

NAVAL SPECIAL WARFARE

# PHYSICAL TRAINING GUIDE

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DISCLAIMER: Preparation for this training can be equally strenuous. You should consult a physician before you begin any strenuous exercise program, such as the one described here, or any diet modification, especially if you have or suspect that you may have heart disease, high blood pressure, diabetes, or any other adverse medical conditions. If you feel faint or dizzy at any time while performing any portion of this training program, stop immediately and seek medical evaluation. The United States Government and any service member or civilian employed by the United States Government disclaims any liability, personal or professional, resulting from the misapplication of any training procedure, technique, or guidance described in this guide.

The Naval Special Warfare Physical Training Guide is designed to assist anyone who wants to improve his fitness in order to take and pass the Physical Screening Test (PST) and succeed at Basic Underwater Demolition/SEAL (BUD/S).

This guide provides information about the type of training required to properly prepare for the rigors of BUD/S, and it offers a tailorable 26-week training plan that should help a person with average fitness prepare for training and avoid injury.

sit-ups as they are necessary for success at BUD/S. Cross-training such as cycling, rowing and hiking is useful to rehabilitate an injury, to add variety or to supplement your basic training.

Work to improve your weakest areas. If you are a solid runner but a weak swimmer, don't spend all your time running just because you are good at it. Move out of your comfort zone, and spend enough time in the water to become a solid swimmer as well. ■

Most of your cardiovascular exercise should focus on running and swimming, and your strength and calisthenics training should be done to develop the necessary muscular strength and endurance for maximum pull-ups, push-ups and

### General Training Guidelines

Your workouts should be

- Planned and organized
- Gradual, steady and continual
- Consistent
- Specific
- Balanced

## WEEKLY WORKOUT SUMMARY

- 1 Long Slow Distance workout for both running and swimming
- 1 Continuous High Intensity workout for both running and swimming
- 1 Interval workout for both running and swimming
- 4-5 Calisthenics Routines
- 4-6 Strength Training Sessions – 2-3 each for upper and lower body
- 4-5 Core Exercise Routines
- Daily Flexibility Routines
- Specific injury prevention exercises as needed

### Long Slow Distance (LSD)

The intensity of LSD work is low to moderate, so your pace should feel relatively easy and relaxed. These workouts build endurance and provide relative recovery between more intense sessions. To determine the appropriate intensity, use the Talk Test. You should be able to talk comfortably in short sentences or phrases while training, drawing breath be-

tween phrases. If you can't speak, you are working too hard, and if you can speak continually, you are not working hard enough. For LSD workouts, focus more on duration than intensity. If you are exceptionally fit, you might perform 40-90 minutes of continuous movement in one session. A practical goal to prepare for BUD/S is to build up to comfortably running 5-6 miles or swimming 1-1.25 miles without stopping. ■

### Continuous High Intensity (CHI)

These sessions typically involve moving for 15-20 minutes without stopping at a pace approximately 90-95% of the maximal pace

you could hold for that duration. The workout should be very demanding but not totally exhausting. On a scale of 1-10, with 10 being the greatest effort possible, the workout

should feel like 8-9. If you are at a low fitness level, one repetition of 15-20 minutes is sufficient. As your fitness improves, 2-3 repetitions may be required. When performing more than one repetition, allow sufficient recovery between repetitions so you can maintain the

desired intensity of 90-95% of maximal pace. A reasonable recovery period is approximately half of the work time. During this time, keep moving at a low intensity – slow jog, brisk walk or easy stroke. Do not come to a complete stop. ■

### Interval (INT)

These sessions alternate short, intense work intervals with periods of recovery. The format consists of running 1/4-mile intervals or swimming 100-yard intervals, allowing a recovery period of 2-2 1/2 times the amount of time it takes to perform the work interval. Your intensity or pace should be slightly faster than the pace of your most recent 1.5-mile run or 500-yard swim. For running, your 1/4-mile interval pace should initially be about 4 seconds faster than your base pace, and for swimming, your 100-yard interval pace should initially be 2 seconds faster than your base. For example, if you recently completed

a 1.5-mile run in 10:30 – 1/4 mile base pace of 1:45 – your interval training pace should be about 1:41. If you completed a 500-yard swim in 10:30 – 100-yard base pace of 2:06 – intervals should be approximately 2:04.

Begin your interval workouts with 4 intervals per session, and build progressively toward completing 10 intervals. Do not run or swim more than 10 intervals during an interval session. When you can complete 10 intervals in the prescribed times, work on gradually performing the intervals a little faster each week. Work on consistency, trying to keep little variation between your fastest and slowest interval and pacing

RUN			SWIM		
If your current pace is	Then your workout is		If your current pace is	Then your workout is	
	1/4-mile repeat time	recovery time		100-yard repeat time	recovery time
8:00-8:30	1:16-1:21	2:32-3:23	8:00-8:30	1:34-1:40	3:08-4:10
8:30-9:00	1:21-1:26	2:42-3:35	8:30-9:00	1:40-1:46	3:20-4:25
9:00-9:30	1:26-1:31	2:52-3:48	9:00-9:30	1:46-1:52	3:32-4:40
9:30-10:00	1:31-1:36	3:02-4:00	9:30-10:00	1:52-1:58	3:44-4:55
10:00-10:30	1:36-1:41	3:12-4:13	10:00-10:30	1:58-2:04	3:56-5:10
10:30-11:00	1:41-1:46	3:22-4:25	10:30-11:00	2:04-2:10	4:08-5:25
11:00-11:30	1:46-1:51	3:32-4:38	11:00-11:30	2:10-2:16	4:20-5:40
11:30-12:00	1:51-1:56	3:42-4:50	11:30-12:00	2:16-2:22	4:32-5:55
12:00-12:30	1:56-2:01	3:52-5:03	12:00-12:30	2:22-2:28	4:44-6:10
12:30-13:00	2:01-2:06	4:02-5:15	12:30-13:00	2:28-2:34	4:56-6:25
13:00-13:30	2:06-2:11	4:12-5:28	13:00-13:30	2:34-2:40	5:08-6:40
13:30-14:00	2:11-2:16	4:22-5:40	13:30-14:00	2:40-2:46	5:20-6:55
14:00-14:30	2:16-2:21	4:32-5:53	14:00-14:30	2:46-2:52	5:32-7:10
14:30-15:00	2:21-2:26	4:42-6:05	14:30-15:00	2:52-2:58	5:44-7:25
15:00-15:30	2:26-2:31	4:52-6:18	15:00-15:30	2:58-3:04	5:56-7:40
15:30-16:00	2:31-2:36	5:02-6:30	15:30-16:00	3:04-3:10	6:08-7:55

Table 1 Interval Paces

Table 1 provides appropriate paces and recovery times for interval workouts.

yourself to be fastest at the end of the workout. Every 4th or 5th week, it may be beneficial to increase your intensity using shorter, more frequent intervals. For example, 16-20 x 220-yard running intervals or 16-20 x 50-yard swimming intervals.

## Calisthenics

During BUD/S and for the PST, you will be required to perform numerous push-ups, sit-ups and pull-ups. You should prepare specifically for these exercises. Using proper technique, perform sets of push-ups, sit-ups and pull-ups 4-5 times per week, resting 1-2 minutes between sets. Though the PST requires the exercises to be performed as rapidly as possible, you should perform most of your training exercises in a slow and controlled manner. The negative or downward portion should take at least twice as long as the positive or upward portion. Approximately once per week, perform a max set (maximal number of consecutive repetitions) to assess your progress.

Here are descriptions of each exercise as they must be performed during the PST. While training, you may occasionally do alternate versions for variety and additional fitness adaptations.

### Push-up

- Begin in the up or front-leaning rest position, with feet together and palms on floor directly beneath or slightly wider than shoulders.
- Back, buttocks and legs should remain straight from head to heels at all times. Palms and toes remain in contact with the floor.
- Lower the entire body as a single unit by bending the elbows until the arms form right angles, then return to the starting position by extending the elbows, raising the body as a single unit until the arms are straight.

Allow enough recovery time to maintain the proper work intensity, without taking excessive time or wasting time. To promote faster, more complete recovery, use some active recovery, such as brisk walking, easy stroking or slow jogging for part of the time between intervals. ■

**Variations** Use caution with any push-up variation, since placing the hands in any position other than beneath the shoulders may create painful stress on the elbows.

- Include wide, narrow (triceps) and dive bomber
- Lift one foot off the floor
- Place feet on a raised surface slightly higher than the hands

### Sit-up

- Begin by lying flat on floor with knees bent and heels approximately 10 inches from buttocks.
- Arms should be folded across the chest with hands touching the upper chest or shoulders. The feet may be stabilized if desired.
- Curl the body up, touching the elbows to the thighs just below the knees, keeping the hands in contact with the chest or shoulders.
- After touching elbows to thighs, lie back till the shoulder blades touch the floor.

### Variations

- With fingers placed loosely behind neck (don't pull on neck), curl the trunk up and rotate so the right elbow contacts the left knee; lower trunk to floor and bring left elbow up to right knee; continue alternating rotations from right to left.
- Keeping shoulders on the floor and knees bent, alternate drawing each knee up to the opposite elbow. Return each leg so the foot rests on the floor while the other knee is drawn up.
- With arms across chest or fingers behind neck, keeping the knees bent, lift the legs

and hips off the floor drawing the knees towards the shoulders. After the abdominals have been fully contracted, lower the hips and legs until the feet touch the floor.

*Note: for all abdominal exercises, keep the pelvis neutral and the lower back pressed to the floor to avoid putting stress on the lumbar spine.*

### Pull-up

- Begin suspended from the bar in a dead hang with arms and shoulders fully extended, palms shoulder width apart and pronated (overhand grip, facing away).
- Pull body up until chin is even with or

above the top of the bar.

- Legs may be crossed or uncrossed as desired, but no kipping or jerking motions allowed.
- Lower the body in a controlled fashion until arms and shoulders are fully extended.

### Variations

- Narrow or wide grip
- Supinated grip with palms toward the body to more completely isolate the biceps
- Hang from bar with hands adjacent and on opposite sides of the bar, palms facing inward in opposite directions, and alternately pull the right and left shoulders up to the bar (also called the mountain climber or commando pull-up) ■

PUSH-UPS & SIT-UPS				PULL-UPS			
If your max is	Then your workout is			If your max is	Then your workout is		
	Sets	Reps	Total		Sets	Reps	Total
<40	5-6	10-15	50-90	<6	5-6	2-3	10-18
40-60	4-5	15-20	60-100	6-9	4-5	4-5	16-25
60-80	4-5	20-25	80-125	10-12	4-5	5-6	20-30
80-100	3-4	30-40	90-160	13-15	3-4	8-10	24-40
>100	3-4	40-50	120-200	>15	3-4	10-12	30-48

Table 2 Push-up, Sit-up, Pull-up Progression

*Table 2 provides specific training recommendations to improve your maximum number of push-ups, sit-ups and pull-ups.*

## Strength Training/Weight Lifting

Muscular strength is necessary to enhance performance on the PST and increase the likelihood of success at BUD/S. It is important to gain strength properly to avoid injury.

There are many different training protocols for building strength and numerous methods of providing adequate resistance, including free weights, machines and body weight. For the purposes of this training, generally perform a single set of 8-12 repetitions (occasionally 4-6 reps or 15-20 reps) of various exercises that target major muscle groups.

You can occasionally perform a second

set to provide additional training stimulus, but in most cases one set is sufficient to produce significant increases in strength. Perform a single set using a weight that cannot be lifted more than 8-12 times giving maximal effort and using proper technique. Generally perform 8-12 exercises per session.

Move from one exercise to the next quickly, only resting the amount of time it takes to set up the proper weight at the next station. This promotes overall intensity and some cardio-respiratory adaptations. Use a split routine of upper body and lower body exercises on alternate days.

To the right is a list of exercises you might incorporate into your strength program. This list is not definitive, and individuals may create personalized routines based on equipment availability and individual preferences. Alternate a variety of exercises that involve pushing (extension) with pulling (flexion) and target several major muscle groups. Avoid exercises that require high levels of skill unless you are under the supervision of a qualified coach.

### Core Exercises

It is important to develop the strength **and endurance** of core muscles in the abdominal and spinal regions. This will improve overall body balance and alignment, improve stability and reduce injury. Sit-ups and push-ups, which should be performed regularly in preparation for BUD/S, are important core exercises. Additional core exercises include the bridge, plank, and bird dog.

#### Bridge

- Lie on back with knees bent and feet about ten inches from buttocks.
- Keep arms at sides or folded across the chest and keep the pelvis neutral.
- Raise the hips off the floor, creating a straight line between the knees, hips and shoulders.
- Lift the right foot off the floor and extend the leg until it is straight and creates a line from the shoulder through the hip, knee and foot.
- Meanwhile, support the body's weight by statically contracting the glutes and hamstring of the left leg. Make sure to keep the pelvis neutral and horizontal; don't let it dip toward the unsupported side.
- Hold the contraction for 3-4 seconds before lowering the pelvis to the floor with both feet near the buttocks in the original starting position.
- Lift the left foot off the floor and extend the leg while supporting the body's weight with the right leg in the same manner for 3-4 seconds.
- Continue to alternate between legs.

#### Upper Body Exercises

Lat pull-downs, shoulder (military) press, biceps curl, bench press or incline press, seated row pull, deltoid lateral raise (raise arms parallel to the ground but no higher), upright row, triceps extension or dips.

#### Lower Body Exercises

Lunges, leg curl, back hyperextension, dead lifts, leg press or squats, and heel raises. ■

#### Plank

- Lie face down on floor with legs straight and feet together, place forearms on floor with elbows directly below shoulders, then raise body off the floor so weight is supported by toes and forearms.
- Hold body in this position by statically contracting the core muscles, maintaining a straight line from heels to shoulders.

##### Variations

- Lift each arm and leg off the floor one at a time in turn, holding each position for several seconds before moving to the next position. Make sure the torso remains stable.
- Hold one arm and the opposite leg off the floor simultaneously.

#### Side Plank

- Lie on one side supporting body weight on one forearm with elbow below shoulder and resting the other arm along the side of the body.
- Don't let the hips sag towards the floor. Hold the spine and legs in a straight line by statically contracting the core muscles.
- Hold for desired length of time and switch to the other side.

##### Variations

- Maintain core contraction while lifting the top leg off the floor by abducting the hip.
- Raise the body higher off the floor by extending the support arm completely straight and supporting the weight with one hand, meanwhile extending the opposite arm

straight above the body.

### Bird Dog

- Begin on hands and knees, with hands directly below shoulders and head & neck aligned with back.
- Raise the right arm until it is fully extended and parallel to the floor. Simultaneously raise the left leg until it is fully extended. The arm, leg and back should all be in the same horizontal plane.
- Keep the torso stable; do not let the hip drop on the unsupported side.
- Hold for 3-4 seconds, then lower the upraised arm and leg to the starting position, and raise the opposite arm and leg to the same extended positions.

### Superman

- Lie face down on floor with legs straight, feet together and arms straight and extended overhead.
- Keeping arms and legs straight, lift both hands and both feet several inches off the floor and hold for 3-4 seconds.
- Relax for 1-2 seconds and repeat.

#### Variations

- Keeping arms and legs straight, lift one hand and the opposite foot several inches off the floor and hold for 3-4 seconds. Return to starting position and simultaneously lift the other

hand and foot. Continue to alternate lifting opposite hands and feet.

### Wipers

- Lie on your back with legs extended straight and together, and arms outstretched away from the body.
- Lift the legs together till they are perpendicular to the ground (hips flexed to 90 degrees). Keeping the hips flexed to 90 degrees, rotate the lower torso and pelvis to one side so the legs contact the ground.
- Rotate the lower torso and pelvis through a 180 degree arc till the legs contact the ground on the other side. Swing the legs back and forth through a 180 degree arc (like a windshield wiper). Each arc counts as one rep.
- Keep the upper back, both arms and shoulder blades in contact with the ground at all times.

*Note: Effective core training is as much about learning to activate the lesser-used muscles as it is about increasing their strength. You should activate the transverse abdominis during each session. You can feel this muscle when you cough, and one technique to activate it during core exercises is to cough before performing a core exercise and to make sure you feel this muscle contracting during the exercise. ■*

EXERCISE	WEEK				
	1-6	7-11	12-16	17-21	22-26
Bridge	2 x 20 reps (alternating)	2 x 25 reps (alternating)	3 x 20 reps (alternating)	3 x 25 reps (alternating)	3 x 30 reps (alternating)
Plank	2 x 30 sec	2 x 45 sec	3 x 40 sec	3 x 50 sec	3 x 60 sec
Side Plank (each side)	2 x 30 sec	2 x 40 sec	2 x 45 sec	2 x 50 sec	2 x 60 sec
Bird Dog	2 x 20 reps (alternating)	2 x 25 reps (alternating)	3 x 20 reps (alternating)	3 x 25 reps (alternating)	3 x 30 reps (alternating)
Superman	2 x 10 reps	3 x 8 reps	2 x 12 reps	3 x 10 reps	3 x 12 reps
Wipers	2 x 20 reps	2 x 25 reps	3 x 20 reps	3 x 25 reps	3 x 30 reps

Table 3 Core exercise Progression

**Table 3** is an example of how training might be structured. Work up to being able to complete the sets and reps listed in each time period.

## Flexibility

Flexibility requirements vary depending on the activity and the person, but you should devote some time to stretching to maintaining

or enhancing flexibility. Perform stretching exercises after running and swimming workouts, while muscle and connective tissue temperature is still elevated. ■

## 26-WEEK TRAINING PROGRAM

**Table 4** shows how to combine all the workouts contained in this guide into a 26-week training program. This schedule of cardio and strength activities and distance targets for running and swimming over a 26 week period will help prepare you for BUD/S and the PST.

Week	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength	Cardio	Strength
	Run LSD (miles)	Upper/Core	Swim CHI (min)	Lower/Push-Sit-Pull	Run INT (reps)	Core/ Push-Sit-Pull	Swim LSD (yards)	Core/ Push-Sit-Pull	Run CHI (min)	Upper/Core	Swim INT (reps)	Lower/Push-Sit-Pull
1	3	X	15	X	4	X	1,000	X	15	X	4	X
2	3.25	X	15	X	4	X	1,100	X	15	X	4	X
3	3.5	X	16	X	5	X	1,200	X	16	X	5	X
4	3.75	X	16	X	5	X	1,300	X	16	X	5	X
5	4	X	17	X	6	X	1,400	X	17	X	6	X
6	4.25	X	17	X	6	X	1,500	X	17	X	6	X
7	4.5	X	18	X	7	X	1,600	X	18	X	7	X
8	4.75	X	18	X	7	X	1,700	X	18	X	7	X
9	5	X	19	X	8	X	1,800	X	19	X	8	X
10	5.25	X	19	X	8	X	1,900	X	19	X	8	X
11	5.5	X	20	X	9	X	2,000	X	20	X	9	X
12	5.75	X	20	X	9	X	2,100	X	20	X	9	X
13	6	X	2 x 12	X	10	X	2,200	X	2 x 12	X	10	X
14	6.25	X	2 x 12	X	10	X	2,300	X	2 x 12	X	10	X
15	6.5	X	2 x 12	X	10	X	2,400	X	2 x 12	X	10	X
16	6.75	X	2 x 14	X	10	X	2,500	X	2 x 14	X	10	X
17	7	X	2 x 14	X	10	X	2,600	X	2 x 14	X	10	X
18	7.25	X	2 x 14	X	10	X	2,700	X	2 x 14	X	10	X
19	7.5	X	2 x 16	X	10	X	2,800	X	2 x 16	X	10	X
20	7.75	X	2 x 16	X	10	X	2,900	X	2 x 16	X	10	X
21	8	X	2 x 16	X	10	X	3,000	X	2 x 16	X	10	X
22	8.25	X	2 x 18	X	10	X	3,100	X	2 x 18	X	10	X
23	8.5	X	2 x 18	X	10	X	3,200	X	2 x 18	X	10	X
24	8.75	X	2 x 18	X	10	X	3,300	X	2 x 18	X	10	X
25	9	X	2 x 20	X	10	X	3,400	X	2 x 20	X	10	X
26	9.25	X	2 x 20	X	10	X	3,500	X	2 x 20	X	10	X

Table 4 26-Week Training Program

Perform **daily** stretching/flexibility exercises following cardio training.

## Warm-up & Cool-Down

The more intense your training session is, the longer the warm-up and cool-down periods should be. Warm-ups for LSD sessions may involve 5-10 minutes of easy jogging or paddling while gradually building the intensity to a comfortable level for beginning the workout. As the workout begins, you may continue to build intensity so that you comfortably finish the workout at a faster pace than you started. For CHI and INT workouts, you should warm up for 10-15 minutes **or more**.

Gradually build intensity from an easy jog or stroke for several minutes. Then add 4-5 high-intensity bursts lasting from 15 to 30 seconds. The warm-up should elevate your heart rate substantially, increase your breathing rate and activate a sweat response. A proper cool-down following LSD workouts may involve 2-3 minutes of easy jogging or stroking followed by 2-3 minutes of brisk walking. Time periods for CHI or INT cool-downs should be extended until you are breathing easily and your heart rate is close to its normal resting value. ■

## BUILD YOUR OWN SCHEDULE

### Weekly Schedule

**Table 5** shows how a weekly workout schedule can be organized to prepare for the PST and BUD/S. An AM-PM training format such as lifting and core work in the morning and running or swimming plus stretching in the evening is best. It allows good recovery and a high quality of work for each session. However, if necessary, all training can be performed in one extended block of time. If performing several activities in one session, perform your weakest activity first while you are still fresh. Avoid over-exercising a body part with too many exercises or activities in the same day. Note that the schedule does not place upper body strength training and swimming or lower body strength training and running on the same days.

Since there is some overlap between the demands of weight lifting, calisthenics and core exercises, do not combine more than two of these routines on a given day. ■

**Y**ou can do some calisthenics and core training on the same day as strength training, but don't exhaust yourself with all routines on the same day. If you are already doing higher LSD mileage, you may begin at a later week in the program or add a second LSD session (see **Table 7**). You should always begin CHI and INT portions of the program at Week 1.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Run	LSD		INT		CHI	
Swim		CHI		LSD		INT
Lift	Upper	Lower			Upper	Lower
Calisthenics		X	X	X		X
Core	X		X	X	X	
Flexibility	X	X	X	X	X	X

Table 5 Weekly Training Schedule

## Progression

Gradually build up your workload from a safe, manageable level to the highest level of fitness possible in the time you have available before you take the PST or attend BUD/S.

**Table 6** shows how to increase your work-

load across the different training bands over 26 weeks. If you are at a high level of fitness, you may choose to begin with a higher training volume such as a 5-mile run (as indicated in Week 9) rather than a 3-mile run. ■

Week	LSD		CHI	INT
	Run (miles)	Swim (yards)	Run/Swim (mintutes)	Run/Swim (reps)
0	1.5 (timed)	500 (timed)		
1	3	1,000	15	4
2	3.25	1,100	15	4
3	3.5	1,200	16	5
4	3.75	1,300	16	5
5	4	1,400	17	6
6	4.25	1,500	17	6
7	4.5	1,600	18	7
8	4.75	1,700	18	7
9	5	1,800	19	8
10	5.2	1,900	19	8
11	5.5	2,000	20	9
12	5.75	2,100	20	9
13	6	2,200	2 x 12	10
14	6.25	2,300	2 x 12	10
15	6.5	2,400	2 x 12	10
16	6.75	2,500	2 x 14	10
17	7	2,600	2 x 14	10
18	7.25	2,700	2 x 14	10
19	7.5	2,800	2 x 16	10
20	7.75	2,900	2 x 16	10
21	8	3,000	2 x 16	10
22	8.25	3,100	2 x 18	10
23	8.5	3,200	2 x 18	10
24	8.75	3,300	2 x 18	10
25	9	3,400	2 x 20	10
26	9.25	3,500	2 x 20	10

Table 6 Workout Progression

## More Time to Prepare

Beyond 26 weeks, do not increase INT or CHI distances. Rather, focus on gradually and progressively increasing intensity for the set distances of these workouts. You can also increase your LSD work by performing longer sessions and/or increasing the number of ses-

sions per week as shown in **Table 7**. However, beyond 9-10 miles of running per week and 3,500-4,000 yards of swimming per week, the improvements in fitness become proportionately smaller relative to the time invested. If you perform large amounts of LSD work, be sure to keep the pace relatively relaxed.

As your fitness improves, occasionally incorporate a longer session of activity (2-3 hours) such as hiking, canoeing, road cycling or mountain biking at a comfortable but steady pace to improve physical and

mental endurance. Continue to progressively increase your muscular strength and endurance using the calisthenics, strength and core routines already established. ■

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Run	LSD 8 miles		INT 10 x 1/4 mile	LSD 4 miles	CHI 2 x 20 minutes	
Swim	LSD 1,500 yards	CHI 2 x 20 minutes		LSD 3,000 yards		INT 10 x 100 yards
Lift	Upper	Lower			Upper	Lower
Calisthenics		X	X	X		X
Core	X		X	X	X	
Flexibility	X	X	X	X	X	X

Table 7 Weekly Training Schedule (Increased LSD Sessions)

### Strong in one thing; weak in another

If you have unbalanced fitness – you are clearly slower in either running or swimming – you should devote a greater percentage of your training to improve the slower activity. SEAL candidates with a swim time slower than 10:35 or a run time slower than 10:38,

while performing moderately or well in the other activity, should focus more attention on the slower event. Table 8 is an example of a schedule weighted toward improving a slower swimmer. A strong swimmer with limited running ability would reverse the schedule. ■

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Run		INT			LSD	
Swim	LSD		CHI	LSD		INT
Lift		Upper	Lower		Upper	Lower
Calisthenics	X		X	X		X
Core	X	X		X	X	
Flexibility	X	X	X	X	X	X

Table 8 Weekly Training Schedule For A Slow Swimmer

**K**ee a record of your training. You will see your progress and have a history to show to a mentor or coach. A tangible record of your performances allows you to establish specific goals and can increase your motivation to train. Training records make it easier to avoid training mistakes or recognize potential problems before they become serious. Record basic information such as time and distance for running and swimming workouts (including individual times for each interval during interval workouts); number of reps of calisthenics and core exercises; and details of strength workouts (exercises, sets, reps, and amount of weight lifted). You may also choose to record more detailed information such as notes about your diet, the environment (temperature, humidity, wind), psychological state of mind (relaxed, anxious, energized, listless), amount of sleep, persistent soreness or any other variable that might affect your training. ■