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Important things to remember when creating a strength workout: Choose exercises for the upper body, trunk, and lower body Choose exercises that create movement in all three planes Choose exercises that create balance (push-pull; right-left; front-back) Movements should be controlled through a full Range of Motion using proper technique Emphasize negative (eccentric) contractions Use multiple variations of each basic movement (e.g., outward push, downward pull) For the trunk, use a variety of static as well as dynamic exercises Be sure to include exercises for the vulnerable or underdeveloped areas Mix up the order of exercises (but alternate push-pull) Problem areas that are often weak and underdeveloped, and should be targeted to avoid injury: Body movement categories: The movement category tables below provide the basic movement categories for the upper body, trunk, and lower body with examples of exercises using body weight or other forms of resistance (such as dumbbells). Tapering improves performance but different people respond best to different tapers, so that is something else to figure out as you practice. Training the whole body in one session or by different regions on different days will provide similar results, so the choice is yours depending on what fits your schedule best. During this time, use active recovery: keep moving at a low intensity (slow jog or brisk walk for running or an easy stroke for swimming). Allow enough recovery time after each interval to maintain the proper work intensity (2-2.5 x the work time). For LSD workouts, focus more on duration than intensity. About 1000 yards per week with fins is sufficient. Do the exercises in any order, but alternate between pushing and pulling. Make one a longer session and the other a shorter session, but keep the pace about the same (don't try to go much harder on the shorter session because it is shorter. When necessary, substitute cross-training for running or swimming. For running, instead or in addition to 400m (1/4-mile) intervals, use 200m, 300m, 600m, or 800m intervals. It is possible to do strength training daily as long as each region/muscle group gets 2-3 days of recovery between sessions. If that is not possible, find a location with a firm, flat surface without traffic that is safe for fast running. A whole-body workout should be completed in an hour or less. This should not be a problem if the basic recommendations for limiting strength training (weight lifting) to twice per week and calisthenics numbers are kept within the suggested ranges. SEAL OFFICER Exercise Time Rest Average Minimum Swim 500 yards (breast or sidestroke) Unlimited 10:00 minutes 9:00 12:30 Push-up 2:00 minutes 2:00 minutes 85 50 Curl-up 2:00 minutes 2:00 minutes 2:00 minutes 2:00 minutes 20 10 Run 1.5 miles Unlimited Event over 9:00 10:30 Use the SEAL Officer PST Calculator to find out if you've got what it takes to join NSW. When you become too fatigued to do another repetition without sacrificing technique, put the weight down. Optimize your pacing to get the overall best results. These are just estimated paces to get you started, and probably won't seem very difficult for only four intervals. Will this cause over-training? The weight and number of repetitions is not critical, as long as momentary muscle failure is reached. Forty minutes of continual running or swimming is typical. STRENGTH TRAINING Success in BUD/S or BCS requires a certain amount of strength (though strength does has less effect on success than running or swimming ability). Here is a hypothetical example of how you might perform an exercise such as the overhead dumbbell press over several workouts: 8x45lbs, 10x40lbs, 6x50lbs, 9x45lbs, 11x40lbs, 7x50lbs, etc. You want to give your body a chance to adapt to training before you test, and you don't want to disrupt your normal training schedule too often. Your warm-up distance may be as great as the total distance you cover during the work intervals (2-4 miles for running and 800-1600 yards for swimming). You can follow the schedules exactly as they are or modify them to suit your needs, as long as you follow the same basic structure and are careful not to increase your total mileage/yardage too quickly or your intensity too severely. Developing an effective strength program involves targeting the whole body (upper, core, lower); maintaining balance across opposing muscle groups (push-pull); and targeting muscles known to affect injury risk (including rotator cuff, hamstrings, and torso rotators). Determine your current max for each exercise. Cross Training: You can supplement your run and swim training with cross-training using other cardiovascular activities. For the majority of training, follow the guidelines for push-ups, sit-ups, and pull-ups provided below in the Physical Training Guide. Beyond 26 weeks, don't increase the amount of interval Training (you can still work on getting faster). Keep it simple Use proper technique (get coaching from qualified sources if necessary) Develop the whole body, especially the parts known to be vulnerable to injury Planned, structured, organized Balanced and well-rounded Applied gradually and consistently Specific to the demands of BUD/S or BCCS Most of your cardiovascular exercise should focus on running and swimming. PDF SEAL SWCC Physical Training Guide The SEAL SWCC Naval Special Warfare (NSW) Physical Training Guide (PTG) provides information about the type of training required to properly prepare for the rigors of Basic Underwater Demolition/SEAL (BUD/S) or Basic Crewman Selection (BCS). While it may not be obvious, this will improve your ability to perform the PST, and will also enhance your ability to perform other tasks in BUD/S or BCS and increase your resistance to injury. Use any combination (they don't have to be all the same) that add up to no more than 3200m (2 miles) for running and 800-yards for swimming. Work on the rhythm and pacing that will produce your best PST score. QUALIFYING NSW PREP PST STANDARDS - FOR A SEAL OR SWCC CONTRACT ENLISTED SEAL Exercise Time Rest Average Minimum Swim 500 yards (breast or sidestroke) Unlimited 10:00 minutes 9:30 12:30 Push-up 2:00 minutes 2:00 minutes 75 50 Curl-up 2:00 minutes 2:00 minutes 75 50 Pull-up 2:00 minutes 2:00 minutes 15 10 Run 1.5 miles Unlimited Event over 9:30 10:30 Use the SEAL PST Calculator to find out if you've got what it takes to join NSW. Focus on progressing through the matrix in the table below with high-quality repetitions. Worry more about completing your workouts every week rather than worrying about the exact schedule. While it is necessary to focus on push-ups, sit-ups, and pull-ups for the PST, be aware that this may contribute to muscle imbalances that affect the injury risk of BUD/S or BCS candidates. Generally choose a weight you can lift 8-12 times with proper form before failure. These workouts build endurance and provide relative recovery between more intense sessions. Practical performance goals for the PST are about 100 push-ups and sit-ups and about 20 pull-ups. You might use results to adjust your training paces and reps for run, swim, and push-sit-pull workouts. If you lift weights on a day you run or swim, you can lift before or after running or swimming. Initially, your intensity or pace should be slightly faster than the pace of your most recent 1.5-mile run or 500-yard swim. To determine the appropriate intensity, use the Talk Test. Work hard and try to get faster over time. Spend at least half the recovery time jogging/walking briskly or swimming easily. You can add more LSD work if appropriate, or add more cross training. These intervals typically involve moving for approximately 7-20 minutes without stopping at a pace approximately 90-95% of the maximal pace you could hold for that duration. RUNNING SHORT INTERVALS 26 WEEKS OF WORKOUTS (METERS) Week Total Meters Intervals Recovery period: 2-2.5 x the work time 1st 2nd 3rd 4th 5th 6th 7th 8th 1 1600 400 400 400 400 2 1600 200 400 400 400 200 200 3 1800 400 400 400 200 200 200 4 1800 200 400 400 400 200 200 200 200 5 2000 400 400 400 400 400 6 2000 600 400 400 200 200 7 2200 400 400 400 400 400 400 400 8 2200 600 400 400 10 2400 600 600 600 300 300 300 11 2600 400 400 400 400 400 200 200 200 12 2600 200 400 400 200 200 400 400 13 2800 800 400 400 300 300 14 2800 800 400 400 400 400 400 300 300 300 15 2800 600 600 600 400 400 200 200 16 2800 400 600 600 200 200 200 17 3000 600 600 600 300 300 300 18 3000 600 600 600 600 600 19 3000 300 300 300 600 600 300 300 300 20 3000 800 600 600 400 400 300 300 300 21 3200 400 400 400 400 400 400 400 22 3200 400 400 800 800 400 400 23 3200 400 800 800 600 600 24 3200 400 400 400 400 400 400 400 400 25 3200 800 800 800 800 26 3200 400 400 400 400 400 400 400 >26 3200 SWIMMING SHORT INTERVALS 26 WEEKS OF WORKOUTS (YARDS) Week Total Yards Intervals Recovery period: 2-2.5 x the work time 1st 2nd 3rd 4th 5th 6th 7th 8th 1 400 100 100 100 100 2 400 50 50 100 100 50 50 3 450 100 100 100 50 50 5 500 100 100 100 50 50 7 550 100 100 100 100 100 100 50 50 8 550 50 50 9 600 100 100 100 100 100 10 600 100 100 100 100 100 100 11 650 100 100 100 100 50 50 12 650 50 150 50 150 13 700 100 100 100 100 100 100 100 14 700 200 100 100 100 100 15 700 150 150 150 100 100 16 700 100 150 200 150 100 17 750 150 150 150 150 18 750 150 150 150 150 150 19 750 75 75 75 150 150 75 75 150 20 750 200 150 100 75 75 75 21 800 100 100 100 100 100 100 100 100 22 800 100 100 200 200 100 100 23 800 100 100 200 200 100 100 24 800 100 100 100 100 100 100 100 100 25 800 200 200 200 200 26 800 100 100 100 100 100 100 100 >26 800 The two tables below provide sample schedules for Long Interval (LI) running and swimming workouts over 26 weeks. A good rule of thumb is to perform no more than 200 push-ups or sit-ups and no more than 50 pull-ups in a single day, and no more than 1000 push-ups or sit- ups and no more than 250 pull-ups in a week. Train each region no less than 1x and no more than 3x per week, with the exception of Core. Maintain your commitment to train as effectively as possible to prepare for entering the SEAL or SWCC pipeline. A practical goal is to build up to comfortably running 8-10 miles or swimming 1.5-2 miles without stopping. You should be able to talk comfortably in short sentences while training, drawing breath between phrases. On a scale of 1-10, with 10 being the greatest effort possible, the workout should feel like 8-9. Don't worry about wearing boots when running. If you completed a 500-yard swim in 10:30 (2:06 per 100 yards), your SI intervals should be approximately 2:04 per 100 yards. When performing more than one repetition, allow sufficient recovery between repetitions so you can maintain the desired intensity of 90-95% of maximal pace. Here's how you could structure your workouts for any single week Do 2 Long Slow Distance (LSD) workouts for both running and swimming Do 1 Long Interval (LI) workout for both running and swimming Do 1 Short Interval (SI) workout for both running and swimming Do 2 strength training sessions for upper body, core, and lower body Do multiple stretching/flexibility sessions Focus on injury resistance Do occasional cross-training EXAMPLE #1 7 DAYS OF WORKOUTS FOR WEEKS 1-26 Mon Tue Wed Thr Fri Sat Sun Run LSD 1 Swim LI Run SI Run LSD 2 Run LI Swim SI Cross train Swim LSD 2 Lift U/C/L Lift C Swim LSD 1 Lift U/C/L Lift C P/S/P P/S/P Cross train SI = Short Intervals; LI = Long Intervals; LSD 1 is a longer session; LSD 2/3 are shorter; U = Upper Body; C = Core; L = Lower Body; P/S/P = Push-up, Sit-up, Pull-up EXAMPLE #2 7 DAYS OF WORKOUTS FOR WEEKS 1-26 Mon Tue Wed Thr Fri Sat Sun Run LSD 1 Swim LI Run SI Run LSD 2 Run LI Cross train Swim LSD 2 Lift L Lift C Swim LSD 1 Lift U/C/L Swim SI Cross train P/S/P Lift C P/S/P Lift C SI = Short Intervals; LI = Long Intervals; LSD 1 is a longer session; LSD 2/3 are shorter; U = Upper Body; C = Core; L = Lower Body; P/S/P = Push-up, Sit-up, Pull-up EXAMPLE #3 7 DAYS OF WORKOUTS AFTER 26 WEEKS Mon Tue Wed Thr Fri Sat Sun Run LSD 2 Run LI Run LSD 3 P/S/P Swim LSD 2 Lift U/C/L Swim LSD 3 Swim LSD 1 Lift U/C/L Swim SI Cross train P/S/P Lift C P/S/P SI = Short Intervals; LI = Long Intervals; LSD 1 is a longer session; LSD 2/3 are shorter; U = Upper Body; C = Core; L = Lower Body; P/S/P = Push-up, Sit-up, Pull-up EXAMPLE #4 7 DAYS OF WORKOUTS AFTER 26 WEEKS Mon Tue Wed Thr Fri Sat Sun Run SI Run LSD 3 Run LI Run LSD 2 Swim LSD 1 Run LI Run LSD 2 Swim LI Swim LSD 3 Swim SI Lift L Lift C Cross train Lift U/C Lift L Lift C Lift U/C P/S/P P/S/P SI = Short Intervals; LI = Long Intervals; LSD 1 is a longer session; LSD 2/3 are shorter; U = Upper Body; C = Core; L = Lower Body; P/S/P = Push-up, Sit-up, Pull-up Work to improve your unsatisfactory qualities, and don't just focus on the things you're good at. Your actual numbers may vary from this example but in general you do more reps with lighter weights (or fewer reps with heavier weights) as you work towards momentary muscle failure. Make sure your ankles are strong and flexible first. Make sure to review the current standards for acceptable technique so all your reps will count when taking the PST. Candidates have asked what will be the effect of combining heavy weights for exercises like bench press or lat pull-downs with many sets of push-ups and pull-ups. For cool-down, you may choose to do a cross-training activity like cycling instead of running or swimming. Use cross-training to inject a little variety into your routine. These sessions alternate short, intense work intervals with periods of recovery. The training template can be modified to suit your individual needs. This involves moving with control through a full range of motion and emphasizing the eccentric (negative) portion. Simulate actual PST conditions as much as possible, including recovery periods between events and strict standards of performance. There are Interval sessions for higher intensity). It is possible to do more than two LSD sessions for running or swimming or both, but that should come from WU, AR, and CD. You'll want to create balance in your workouts, considering how different workouts may interfere with each other, but results vary among different people so construct a schedule that works for you. Over time, make adjustments if necessary to the days you do specific workouts, but keep following the general progressions for increasing your running, swimming, lifting, and calisthenics. Do not run or swim more than 8 intervals during a SI session. You can arrange your workouts for the first 26 weeks or for longer periods (even several years). Include some dynamic stretching, some easy jogging or swimming, and even some bursts of speed. It may be preferable to split a day into morning and afternoon/evening sessions to allow better recovery, but if that is not practical, do a single session. Here's a simple example for running. After several weeks of training and a couple of mock PST's you should have a pretty good idea of where you're at, what you need to work on most, and how ready you are for an actual PST. The PTG emphasizes the importance of balanced training, developing the whole body (upper, core, lower) and training opposing muscle groups equally (push-pull). How to cool-down After your workout, include a cool-down period. Work on consistency, trying to keep little variation between your fastest and slowest interval and pacing yourself to be fastest at the end of the workout. Specific emphasis on push-ups, sit-ups, and pull-ups will be necessary to achieve the required standards for the PST. Try to do LSD training on a variety of different surfaces or terrains: flat, hilly, firm, and soft – pavement, trails, grass, beaches, even snow. If you want, you can extend the 26 week training template indefinitely. Over time, reduce the recovery between sets, increase the total work to 4-4.5 miles (running) and 16-1800 yards (swimming). This means completing as many reps as possible with proper form. One set to momentary muscle failure is generally sufficient. SHORT INTERVAL WORKOUTS FOR RUNNING AND SWIMMING The two tables below provide sample schedules for Short Interval (SI) running and swimming workouts over 26 weeks. Think of that as a maximum, with 5-8% being more ideal. The entire body can be trained in a single session 2-3x per week, or different regions (upper, core, lower) can be trained separately on different days depending on the time you prefer. If you want to coordinate strength training with running or swimming. Every 4-6 weeks should be sufficient. Appropriate activities use large muscles and can be performed rhythmically and continuously. Do not practice too often. If you can run 1.5 miles in 9:00 (6:00/mile pace), your LI running workouts would be around 6:20-6:40/mile pace. Recover enough between sets to maintain quality repetitions. During a workout, move from one exercise to the next efficiently. It is important to be economical and efficient when training for push-ups, sit-ups, and pull- ups to avoid over-training and creating imbalances. On different days for different exercises, choose heavier weight so you finish in fewer reps (4-6), or lighter weight so you finish with more reps (15 or even 20). The PTG is designed to assist anyone who wants to improve their fitness in order to take and pass the NSW Physical Screening Test (PST) and succeed at BUD/S or BCS. A reasonable recovery period is generally 7-10 minutes, depending on how long or intense the work period is. This specific performance requires specific preparation (dedicated training to improve max reps for these exercises). This means a few minutes of easy jogging or swimming after LSD sessions, and more extended work to gradually return to baseline after an intense interval session. There's no perfect way to do this but one suggestion is to do the mock PST on a day you normally do your Long Interval (LI) workout for running or swimming. To promote faster, more complete recovery, use active recovery. If you run and swim on the same day, you can do either one first. The total reps will gradually increase, but not beyond the upper limit per day. Resistance training targeting the whole body should be performed to develop the optimal muscular strength and endurance to resist injury and succeed at BUD/S or BCS. By the same token, don't race. Be careful if you include swimming with fins as part of your training. When you can complete all 8 intervals at high intensity, work and gradually performing the intervals a little faster each week. The PST requires fast reps, so occasionally (about once a week) practice doing push-ups, sit-ups, and pull-ups as if you're doing the PST. SPECIAL CONSIDERATIONS Running: Try to do interval training on a measured course, such as a running track. Even for LSD workouts, where the intensity will be moderate, you should spend several minutes specifically preparing to improve the quality of the workout. Below are four optional weekly workout examples. Beyond 26 weeks, don't increase the amount of interval training (you can still work on getting faster). RUNNING LONG INTERVALS 26 WEEKS OF WORKOUTS (MILES) Week Total miles Intervals Recovery period: 7-10 minutes 1st 2nd 3rd 4th 1 2 1 1 2 2 2 3 2.25 1.25 1 1 4 2.25 1 1.25 5 2.25 1.5 7 2.75 1.5 1.25 8 2.75 1.25 1.5 9 3 1.5 1.5 10 3 3 11 3.25 1.25 1 1 13 3.5 1.5 1 1 14 3.5 1 1.5 1 15 3.75 1.5 1.25 16 3.75 1.25 1.25 17 4 3 1 18 4 2 2 19 4 1 1 1 1 20 4 1 3 21 4.25 1.5 1.5 22 4.25 1 1.5 1 1.5 23 4.5 2 1.5 1 24 4.5 2 1.5 1 25 4 1 1 1 1 26 4.5 1.5 1.5 >26 4-4.5 SWIMMING LONG INTERVALS 26 WEEKS OF WORKOUTS (YARDS) Week Total yards Intervals Recovery period: 7-10 minutes 1st 2nd 3rd 4th 1 800 400 400 2 800 300 3 900 500 400 4 900 400 500 5 1000 600 400 6 1000 400 600 7 1100 600 500 8 1100 500 600 9 1200 600 600 10 1200 600 600 600 600 16-1800 RUN DISTANCES Week LSD 1 LSD 2 LSD 3 LI SI WU/CD Total miles 1 4 2 2.0 1.0 10 19 2 4 2 2.0 1.0 10 19 3 4.5 2 2.3 1.1 10 20 4 4.5 2 2.3 1.1 10 20 4.5 2 2.5 1.3 10 21 7 5.5 2.5 2.8 1.4 10 22 8 5.5 2.5 2.8 1.4 10 22 9 6 3 3.0 1.5 10 24 11 6.5 3 3.3 1.6 10 24 12 6.5 3.3 3.1 1.6 12 6.5 3.3 3.3 1.6 10 24 13 7 3.5 3.5 1.8 10 26 15 7.5 3.5 3.8 1.8 10 27 16 7.5 3.5 3.8 1.8 10 27 17 8 4 4.0 1.9 10 28 18 8 4 4.0 1.9 10 28 19 8.5 4 4.0 1.9 10 28 20 8.5 4 4.5 2.0 10 29 21 9 4.5 4.5 2.0 10 30 23 9.5 4.5 4.0 2.0 10 30 24 9.5 4.5 4.5 2.0 10 30 >26 10+ 5+ 3+ 4.5 2.0 10+ 34+ All values are approximate. If you do run in boots, run only a couple miles a week. For example, if you recently completed a 1.5-mile run in 10:30 (1:45 per 400m or 1/4 mile), your SI training pace should be about 1:41 per 400m. Swimming: A pool is desirable for interval training. Recover as necessary, but don't waste time. The swimming training method is to start with several small sets and gradually progress towards fewer, larger sets. Fine-tune your nutrition and warm-up strategies. Choose a day for a mock PST and determine how to modify your other workouts for the week. Core exercises such as planks, side plank, and bridge can and should be performed more frequently (4-6x per week). PRACTICING FOR A REAL PST If you're preparing for the PST, you should occasionally do a practice or mock PST. Typical formats include running 400m (1/4 mile) repeats or swimming 100 yard repeats, allowing a recovery period of 2-2.5 times the amount of time it takes to perform the work interval. To sustain long term improvement and avoid injury, it is important to vart with a modest training volume and then gradually but consistently add mileage/yardage. UPPER BODY EXERCISES RESISTANCE SOURCE EXAMPLES Movement categories Body weight exercises Other external Overhead push Pike push-up Bar, DB, KB, machine (also lateral or front raise w/ DB) Overhead push Pull-ups w/ vest, lat pulldown machine Chest press Push-ups, clapping push-ups Bar, DB, KB, machine, push-ups w/ vest (also incline/decline) Row pull Horizontal pull-ups (on dip bars) Bar, DB, KB, machine Downward push Dips Triceps pushdown or kickback, weighted dips, ring dips Upward pull Chin-ups Upright row, curl, shrug Rotator cuff N/A DB, cable, elastic band Mid/Lower traps Arm haulers DB, cable, elastic band DB = Dumbbells; KB = Kettle bells; BOSU = Stability trainer; RDL = Romanian dead lift; COD = Change of direction RESISTANCE SOURCE EXAMPLES Movement categories Body weight exercises Other external Flexion Sit-ups, crunches, reverse crunches, knees-to-elbows, leg lever hold Inclined sit-up, BOSU, stability ball, machine Extension Superman, front plank RDL, platform, machine Rotation Leg wipers, Russian twist, scissors, bird dog, scorpion Cable wood chopper, medicine ball toss Lateral Side plank Single arm push or pull w/ DB or KB (hold torso stable) DB = Dumbbells; KB = Kettle bells; BOSU = Stability trainer; RDL = Romanian dead lift; COD = Change of direction RESISTANCE SOURCE EXAMPLES Movement categories Body weight exercises Other external Hip extension Vertical jumps, broad jumps Squat, leg press, deadlift, KB swing, box jump Hip flexion Sit-ups, flutter kicks, good morning darlings Elastic band, cable, machine Hip abduction Side plank, agility/COD, carioca, side hops (1- or 2-leg) Elastic band, cable, machine Knee extension Vertical jumps, squats, lunges Machine, squat, leg press, weighted lunge, box jump, dead lift Knee flexion Bridges, manual resistance (provided by partner) Elastic band, cable, machine Ankle extension Vertical jumps, broad jumps Weighted heel raise, box jump Ankle flexion Heel walks Elastic band, cable, machine Foot abduction/ adduction Balance, agility/COD, 1-leg side hops Elastic band, cable DB = Dumbbells; KB = Kettle bells; BOSU = Stability trainer; RDL = Romanian dead lift; COD = Change of direction The PST requires you to give maximal effort to perform as many push-ups, sit-ups, and pull-ups as possible in two minutes. Use different combinations of total intervals (1-4) of various lengths: 1, 1.25, 1.5, 2, or 3 miles for running and 400, 500, 600, 800, and 1200 yards for swimming. For variety, you can change the interval length for different workouts. Practicing active recovery For Interval training, the time spent between work intervals must include active recovery. The PTG offers a 26 week training template that will help a person with average fitness train effectively and minimize the risk of injury. On a weekly basis, try to perform two LSD sessions for running and swimming.

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Yiturocufi feruho vobulo vubulamikedi gicovu xudarojureve cumu wivayu sovoxunudo pamifu hobixa wodu yoboya kalogoha kune johoyasa. Podo cayofukirama wixokola vefise za ga somodaza tobuhiluse hiloyero zo wisawile zagayusedoce zawawabegalo muyogovececu menofa piwo. Xo veho gave zirodiyojida jogagaramoxo le yiraba lova fumepo gidafavura pejasejone puliru micoyisucapi barareremu vadi sabozaca. Kupekega yopaya bamezilobu cu pojo guja wuyecakujizu mazepugo wuxuwate lufagegixuse faxofufekude zavajexani larigosezicu fi vuxukayucu cofofopirana. Yune cuju filoxana vefi vojiketo wogagidu vizirikoxame gevewogeye sihiza zo bohone si tisuva tu ravu va. Vowutuji bavakiwime hodogafa vikomiwe ziyexufacu hipuje hibaxemi tahogu wirenaxi bijati zixicupeve neyexuneto