

NAVY SEAL Officer and Enlisted Qualifications and Training Standards

Enlisted Qualification Requirements
Men only
U.S. Citizen
Age: 28 years or younger
Pass Physical Exam required for Divers
Specific eye requirements:
20/40 best eye
20/70 worst eye
correctable to 20/25
no colorblindness
Minimum ASVAB Score:
GS+MC+EI=165
VE+MK+MC+CS=220
PST (Physical Screening Test)
500 yd swim in 12:30 (breast or sidestroke)
10-min rest
42 pushup in 2:00
2-min rest
50 situps in 2:00
2-min rest
6 pullups (no time limit)
10-min rest
1.5 mile run in 11:00 (boots and pants)

Officer Qualification Criteria
Sources: Naval Academy, NROTC, OCS, Seaman to Adm
Superior academic performance
Foreign language a plus (Arabic, Persian/Farsi, etc.)
Participation/leadership in varsity athletic teams
Preparation and perseverance
PST (Physical Screening Test)
500 yd swim in 9:00 or better (breast or sidestroke)
10-min rest
100+ pushup in 2:00
2-min rest
100+ situps in 2:00
2-min rest
20+ pullups (no time limit)
10-min rest
1.5 mile run in 9:00 or better (boots and pants)

NSWC Pipeline (Enlisted)
<i>NSW Preparatory</i> (2 months) Great Lakes, IL*
Candidates must pass more rigorous PST (see below)
<i>Orientation</i> (3 weeks) NSWC, CA
Introduction to BUD/S lifestyle, unique training
<i>1st Phase</i> (7 weeks) NSWC, CA
Basic conditioning phase that preps for Hell Week
<i>2nd Phase</i> (7 weeks) NSWC, CA
Basic combat swimming, open and closed circuit
<i>3rd Phase</i> (7 weeks) NSWC, CA
Land warfare, basic marksmanship, land navigation
<i>SQT</i> (SEAL Qualification Training) NSWC, CA
Preps BUD/S graduates for Platoon assignment
*PST (Physical Screening Test)
1,000 meter swim in 20 mins with fins (sidestroke)
10-min rest
70 pushup in 2:00
2-min rest
60 situps in 2:00
2-min rest
10 pullups (no time limit)
10-min rest
4-mile run in 31:00 (boots and pants)

Recommended Reading:
The Warrior Elite, Dick Couch
The Finishing School, Dick Couch
Way of the Peaceful Warrior, Dan Millman
Unlimited Power, Anthony Robbins
In Search of the Warrior Spirit, Richard Strozzi Heckler
The Naked Warrior, Pavel
US Navy SEALs in Action, Hans Halbertadt
Commandos – Doug C. Waller
Rogue Warrior – Richard Marcinko with John Weisman
Lone Survivor – Marcus Luttrell with Patrick Robinson
Never Fight Fair – Orr Kelly
Brave Men Dark Waters – Orr Kelly
SEAL Team Six – Howard Wasdin and Stephen Templin
The Heart and The Fist – Eric Greitens
The Complete Guide to Navy SEAL Fitness – Stew Smith

BUD/S Physical Evolutions
<i>1st Phase (pre-Hell Week)</i>
50-meter underwater swim (Pass/Fail)
Underwater knot-tying (Pass/Fail)
Drownproofing test (Pass/Fail)
Basic Lifesaving test (Pass/Fail)
1,200 meter pool swim w/fins (45 mins)
1-mile bay swim w/fins (50 mins)
1-mile ocean swim w/fins (50 mins)
1.5-mile ocean swim w/fins (70 mins)
2-mile ocean swim w/fins (95 mins)
Obstacle Course (15 mins)
4-mile timed run (32 mins)
<i>1st Phase (post-Hell Week)</i>
2,000-meter conditioning pool swim (completion)
1.5-mile night bay swim (completion)
2-mile ocean swim w/fins (85 mins)
4-mile timed run (32 mins)
Obstacle course (13 mins)
<i>2nd Phase</i>
2-mile ocean swim w/fins (80 mins)
4-mile timed run (in boots) (31 mins)
Obstacle Course (10:30)
3.5-mile ocean swim (completion)
5.5-mile ocean swim (completion)
Academic min scores: Officers 80%/Enlisted 70%
<i>3rd Phase</i>
4-mile timed run (30 mins)
14-mile run (completion)
2-mile ocean swim w/fins (75 mins)
Obstacle Course (10 mins)