

Navy SEALs Workout

Getting in shape for the world class Navy SEALs is no walk in the park. However, if you can push yourself to the limit, then the rewards will be great!

PHYSICAL FITNESS STANDARDS

PHYSICAL EVOLUTION REQUIRED TIME FIRST PHASE

50 meter underwater swim PASS/FAIL
Underwater knot tying PASS/FAIL
Drown proofing test PASS/FAIL
Basic lifesaving test PASS/FAIL
1200 meter pool swim with fins → 45 min
1 mile bay swim with fins → 50 min
1 mile ocean swim with fins → 50 min
1 ½ mile ocean swim with fins → 70 min
2 mile ocean swim with fins → 95 min
Obstacle course → 15 min
4 mile timed run → 32 min

POST HELL WEEK

2000 meter conditioning pool swim without fins → COMPLETION
1 ½ mile night bay swim with fins → COMPLETION
2 mile ocean swim → 32 min
4 mile timed run → 32 min
Obstacle course → 13 min

SECOND PHASE

2 mile ocean swim with fins → 80 min
4 mile timed run (in boots) → 31 min
Obstacle course → 10:30
3 ½ mile ocean swim with fins → COMPLETION
5 ½ mile ocean swim with fins → COMPLETION

THIRD PHASE

Obstacle Course → 10 min
4 mile timed run (in boots) → 31 min
Obstacle course → 10:30

14 mile run → COMPLETION

2 mile ocean swim with fins → 75 min

Academic standards are required on written tests before graduation from BUD/S are:
80% or above for officers; 70% or above for enlisted

SUGGESTED STUDENT PREPARATION

The following workouts are designed for two categories of people: Category I are those future BUD/S students that have never or have not recently been on a routine PT program. Category II is designed for high school and college athletes that have had a routine PT program. Usually athletes that require a high level of cardiovascular activity are in Category II.

Swimming, running, and wrestling are good examples of such sports.

WORKOUT FOR CATEGORY I

RUNNING: The majority of the physical activities you will be required to perform during your six months of training at BUD/S will involve running. The intense amount of running can lead to over stress injuries of the lower extremities in trainees who arrive not physically prepared to handle the activities. You should also run in boots to prepare your legs for the everyday running in boots at BUD/S (boots should be of light weight variety i.e. Bates Lights, Hi-Tech, Etc.).

The goal of the category I student is to work up to 16 miles per week of running. After you have achieved that goal, then and only then should you continue on to the category II goal of 30 miles per week. Let me remind you that category I is a nine week buildup program. Follow the workout as best you can and you will be amazed at the progress you will make.

RUNNING SCHEDULE I

WEEKS #1,2: 2 miles/day, 8:30 pace, M/W/F (6 miles/week)

WEEK # 3: No running. High risk of stress fractures.

WEEK # 4: 3 miles/day, M/W/F (9 miles/week)

WEEKS #5, 6: 2/3/4/2 miles, M/Tu/Th/F (11 miles/week)

WEEKS #7, 8, 9: 4/4/5/3 miles, M/Tu/Th/F (16 miles/week)

PHYSICAL TRAINING SCHEDULE I (Mon/Wed/Fri)

SETS OF REPETITIONS

WEEK #1: 4 X 15 PUSHUPS

4 X 20 SITUPS

3 X 3 PULL UPS

WEEK #2: 5 X 20 PUSUPS

5 X 20 SITUPS

3 X 3 PULL UPS

WEEKS # 3,4: 5 X 25 PUSHUPS

5 X 25 SITUPS

3 X 4 PULL UPS

WEEKS # 5,6: 6 X 25 PUSHUPS

6 X 25 SITUPS

2 X 8 PULL UPS

WEEKS # 7,8: 6 X 30 PUSHUPS

6 X 30 SITUPS

2 X 10 PULL UPS

WEEK #9: 6 X 30 PUSHUPS

6 X 30 SITUPS

3 X 10 PULL UPS

*NOTE: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull ups, immediately with no rest.

SWIMMING SCHEDULE

(sidestroke with no fins 4-5 days a week)

WEEKS #1,2: swim continuously for 15 min

WEEKS #3,4: swim continuously for 20 min

WEEKS #5,6: swim continuously for 25 min

WEEKS #7,8: swim continuously for 30 min

WEEK #9: swim continuously for 35 min

*NOTE: If you have no access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim every day available. Four to five days a week and 200 meters in one session is your initial workup goal. Also, you want to develop your sidestroke on both the left and right side. Try to swim 50 meters in one minute or less.

WORKOUT FOR CATEGORY II

Category II is a more intense workout designed for those who have been involved with a routine PT schedule or those who have completed the requirements of category I. **DO NOT ATTEMPT THIS WORKOUT SCHEDULE UNLESS YOU CAN COMPLETE WEEK #9 LEVEL OF CATEGORY I WORKOUTS.**

RUNNING SCHEDULE II

M/Tu/Th/Fri/Sat)

WEEKS #1,2: (3/5/4/5/2) miles 19 miles/week

WEEKS #3,4: (4/5/6/4/3) miles 22 miles/week

WEEK #5: (5/5/6/4/4) miles 24 miles/week

WEEK #6: (5/6/6/6/4) miles 27 miles/week

WEEK #7: (6/6/6/6/6) miles 30 miles/week

*NOTE: For weeks #8-9 and beyond, it is not necessary to increase the distance of the runs; work on the speed of your 6 mile runs and try to get them down to 7:30 per mile or lower. If you wish to increase the distance of your runs, do it gradually: no more than one mile per day increase for every week beyond week #9.

PT SCHEDULE II
(Mon/Wed/Fri)

SETS OF REPETITIONS

WEEKS #1,2: 6 X 30 PUSHUPS

6 X 35 SITUPS

3 X 10 PULL UPS

3 X 20 DIPS

WEEKS #3,4: 10 X 20 PUSHUPS

10 X 25 SITUPS

4 X 10 PULL UPS

10 X 15 DIPS

WEEK #5: 15 X 20 PUSHUPS

15 X 25 SITUPS

4 X 12 PULL UPS

15 X 15 DIPS

WEEK #6: 20 X 20 PUSHUPS

20 X 25 SITUPS

5 X 12 PULL UPS

20 X 15 DIPS

These workouts are designed for long-distance muscle endurance. Muscle fatigue will gradually take a longer and longer time to develop doing high repetition workouts. For best results, alternate exercises each set, in order to rest that muscle group for a short time. The below listed workouts are provided for varying your workouts once you have met the Category I and II standards.

PYRAMID WORKOUTS

You can do this with any exercise. The object is to slowly build up to a goal, then build back down to the beginning of the workout. For instance, pull ups, situps, pushups, and dips can be alternated as in the above workouts, but this time chose a number to be your goal and build up to that number. Each number counts as a set. Work you way up and down the pyramid. For example, say your goal is “5.”

OF REPETITIONS

PULL UPS: 1,2,3,4,5,4,3,2,1

PUSHUPS: 2,4,6,8,10,8,6,4,2 (2X # of pull ups)

SITUPS: 3,6,9,12,15,12,9,6,3 (3X # of pull ups)

DIPS: same as pushups

SWIMMING WORKOUTS II

(4-5 days/week)

WEEKS #1,2: swim continuously for 35 min

WEEKS #3,4: swim continuously for 45 min with fins

WEEK #5: swim continuously for 60 min with fins

WEEK #6: swim continuously for 75 min with fins

*NOTE: At first, to reduce initial stress on your foot muscles when starting with fins, alternate swimming 1000 meters with fins and 1000 meters without them. Your goal should be to swim 50 meters in 45 seconds or less.

STRETCH PT

Since Mon/Wed/Fri are devoted to PT, it is wise to devote at least 20 minutes on Tue/Thu/Sat to stretching. You should always stretch for at least 15 minutes before any workout; however, just stretching the previously worked muscles will make you more flexible and less likely to get injured. A good way to start stretching is to start at the top and go to the bottom. Stretch to tightness, not to pain; hold for 10-15 seconds. **DO NOT BOUNCE.** Stretch every muscle in your body from the neck to the calves, concentrating on your thighs, hamstrings, chest, back, and shoulders.