanding what it means to be a team player is critical. Once again, sports tend to be the best source for this type of skill and are an invaluable asset towards being a Special Operations Team member.

Live To Compete, Not Just Survive

Go to your training program seeking to win every physical, tactical, or academic event there is. Be the best runner, swimmer, PTer, rope climber, shooter, and land navigator. No one is going to win them all, but if you can consistently be in the top 5–10 percent of the class, you will never think about quitting. Many people who end up quitting training in the Special Ops programs went to training with the mindset of “just try to survive it.”

The Farmer Walk with a weighted pack as shown here trains you for hours of boat and log carries at BUD/S.

BUILDING MENTAL TOUGHNESS

I have had the opportunity throughout my life to test my desire and motivation to serve and perform at a very high level of fitness. Since my participation in the Fight Science television show, where they tested my ability to handle cold water and perform on a Spec Ops level, I am often asked about improving mental toughness. I cannot point out one particular event in my life that helped me build mental toughness; I can only think of many—a lifetime of events and habits.

I was never one of those kids who naturally excelled at athletics in school, but I tried to work harder than anyone else in high school did, and played five sports during my four years. I worked out before school, did my sports, ran home after practice, and then studied hard. When I got into the Naval Academy, there were many people like me, many of whom had worked even harder than I had. I soon learned that I could make even more use of my time; and, as a result, I attained an even higher level of fitness than I previously thought possible. I again thought I had reached my peak in my SEAL training preparation; then I went to BUD/S.

I was well prepared. All of my USNA classmates (there were 20 of us) who went to BUD/S graduated and became SEALs. That is a 100 percent graduation rate, in a school that boasts about its 75–80 percent attrition rate. We were a tight bunch who competed with each other, which just made us all work harder. I remember people quitting everyday and my

classmates and I would say to each other, “It hasn’t even gotten hard yet—why are people quitting?” If your physical conditioning is at the highest level, you do not have to tap into your mental toughness until later, in a challenging event. However, in order to build that type of physical conditioning, you have to tap into your mental toughness every day of your preparation training. It might be a day when you do not feel like training, but you do it anyway. It might be getting over a new hurdle like running, or swimming faster, or doing a thousand push-ups in a workout. Regardless of the obstacle, training hard to get over it for months, or even years, will build up mental toughness.

Hell Week—My Ultimate Test

At BUD/S, we truly trained to compete, not just to survive each day. Our preparation enabled us to compete and succeed without having to tap into our mental toughness—yet. But by the time Hell Week arrived, mental toughness training was a big help. You cannot train for Hell Week; it is a true gut check. We all asked active duty SEALs, “How do we better prepare ourselves for Hell Week?”

Amongst ourselves, we had kicked around the idea of getting colder during our workouts, or staying up later and sleeping less, even getting under the log more in our workouts for log PT. We did this for a while and then our SEAL chief stationed at the Academy, Rich Black, said, “Hell Week is like a kick in the nuts—you can’t really train for that wisely.” We laughed and agreed, but we made our workouts harder all the same, and prepared well that last year.

As you might imagine, we all had the same doubts in our heads: were we tough enough? However, we were so well prepared that we were able to turn that doubt into, “No way am I quitting; I just pray I do not get hurt.”

Little victories like winning the obstacle course, doing the most pull-ups on the PST, or having the fastest swim in the class were daily challenges that really turned BUD/S into a competition and made it fun, rather than feeling like a torture session where we were just trying to survive each day. This is where I came up with the saying, “Train to Compete—Not Just Survive.” It really helped make BUD/S a series of races as opposed to pain and torture.

When BUD/S Class 180 started First Phase, we had 120 students. By the time Hell Week started, we were down to less than 90 students in our class. People left everyday for a variety of reasons. Too cold, too much stress, too many push-ups, too much running, too many water skills; by the end, BUD/S will give you too much and too many of everything.

The night before Hell Week, we were all jacked up. We could not sleep, but we forced ourselves to rest and just waited for the late October Hell Week of 1991 to begin. BUD/S class 180 was about to break out for Hell Week. Hundreds of blank rounds fired from M-60 guns and large amounts of smoke and concussion grenades made us all aware of when Hell Week started.

We spent the first thirty minutes staying as close to our swim buddies as we could and did hundreds of reps of push-ups, flutter-kicks, running to the surf zone, and getting wet and sandy while the sounds of bullets, bombs, and instructors with bullhorns directed our every move. We stayed wet the entire week and lost 40 members of the class.

We eventually low crawled from the Grinder to the ocean (about 200 meters, mostly on pavement) and stayed in the surf zone locked arm-in-arm, singing songs in the dark for a few hours. We were cold, but not freezing, but already had members from the class quitting while we were in the surf. We got out of the water an hour or so before midnight. We knew we would eat roughly every six hours and our mental goal was to make it to the next meal. During the next two hours, we grabbed the logs and started log PT. We knew that after Hell Week was finished, we would be done with Log PT at BUD/S, so we were actually excited to start and finish our last log PT at BUD/S.

Log PT During Hell Week

We stopped around midnight thinking it would be our last log PT and that we could finally eat something, but evidently the first meal would not be until 0600 so we ran around for a few hours with the IBS boats on our heads before coming back to the logs. Wait—log PT again? We did log PT until 0600 breakfast. This was about four hours of running, lifting, working together as a team, and laying on our backs half-naked on the steel pier on the Bays of Coronado. One thing Hell Week will

force you to do: you will work together as a boat crew team or you will suffer for it. We actually got to eat breakfast and then continued doing another six hours of log PT until lunch. We later figured out that our last log PT session was about 12 hours total. You still get the full benefit from log PT during Hell Week these days, from what I hear from recent BUD/S graduates.

One-Man Log PT

This is a way to do one-man log PT. If you don't have a log, then resort to the weight room option using the dumbbells or barbell Push Press (this page) and Thrusters (this page). Getting the shoulders and core accustomed to the weight of a log is a smart preparation tool if you are not a seasoned lifter. Rest the log on the shoulders and get used to that discomfort as you will be moving the log with your boat crew in this position.

The Days Turn Into Nights

We made it through the night, got some chow, and were ready to go to the next meal. We spent the first day doing four-mile timed runs as a boat crew (which is only as fast as your slowest man is) and more surf torture and low crawls. The whistle drills became instinct after hundreds of times. One whistle: drop and prepare for incoming; two whistles: low crawl toward the instructor. This was a constant double whistle (tweet-tweet, tweet-tweet) and you kept low crawling until you could touch the instructor blowing the whistle. Three whistle blasts meant you could stand up and recover, but it always took at least 100 yards of low crawling. In fact, for a few months after Hell Week, when my alarm on

my watch would wake me up with the same (beep-beep, beep-beep) I woke up low crawling in my bed. The days got warm without being hot, but the nights got cold as we sang goodbye to the sunshine and hello to the darkness. “Goodbye sunshine, hello darkness,” we sang every night until the instructors got tired of our voices. Then we spent the next few hours in the surf zone either singing or doing boat races.

Why does it always rain during Hell Week? For as many times as I have watched or been in Coronado when a Hell Week was taking place, it has always rained. It rained on us as well and made the nights a little

colder, but the water temperature was actually warmer than the air temperature so there was no sudden shock of being cold. But you were cold in the long term, and you never stopped shaking. You need all the calories you can get to stay warm when you are that cold and active, so it is highly recommended to eat everything on your plate (and your buddy's plate if he leaves anything for you). Stay full, stay warm. Remember that.

Running with the Boat on Your Head

There is nothing worse than this during Hell Week. Many people agree that the constant pounding of the boat on your head is the hardest thing to endure. You will do this for miles and pray you will be in the water soon so you can paddle as opposed to running. There is no good spot to get under the boat. The middle of the boat puts constant pressure on your head and the front and the back get to bouncing on your head as you run with your 6–7 man boat crews under the 200–300 pound boat.

How can you prepare? Neck exercises are smart to add into your training, as well as good core workouts for both abs and lower back. I wish I would have had the TRX back then in my preparation phase, as my back at 43 is stronger now than it was at 23 due to the constant core work the TRX does for me. But some hang cleans and power cleans are good too, if you do not have that background under your belt.

What Was That?

After your third day of staying awake with no sleep, you start seeing weird things—hallucinations resulting from sleep deprivation. What is really happening is your brain wants to go to sleep and go into a dreamland, so you actually start seeing your dreams superimposed on reality. You can be talking to your buddy and he falls asleep standing up. It is funny when he wakes up talking gibberish. It is also really weird to see cartoons running the obstacle course, or a little muscle man in place of a fire hydrant. One of our boat crewmembers kept seeing a wall and tried to push off the wall during our "around the world paddle." The paddle is a boat race that starts in the Bay on the Amphibious Base and you have to paddle out of the Bay into the Pacific Ocean and then south to BUD/S. This takes many hours, but if you win, you actually get some

sleep time. Our boat crew won and actually waited for two hours for the last boat crew to arrive. We watched them get hammered for losing. We slept on the sand, under an overturned IBS huddled together for two hours; despite appearances, this was probably the most comfortable sleep I have ever had. This was when I realized I had regressed back to a primal ancestor. I was an animal, a caveman. We all have this skill. It just takes extreme events for us to engage the primal instincts of truly living within a fight/flight response, but we all can do this.

After you bust your butt for three days, you pretty much go into zombie mode and just get things done. There is a point when there is nothing the instructors can do to hurt you. What are they going to do to you? Make you do more push-ups, get you wet and sandy and cold, make you run more?

However, there are moments toward the last half of Hell Week when you have to engage the thinking part of your brain again and actually plan mini-missions of stealth and concealment, where you have to hide from the instructors. Winners get to hang out by a huge bonfire and you can even stay with your boat crew as long as someone in the group tells jokes that make the instructors laugh. You also start running like an old man with serious chaffing after 4–5 days of being wet, cold, and sandy.

There are other events during Hell Week that are more fun than challenge, but I guess that depends on your mindset as you are going into and through it. BUD/S Hell Week teaches you that the human body is ten times stronger than the mind will let it be. You really have to turn off the rational thinking part of your brain that tells you that you need to go to sleep, rest, and recover after a long days work. You actually have to regress back to a caveman state, where there are no “creature comforts.” You learn to enjoy food as a wonderful gift, moments of sleep feels like hours and jumping into a swimming pool feels like a bath. Regardless, finishing Hell Week still stands as the defining moment for a member of a SEAL team. You have earned the right to start training to become a SEAL after this gut-check, and you show the SEALs that you want to be there and you will not quit when needed by your team.

About Mental Toughness Training

Preparing for any Special Operations training program can be

challenging and can often lead you to question whether you are tough enough to endure. Who knows if, at the moment when you become physically exhausted, you will be able to suck it up and not quit?

The answer is to learn how to play with pain and discomfort. The skill you must practice and learn how to do is to disassociate. Since being introduced to this concept, I have interviewed several SEALs, physiologists, and psychologists, and have thought about my own experiences. All parties, Spec Ops students and scientists alike confirmed it—the ability to disassociate is a highly useful skill with applications in athletics and daily life, as well as SEAL training. In laymen's terms, to disassociate means to disengage from your body and focus on something else besides the pain, boredom, or discomfort of life.

The ability to disassociate should not be confused with the disassociation disorder often caused by traumatic events, but rather recognized as a method to endure long, painful, uncomfortable, and tiring events like Hell Week or cold-water exposure. Everyone I spoke with had a unique story regarding how he or she was able to disassociate. Here are several examples:

Pain: A dental visit using no painkiller when getting a cavity filled. Many have endured this with a focus on a "happy place" or gazing at a tiny spot on the ceiling. I tried this once, and only once; I made it but realized my disassociation skills were not as strong as I thought.

Competitive/Long Distance Running: Many marathon runners spend the first few miles getting their pace down and then spend the next 20 or so miles focusing on something else, like building a house brick by brick, to help with the monotony of running 26.2 miles. Then they come back and finish strong with that final kick that requires more focus to accomplish.

Swimming: Many swimmers call what they do when swimming for hours at a time going into a "swim coma." Looking at the black line for 6000+ meters requires the mind to wander, but also to be physically in the event itself. Many collegiate swimmers talk about writing term papers while swimming.

High Rep PT: When you do workouts preparing for BUD/S, the total reps in a pyramid workout or super set can take you into the several hundreds of push-ups, sit-ups, dips, and even pull-ups. Many former SEALs talk about zoning out within 5–6 sets when doing these monotonous, high repetition calisthenics workouts.

Cold Water: Thinking warm thoughts and repeatedly flexing your muscles at regular intervals will help you fight the cold from getting into your brain and telling you to quit. I always thought while sitting in the freezing water about the end of the day in the warm shower, putting on dry clothes, and crawling into bed under some big blankets.

Team Player: Many people keep going just so that they do not let down their team. I remember taping up sprained ankles and still playing in football games because I did not want to let down my team or miss a chance to compete. A few of the SEALs I talked to actually broke bones during Hell Week and did not quit with a broken foot, or even a broken leg. They said they did not want to let down their boat crew and their swim buddy. To them, quitting was not an option and they found the focus to ignore the pain by helping out others in the team.

How do you get this ability to disassociate? Practice! Physiologically speaking, your body can produce hormones that can speed you up (adrenaline/cortisol) as well as opiate-like hormones to relieve pain (endorphins) simply by thinking. If you do not believe me, think about someone busting through your front door with a gun and taking your family hostage, or think about sex; see if you have a physiological response. I truly think that this is why many of my workouts help people successfully prepare for Spec Ops training programs; the number of high-volume workouts allow for this disassociation process to occur, whether because of monotony or by enduring pain.

The key to this skill working during your Special Ops career is being able to still think tactically and logically while disassociating from the pain and discomfort of whatever training gives you. Being able to disassociate may get you through BUD/S and other challenging Spec Ops courses, but being a good Special Operator requires you to avoid getting into a zombie mode when tactical decisions are required. This, too, takes

practice: performing long, tiring events with a full mission profile in your training with your teams. The workouts in the program will help you practice the dissociation skill while still thinking creatively to get through the workouts. Breathing deep helps you naturally engage the thinking part of your brain when needed for tactical thinking drills, even when physically exhausted.

Like I always say: no 30–45 minute gym workout will truly prepare you for a day in Special Ops Training. You have to put in the time.

How Far is Too Far: Mentally Tough or Stupid?

Trying to differentiate these two is challenging at times. I have found that mental toughness can border on, or cross over to, stupidity very easily. Personally, I tend to measure mental toughness on two different standards. For training programs, the line is pain versus injury. For getting out of life or death situations, there is no stupid way—only the way that yields success. In a life or death situation, you may be severely injured and still keep moving in order to live. This requires the mental toughness ingrained in us all as a basic survival skill.

For instance, when playing sports or going through training programs for military, police, and fire fighting, you will find yourself in pain from the daily grind very often. Some of these pains will border on injury. There is a fine line between sucking up pain and pushing into a more debilitating injury. Yes, you can be stupid and press on, and ruin your chances of graduation or permanently disable yourself in the process. By pushing through pain into injury, you cross the line over into stupidity. Sometimes it is just luck that gets you out of injury. It is wise to understand the difference between pain and injury while pre-training, as well as during your choice of training. When you suck up pain, it requires mental toughness. When you push through pain and into injury just to avoid stopping or quitting, that is when the border of mentally tough and stupid becomes fuzzy. You are now gambling against your luck to avoid further injuring yourself.

Being mentally tough helps you to keep competing when your mind wants you to quit. One thing I learned during Hell Week at BUD/S was that we have a section in our brain that tells us to stop in order to prevent us from hurting ourselves. There are times when you have to

shut off that part of your brain. Once again, your body is ten times stronger than the untrained mind will let it be. This type of training helps you tap into this mindset, but often your life experiences as well can build a mental toughness and resilience that no one can beat.

Being mentally tough can take us into another level of competition or into a survival mode with success. You will find when things get bad and you are worried more about living than anything else, your body will do all the work for you without thought of wanting to quit or dying. As humans, we are built to survive. One thing the military, police, fire fighters, and other types of similar training will give you is an ability to think in high stress situations, when most people shut down. Even then, it is the repetition in our training that enables our bodies to perform in order to survive or help others to survive. The training does not make you mentally tough; it simply brings it out.

So, what is the difference between being mentally tough and being stupid? Simply put, mentally tough people are not stupid; they are those people you look to be around when there is danger or an impossible task in front of you. It all depends on your point of view and attitude. We all do stupid things from time to time, because we are human. But take a look at the jobs that the proven mentally tough perform: running into a burning building to save others, running across a street when bullets are flying, or jumping out of a perfectly good airplane into enemy territory. Some may think all of these things are stupid, but it is the “stupid” people who keep us safe from terrorists, criminals, burning houses, and other natural and man-made disasters.

PST CLINIC: THE NAVY SEAL ENTRANCE EXAM

Navy SEAL PST Clinic: Forming a Strategy for Success

Over the past 20+ years, I have trained for, taken, and administered countless Navy SEAL/SWCC/Diver Physical Screening Tests (PST). In doing so, I have created a system that enables both the instructor and student to gauge progress accurately, as well as make changes to current training programs to quickly increase performance in the PST. If you have never taken a Navy PST, do not think any of your current individual scores will be accomplished as each event has a way of taking reps away from the next event, as well as adding time to your run. Never be that guy saying, "Yeah, I think I can run a 9 minute, 1.5 mile and swim a 8 minute 500 yard swim," without having ever tried it. This is a common mistake, and results in many being crushed in their first real graded PST.

For up-to-date information on recruitment and physical standards, visit the official Navy SEAL website at www.sealswcc.com

Practice the PST!

Below are four recent PST takers and their scores throughout what I call the "22 events of the Navy SEAL PST." Instead of thinking only of the five main events of the PST (500 yard swim, push-ups, sit-ups, pull-ups,

and a 1.5 mile run), I break it down into 22 smaller points to help understand where the student needs the most help during the PST and his/her training.

500 Yard Swim: Mastering the Combat Swimmer Stroke

The number one way to become faster at swimming is to master your technique and increase your endurance for the 500 yard swim. This requires several days per week of swimming, so you will have to put in the time to make this event easier.

The trick to the first event of the PST is to pace yourself so you are still as fast as possible but have plenty left in your tank for the other four events of the test. As you will see, the four students below all had different experiences in the PST: all tried to pace themselves, but they soon found out that building up your endurance is also critical to this test.

What I look for when administering the PST is the student's time per 50 yards for each of the ten laps, as well as the stroke count it takes them to get across the 25 yard pool. The goal is to get the stroke count down to 5–6 strokes per length and to avoid losing your form throughout the 500 yard swim. As you will see, a few of the students need to work on their swimming endurance because, once they get tired, their form turns poor and they add many strokes per length. In addition to slowing you down, this makes you more tired for the rest of the PST.

Lap/Time	A	B	C	D
1	:58	:49 (8 strokes/ length)	:42 (6 strokes/ length)	:52 (6 strokes/ length)
2	2:00 (7 strokes/length)	1:50	1:30	1:40
3	3:06	2:50	2:20	2:32
4	4:15	3:50 (9 strokes/length)	3:07 (7 strokes/length)	3:28
Split	5:20	4:45	4:00	4:20 (7 strokes/ length)
6	(9 strokes/length)	5:50	4:45	5:12
7	7:50	6:50 (9 strokes/length)	5:35	6:05
8	9:00 (11 strokes/length)	7:50	6:29 (7 strokes/length)	7:00
9	10:15	8:50	7:15	7:50 (8 strokes/length)
10	11:28 (13 strokes/length)	9:47 (10 strokes/length)	8:04 (7 strokes/ length))	8:35

Student A: Started out at a sub 10 minute pace for the first 2–3 laps. After 150 yards, his stroke count started increasing, as did his 50 yard splits. He needs to focus on more 200–250 yard timed swims for 4–5 sets to get his endurance up for this distance. It was his first PST and he is still learning.

Student B: Started out sub 10 minute pace as well but was able to maintain it; however, the first two laps were actually closer to 8 minute pace so he still started out too fast for his level of endurance. He did maintain his stroke count well which helped him keep his 1 minute lap pace steady through the swim. He now needs to focus on maintaining 50–55 second laps for 10 laps in his workouts to get down to the sub 9 zone in the swim.

Student C: Started out at 7–7:30 pace but maintained 45–50 seconds each lap which scored him a nice swim of 8 minutes and he kept his stroke count at 6–7 through the whole 500 yards. His endurance is there now; if he wants to push faster times in the sub 8 minute region, he needs to focus on maintaining 45–47 second 50 yard swims.

Student D: Perfect paced swim for his endurance. He started out at 52 seconds, which is an 8:40 pace and ended with 8:35. The 5 lap split was perfectly on pace for where he finished. Stroke count increased by 2 strokes per length; however, 1–2 strokes per length is an acceptable increase.

Tips for Faster Times

500 yard = PACE – 10 × 50 yard swim at goal pace – counting strokes per length. When you see your strokes per length start to increase by more than two strokes per length, increase your workouts so you push that particular distance several times (like 5–6 sets). Usually, I recommend 1000–1500 yards of swimming per swim workout. A solid workout for this would be ten to fifteen 100 yard swims, five to six 200 yard swims, or (when you get good) two to three 500 yard swims for time. See Stew Smith's YouTube Channel for CSS critique videos.

Strength Section

Even though they call the next section the Strength Section of the PST, it is truly an endurance (muscle stamina) test. Your ability to perform multiple repetitions of each of these exercises without fail has a strength component to it, yes; but to ace this test you have to be able to take these traditional strength exercises and make it an endurance exercise.

Push-Ups

It is vital to maintain the proper stance. Your hands should be about shoulder-width apart. Lie on the floor with your hands even with your chest and hands just outside shoulder-width. Too many people place their hands too high or too low, which weakens their push-ups tremendously. Your partner is counting your reps for you and is looking for zero elbow bend at the top and a 90-degree elbow bend at the bottom of the push-up. If you don't have a partner, place a water bottle the size of a fist (3–4 inches) on the floor and aim to touch your chest to the bottle, or perform the test in front of a mirror to see your form.

Tips for More Reps

For the pull-ups, sit-ups and push-ups, let gravity take you down to avoid wasting energy. Slowly let yourself drop to the down position so you are just exerting on the up movement.

A	B	C	D
59	50	79	80

Student A: Had perfect form but was going down too slowly and too controlled to maintain a 2-minute push-up set.

Student B: Has always been weak at push-ups and is actually improving from previous PSTs, so his job is to keep doing push-ups past the 1-minute mark where he failed and dropped to his knees during this PST. Perfect pace if he builds up his endurance for another minute.

Students C and D: Both did okay, but both need to build up their reps to push the 100+ zone for a competitive SEAL slot. Usually this only takes a few weeks of doing push-up workouts 3 times per week (every other day) in the 2 minute timed set range.

NOTE: If you ever start shaking uncontrollably during the final half minute of your pushup test, DO NOT try to get any more reps. When you are shaking, you are wasting a lot of energy that you will need for the remaining exercises of the test and you will likely not even complete another 1–2 push-ups once you start shaking. This is a central nervous system overload. It is recommended to fall on

your chest/knees and your test is done.

Sit-Ups

Place your feet flat on the floor and raise your knees. It is best to start out with the heels of your feet about 12–18 inches from your rump. For the Navy PST, lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by flexing your abdominal muscles. Touch your elbows to your thighs and repeat. During the PFT, someone will be counting and holding your feet for you.

PACE YOURSELF: The most important thing is to pace your sit-ups. Many times, people start out too fast and do about 30–40 reps in the first 30 seconds, and end up not being able to get 30–40 in the next 1:30 in a 2:00 test. What this tells me is that you started out too fast. If your goal is 80–100 in a 2:00 period, you should pace yourself at 20–25 in 30 seconds and 40–50 in 1:00, etc.

A Tip for a Few More Reps

When you feel like you are failing, slide your butt back 2–3 inches and you will change the angle at which you do your sit-ups and find yourself able to get 5–10 more if you have the time left.

	A	B	C	D
:30	33	20	28	25
1:00	58	34	50	40
1:30	80	50	67	60
2:00	90	55	87	78

Student A: After 1 minute, student A was on pace to hit 115–120 sit-ups in 2 minutes, but as you can see he dropped and just got another 30 reps vs. the 60 reps he was pacing. If he drops his :30 pace to 25, then 50 at 1 minute, he will see 95–100 sit-ups as he will be able to handle the slower pace for longer.

Student B: He is still improving but his pace drops off after 30 seconds. He is working on his sets so he can learn to use his muscle memory skills for 20 reps in 30 seconds for two minutes. His next goal is 80 in 2 minutes.

Students C and D: Both petered out after 30–60 seconds and could not maintain the pace they started. They both need to add 1 minute sit-ups sets into their workouts of 50–55 sit-ups per minute to push the next range of 100+ sit-ups.

The Proper Pull-Up (Regular Grip)

Grab the pull-up bar with your hands placed about shoulder-width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.

A	B	C	D
12	12	20	16

Students A, B, C, D: All had proper form for pull-ups, some were just better than others were. It takes practice doing pull-ups, negatives, pull-downs, rows, and other pulling exercises to get better at pull-ups.

Student C: As he started to come close to failing, he looked up and arched his back for the last few reps to make sure his back was getting into the exercise vs. just his arms.

10 Minute Break: The Transition to the Run

After you perform the maximum repetition sets with your upper body muscles, your heart has forced blood to your arms, shoulders, and torso leaving you very "pumped up." Running like this can be difficult because the heart now has to pump the blood from your arms and torso down to your legs and, of course, oxygenate the blood repetitively.

When blood is "stuck" in the upper body, as it is after a maximum repetition PT test, your heart pumps harder than normal when you start to run. This can throw off your known pace (muscle memory) that you have trained to maintain for your run. Your breathing is more rapid, your heartbeat is therefore more rapid, your arm swing is stiff rather than fluid and relaxed, and your legs are burning for oxygenated blood. This will leave many to say at the end of the run, "I felt okay after the first two laps, but the first half mile about killed me."

Here is the answer to this problem: after you perform the PT test, take

the time in between the upper body exercises to stretch your arms, chest, shoulders, stomach, and lower back. Then run for about 2–3 minutes at an easy pace to get the blood down toward your legs. Finally, take about 3–5 minutes to stretch your legs. Keep shaking your arms throughout the time in between the PT and run to loosen up.

1.5 Mile Run

Focus on your pace with the 1.5 mile run. After the swim and PT portions of the test, usually the run turns into a gut check. I find that having sipped some Gatorade or having some extra sugar in my body will help with that final push of energy needed to go anaerobic in the run for the best time. After you have transitioned from the PT portion, focus on a steady running pace, inhales/exhales, and arm swings to work through the next 1.5 miles of running. If you are running in the heat, make sure you have properly hydrated prior to the PST, including your intake of water/electrolytes/sugar, so you are at your best. Try to cool yourself down too. Fatigue is cause in part by body heat and exertion, so carry cold water on hot days.

	A	B	C	D
Lap 1	1:40	1:32	1:30	1:35
Lap 2	3:30	3:08	3:00	3:20
Lap 3	5:15	4:50	4:30	5:15
Lap 4	7:00	6:40	6:00	7:06
Lap 5	8:45	8:00	7:33	8:58
Lap 6	10:40	9:37	8:57	10:40

Student A: Had a perfect 7 minute mile pace for the first mile but dropped 15 seconds in the 5th lap. Focusing on faster 1 mile+ runs will help push over the endurance drop.

Student B: Had a 6–6:30 mile pace throughout the run and kept it steady for one of his best timed runs ever. Work on maintaining 1:30 quarters to get to the 9 minute flat 1.5 mile run.

Student C: Perfect 6 minute mile pace throughout. As with his

swimming, he nailed 6 minute mile pace for the 1.5 mile and had enough juice to speed up 6 seconds on the last lap to break 9 minutes.

Student D: Started at 6 minute mile pace and slowed down to 7 minute mile pace. Needs to work on 1:30 quarters and running 3 minute half-mile intervals.

This system of breaking down the PST helps students have a better understanding of where in the test they are failing and how to get over these sticking points. The best way to get better at this test is to take the test several times. Treat it like just another workout. This PST is your entrance exam, so take it seriously. Never assume you can score this many points or run that fast; if you have not taken this test as it is given, then you will likely be disappointed in how you perform on game day.

Techniques for Running

There are different types of running at BUD/S. You have to pass the 1.5 mile timed run simply to get into BUD/S. Each week you will take a four mile timed run to get through BUD/S wearing pants, boots, and on a beach of hard packed sand. There are also a few soft sand beach runs each week, as well as pavement runs to and from the chow hall every meal. All of these runs require a strong foundation in enduring pain while running, attained prior to arrival at BUD/S. A solid base is defined at 25–35 miles per week on varied surfaces.

We have come a long way in how we teach running today. Now with super slow motion cameras that can be bought at any local electronics depot, we can dissect a stride, arm swing, or foot strike with more accuracy than we could in the 1980s. There are many different styles of running, and it is a good idea to learn them and practice what works best for you.

One thing I have learned in more than 30 years of running is that different body types, load-bearing situations, and ground conditions create the need to learn different running styles for longer distances and timed runs (1.5 – 4 miles).

I started by asking over 100 people the question, “How do you run? What form do you use?” Here is what I found from avid runners who use running for entertainment and/or fitness conditioning. Many even race 10k and marathon distances.

- 63% did not know what form they ran; they just ran.
- 22% used POSE Method
- 10% used Chi Method
- 5% used Barefoot Running or minimalist shoes

The funny thing is that *everyone* swore by his or her method. Even the 63 percent stated that this is how they naturally run. Using the styles above, we will break them down and discuss the differences and similarities of each.

Heel-Toe Contact: What Does This Mean?

I remember my first coach taught us to run with heel-toe contact in the early 1980s when I was in my early teens. In fact, I have taught this method myself; but have since realized that I was never running on my heels—it just looked like it to the naked eye. The actual impact point was more mid-foot and directly under me, although my heels did graze the ground.

Many runners took heel-toe literally to mean landing on the heel, rolling across the foot, and pushing off the toe. Some took the heel-toe contact as the heel/toe landing on the ground at the same time. My first coach in running *did* teach me two important skills that helped limit running injuries: the Audible Test, and limited vertical bouncing while running. I think these are valuable no matter what method you use to run.

Audible Test

The one thing I still use from my coach from the 1980s is the audible test: If you can hear your foot slapping the floor on impact, you likely are running wrong if jogging. This could be because of heel strike/ foot slap, or because your calf and shin muscles are overworking and are

unable to extend/flex the foot during the foot contact.

Limited Bounce

You will notice that most of the best runners in the world have very little bounce from the waist up. In the military, we think of this as marching from the waist down to prevent head bobs when marching. Applying this to running produces a powerful, sustainable stride. Do a simple YouTube search for Kenyan marathon runners to see perfect running in action. You will see very little bounce even at sub 5 minute mile paces. Slow the speed to really see the physics at work for a world-class runner.

The coaches I had in the 1980s taught that the heel strike was not a hard strike on the back of the heel with the toes pointing up, but on the front side of the heel closer to the mid-foot. In the past, I have used this heel-toe method in teaching without any further explanation and have since explained it differently as more of a mid-foot strike and roll of the foot. I apologize for any confusion. We know that *hard* heel strikes are a result of over-striding and can lead to many foot, knee, and shin injuries. In addition, a heel strike in front of the body can limit your momentum and slow you down significantly. It is like putting on the brakes each step.

For some runners, when running with a mid-foot strike, the human eye would see a heel contact with foot roll whereas the super slow motion shows something different. The heel may graze the ground first, but it is not the point of impact; the mid-point actually is taking the impact of running when the foot is directly under the runner.

Different Running Forms?

Many people prefer certain methods for running to others. What I tell them is, “You cannot argue with results.” So if one of these is your form, and it works for you and makes you a faster/injury-free runner, then keep it up. The other forms may or may not work for you, but they will work for others. As you will see below there are many ways to run—decide which one works best for you!

Many of the running forms that people use now come with their own

slang. “I’m a POSE runner,” “I’m a Chi runner,” or “I’m a barefoot runner.” What do these mean? Here are some of the similarities and differences between the forms.

POSE Running

Dr. Romanov, two-time Olympic Running coach for the former USSR, teaches methods of certain body positions, or poses, to assist the runner with the mechanics of running.

The characteristics of pose running include the following:

1. S-like body position with slightly bent knees
2. Forward lean from the ankles to employ gravity and work with it, not against it
3. Pulling or lifting feet up under the hip, not behind the buttocks
4. Ball of foot landing under your body (your GCM, general center of mass)

See http://www.posetech.com/pose_method for more details.

Physiological differences may be minimal, but you need to test it out to see if it saves you from any nagging injuries. One physiologist I spoke with, who works for a government agency, stated that many injuries are caused by weak posterior tibialis muscles that are quickly developed once you run barefoot or use a foot strike other than a heel strike. Impact on the mid-foot or forefoot will at first challenge the calf region of your leg but will soon strengthen you for more distance and load bearing marches.

Chi Running

Chi running was created by Danny Dreyer, an American Ultra-marathon runner and T’ai Chi practitioner. On a basic level, Chi is very similar to POSE running, with added Chi components. See www.chirunning.com to learn the basics of this running style. You learn to lean while running and have more internal awareness of how you are running.

The mix of T'ai Chi may or may not be your thing, but it never hurts to learn internal focus/awareness and listen to your body when you are creating pain.

Barefoot Running

This is the "latest and greatest" of all the running trends I have seen in the past 25 years. It makes sense to me, as I grew up running around barefoot. In fact, when I was in elementary school, about the only time I wore shoes was to school, church, or athletics. In the military, you will wear boots while walking, rucking, and running, so getting used to boots is critical if you are seeking any Spec Ops training. However, running barefoot does strengthen the feet, forces a more efficient stride, and could be beneficial to your long-term foot health if practiced during a few runs per week.

Ruck Marches

In the workout charts, you will see options to add rucking to your cardio workout options. This is to prepare your body for not just rucking at BUD/S (3rd phase), but also to prepare you for moving with weight on your shoulders and head (for example boats and logs).

Rucking with the Load Trainer

Ruck in all types of terrain—woods, roads, trails, tracks, or sidewalks. Get used to moving with some weight on your back to simulate walking with logs on your shoulders or the boats on your head. The Load Trainer adds a quick and accurate measure to training with a ruck. Instead of having to pack and unpack your ruck with training weight or actual useful gear for the field, you can easily add plates to this creative plate holder on your back.

Techniques for Swimming

Swimming Without Fins

At BUD/S, 99 percent of your swims will be with fins. You may do a few conditioning swims early in PRE-BUD/S and INDOC, but for the most part you really need to just ace the PST 500 yard swim without fins in order to get to BUD/S.

The strokes allowed include the underwater recovery stroke (no arms out of the water during the recovery part of the stroke), side stroke, and

breast stroke. The Combat Swimmer Stroke (CSS) is just a nickname for a modified side stroke, one that is more efficient and faster than the regular sidestroke. Whether you are a beginning swimmer or an aspiring Navy SEAL, this stroke can really help you move efficiently through the water.

The CSS is actually a mix of sidestroke, breaststroke, and a little freestyle. The Combat Swimmer Stroke is similar to the sidestroke, since it is done on your side; however, while the top arm pulls just like a freestyle stroke it recovers underwater like the breaststroke. If that confused you, it may be best to observe; see our YouTube Channel on how we teach the CSS: www.youtube.com/stew50smith.

The object to the CSS and side stroke is efficiency; you should try to get across a 25 meter pool in as few strokes as possible. If you are doing more than 10 strokes per length, you are working too hard. In fact, the fastest and best swimmers get across a 25 meter pool in 3–5 strokes.

The Start: In a big squat position against the wall, push off and stay as streamlined as possible as you glide at least 8–10 yards off the wall. Place your hands on top of each other, place your bicep on your ears, and lock out your arms—streamlined positioning, like a rocket.

The Glide: With a big double arm pull, add the other 3–5 yards to your glide by pulling with your back and biceps and pushing water with your arms using your triceps. This is the breast stroke pullout.

The Arm Movement: After the top arm pull, it is time to breathe; twist and breathe then start the bottom arm pull. The bottom arm then pulls a half stroke (similar to breast stroke) and both arms recover together.

The Kick: Use the scissor kick and time your kicks so that your top leg always goes forward (no matter what side you are on). You should kick just after both arms have pulled and are recovering, to add more glide to each stroke. Try not to do little flutter-kicks in between scissor or breast stroke kicks while you are pulling the arms. This is a waste of energy and can tire you out for the 500 yard swim, as well as affect your 1.5

mile run in the PST.

Swimming with Fins at BUD/S

ISSUE #1: Fin techniques

There are techniques that help in swimming with fins, but first you have to find out what works best for you and your strengths. Athletes in sports like football and soccer may not be the best swimmers without fins, but place a pair of SCUBA fins on their legs, and they are faster than most of the other people in the class. This is because they have well developed leg and hip strength and can use bigger kicks to build speed. Some athletes with weaker legs/hips still tend to swim fast, but are required to kick using smaller strides at a faster pace.

You have to find out what works best for you personally. You will want to learn how to swim on both sides, as well; you can alter your kick as long as your top leg always extends forward on both the left and right side. Learning to swim on both sides offers a form of "rest" by changing the pull/push stride of your left/right leg.

As far as arm pulls and breathing, the arm pull can be used as another method of propulsion, especially if you need to rest your legs by skipping a few kicks throughout a long distance swim. Many people like to do a slight pause of kicking when breathing and recovering the arms forward again to remain streamlined. As with any swimming, recovering your arms should remain streamlined and not an obstacle to forward motion.

ISSUE #2: The fins seem to cause pain to your feet after a couple hundred yards and stiffness up the front and side muscles of your shins.

This is a matter of conditioning. When first wearing fins while swimming, you should only swim a few hundred yards and push slightly past discomfort in the ankle and shin area. Do not push too hard or for too long at first, as overuse injuries like tendonitis in the feet and knees can flare up, causing you to swim or run with severe discomfort, or worse: an injury that sidelines you. This process usually takes about 10–15 swims, or two to three weeks of swimming with fins. It is recommended you swim 500 meters with fins; then, if they start to bother you, take off the fins and swim another 500 meters without them,

and finally try fins one more time until discomfort returns. Do this for a few weeks and you will be able to add greater distances each time you swim.

ISSUE #3: What brand of fins?

Actually, as long as you have a SCUBA diving fin that requires you to wear booties (versus slip-on bare feet flippers), you are good to go. I used my old SCUBA fins prior to BUD/S and was able to transition nicely when issued Rocket Fins and UDT Duck Feet. You can use what you have, or get the Rocket Fins if you wish. I personally like the CRESSI Frog Fin and it is what I swim with today.

The best way to learn how to swim fast is to receive personal instruction from people who know how to do the Combat Swimmer Stroke. If you cannot do that, then your next best option would be to watch videos posted on YouTube. In fact, I teach the CSS in over 50 videos at www.youtube.com/stew50smith. The Navy also has videos on the stroke.

Once you ace the Navy SEAL PST, it is critical to start practicing the testing events of BUD/S. For instance, you will be tested weekly in four mile timed runs (in boots on the beach), swimming in the ocean with fins for 2 miles, and doing obstacle courses.

Even if you have never tried them, working to master drown-proofing (do not tire yourself, though), taking a SCUBA course, and adding in some rucking and land navigation is something to consider prior to going to SEAL training.

CLOSING REMARKS

I hope you find success in following this fitness plan. Remember to consult your physician first before starting any program if you have not exercised in several months or years. If you need help with a related questions, please feel free to email me at stew@stewsmith.com.

Good luck with the program!

About the Author

A former Navy Lieutenant (SEAL), Stew Smith graduated from the United States Naval Academy in 1991 and finished Basic Underwater Demolition/SEAL (BUD/S) training (Class 182) as class leader. He has constructed workouts that prepare future BUD/S students for SEAL Training, including *The Complete Guide to Navy SEAL Fitness* and *Maximum Fitness*, as well as many other military special ops and law enforcement programs.

At his personal website, StewSmith.com, Stew Smith writes about fitness and acing physical fitness tests. He is also the founder of Heroes of Tomorrow Fitness, an online fitness resource for people seeking a career in the military, law enforcement or fire fighting. If it requires a fitness test to enter, StewSmith.com has the answer.

Stew Smith is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS). His books and downloadable manuals can take you from beginner to a combat

conditioned veteran. Let these workouts assist you in becoming a better-conditioned athlete.

The following is a list of the published books and downloadable manuals he has written. All books and manuals are fitness-related and are simply written accounts of his experience as a trainer and his own athletic history.

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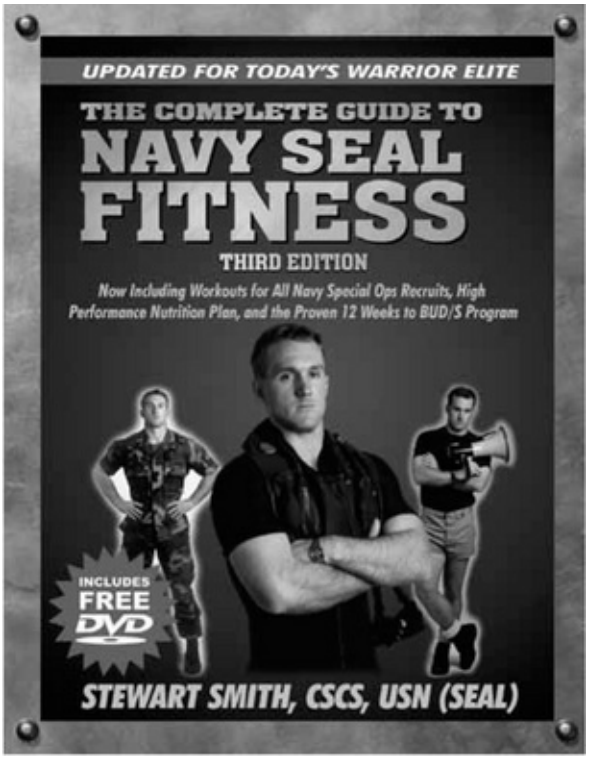

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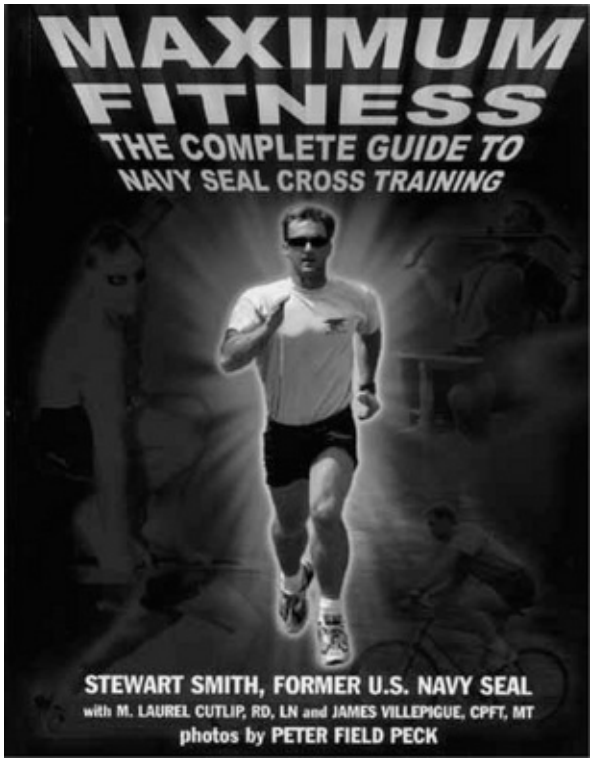

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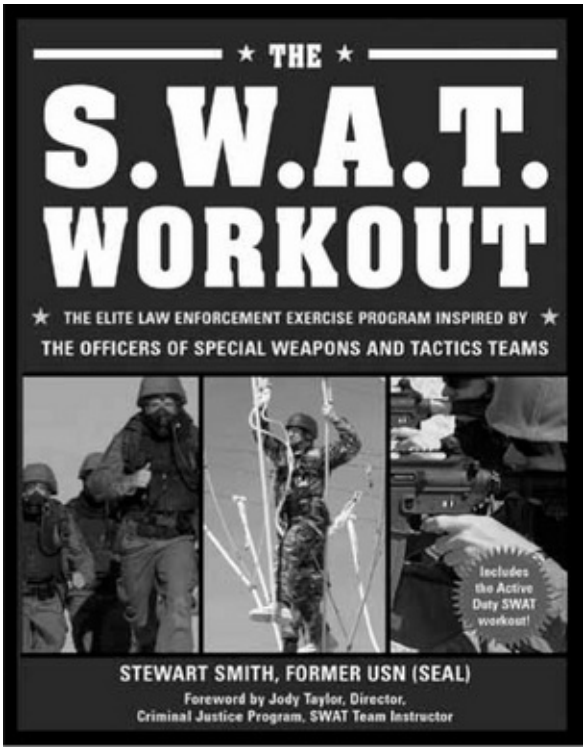

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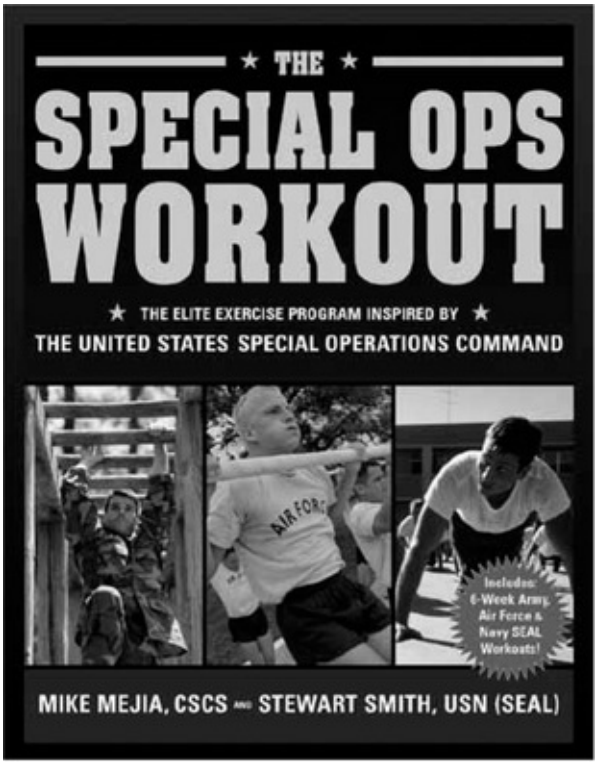

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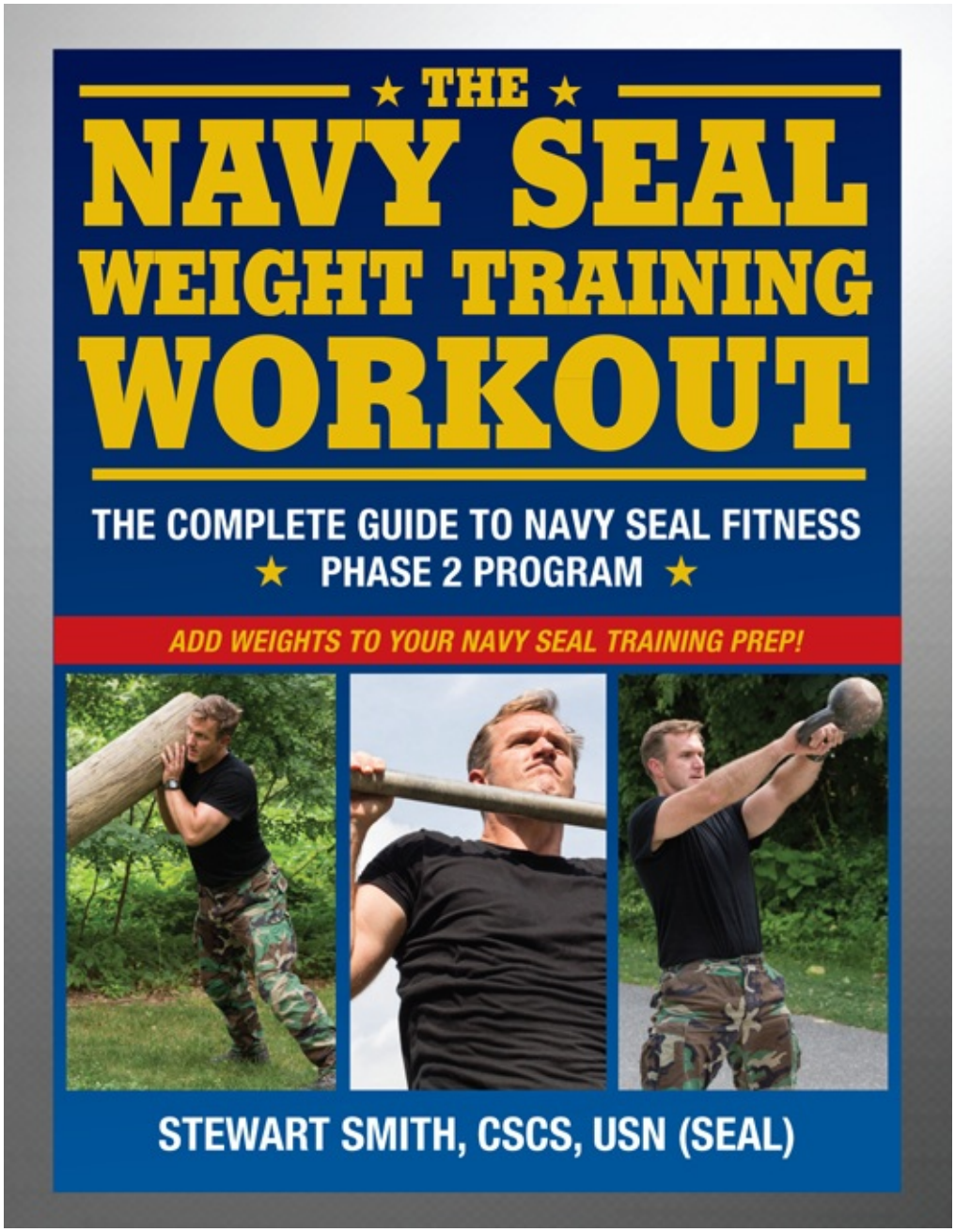
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