

Surviving BUD/S

Physical Training Program Overview

Phase I The *Surviving BUD/S* Physical Training Guides are divided into two Phases. Phase I is intended for candidates with a beginner-to-average overall fitness level. It is meant to progress a candidate through a series of running, swimming, and calisthenic workouts that will build a strong foundation of cardiovascular strength, muscular endurance, and flexibility. Its pacing and progression is also designed to prevent injury. The goal is to graduate from Phase I into Phase II, where more BUD/S-specific training is introduced.

Phase II is intended for candidates with strong foundations of cardiovascular strength (both running and swimming) and calisthenic aptitude. Phase II is also meant as follow-on training for Phase I graduates. A key to BUD/S success is a high level of proficiency in a few core areas. Most important is an excellent base of running and swimming capacity. Calisthenics (namely: push ups, pull ups, situps, dips) will develop the necessary muscular strength to endure the rigors of training. Overall athleticism (jumping, climbing, twisting, sprinting, lifting, crawling) is also stressed. All of the aforementioned areas of fitness are critical. Deficiencies in one area will not be overlooked because of excellence in others. Work on improving weak areas until they become strong.

END (Endurance) refers to running or swimming activities that are meant to build overall endurance. The END activity is based more on duration than intensity. Intensity should be maintained at a medium level throughout the activity (approx 60% of max capacity).

HIIT (High-Intensity Interval Training) refers to a method of training that incorporates bursts of high-intensity exercise (running or swimming) followed by recovery periods. For example, if running, sprint at 85% of max effort for 1 minute, then recover with a slow jog/walk for 2-2.5 minutes. This combination would repeat itself for the allotted time or distance for the run. If swimming, sprint 50 yards at 85% of max effort followed by 100 yards of recovery stroke.

OR/OS (Obstacle Runs/Swims) refers to a method of running/swimming that is constantly interrupted with various calisthenics/swim drills. For example, every 2 minutes during an OR, the candidate would stop and perform a 30-second calisthenic exercise such as the Bear Crawl or Star Jumpers (these exercises will typically be drawn from FitDeck Exercise Playing Cards). Other land-based calisthenic options would include plyometric jumps on a picnic bench, forward rolls on the grass, or climbing monkey bars at a local playground.

Tempo (Tempo Runs/Swims) refers to a method of running/swimming that feels like a sustained semi-sprint. For example, a 20-minute Tempo Run would involve running at 80-90% of max pace over a 20-minute period. The distances are shorter, but the sustained effort is increased.

FitDeck (various titles) refers to a series of custom Exercise Playing Cards that have Navy SEAL-oriented calisthenics pictured on them for easy reference. The most relevant titles include FitDeck Bodyweight, Navy SEAL, Core Blast, and Stretch. More info at www.fitdeck.com.

BW X = perform X number of FitDeck Bodyweight Cards (randomly selected)

Navy SEAL X = perform X number of FitDeck Navy SEAL Cards (randomly selected)

Core Blast X = perform X number of FitDeck Core Blast Cards (randomly selected)

Stretch X = perform X number of FitDeck Stretch Cards (randomly selected)

Pace - unless otherwise indicated, the goal pace on ENDURANCE (END) runs should be 7:30 or better

Situps - hands across chest, chin not buried into chest, feet secured if desired, perform x sets of x reps

No pool - if you do not have access to a pool, try to substitute biking for double the amount of swimming time suggested

Mileage - at the conclusion of Phase II training, concentrate on improving speed versus adding even more mileage

Fins - incorporate fins into your swims gradually to avoid injury or overuse problem. In the beginning, remove fins when ankles are fatigued. Try 10 minutes on 10 minutes off.

* perform in boots

^ perform in pants

perform wet

+ perform wet and sandy

\$ perform in deep sand

Note: Always check with your physician before beginning any new fitness or nutrition program.