

**STRONG
SWIFT
DURABLE**

BUD/s Training Plan

www.StrongSwiftDurable.com



BUD/S

8-week Training Program

PROGRAM OVERVIEW

This program is intended to be done the 8 weeks prior to entering BUD/S. Alternatively, it can be completed after you've received your SEAL Challenge Contract or OCS Billet.

You will take fitness assessments during Weeks 1, 4, and 7. You will train 6 times a week during Weeks 2, 3, 5, and 6. Week 8, the final week, is a taper week. Your sessions will be shorter, and you'll only train 4 days during the week.

This is a very intense training program. It includes assessments designed to be performed at your physical limit, demanding pool and open water training, loaded rucks, high intensity runs, gym-based work, and training sessions that go from 4 to 10 hours. You will run 13 miles during assessment weeks and swim 3.5 miles. During the other weeks, you will run from 26-42 miles and swim over 5 miles.

The end of Weeks 2, 3, 5, and 6 contain physically and mentally demanding "mini-events" that range in duration from 4 to 10 hours. You must prepare your equipment and nutrition ahead of time to complete these events. Never train beyond the prescribed duration of the event, even if you haven't completed all of the evolutions.

***** CAUTION *****

The following plan is a suggested preparation program. We do not guarantee that if you complete it, you'll pass your selection course.

Program Schedule:

Assessment Weeks (1, 4, and 7)

Monday: Timed Run + 500m Swim + Calisthenics Assessment

Tuesday: Underwater Swim + Pool Fin Assessment

Wednesday: Ruck Assessment

Thursday: Open Water* Fin Assessment

Friday: AM Session: Timed Run + Calisthenics Work; PM Session: 500m Swim Work

**This assessment can be done in a pool. Use open water if you can.*

Weeks 2, 3, 5, and 6

Monday: AM Session: Timed Run + Calisthenics Work; PM Session: 500m Swim Work

Tuesday: Strength + Work Capacity (Gym-based)

Wednesday: Pool Fin Work

Thursday: Base Run + Swim

Friday: Ruck Work

Saturday: Mini-Events (duration increases from 4 hours up to 10 hours)

WEEKLY OVERVIEW - SESSION CONTENTS AND NOTES

Mondays - Gym/Outdoors and Pool (no fins)

The first session of each week is a 2-a-day: and AM Session followed by a PM Session. Take at least a 3 hour break between sessions. Both sessions are designed to maintain or improve your PST scores. However, the run work is based on the 4-mile timed run you will perform weekly at BUD/S.

Running: You'll perform 1-mile intervals based on your most recent 4-mile timed run results using the "Timed Run Interval Table" at the end of the training program.

Swimming: You'll perform 250m swim intervals based on your most recent 500m swim time using the "500m Swim Interval Table" at the end of the training program. You'll also perform hypoxic swim work, designed to improve your ability to swim while holding your breath, and extended treading evolutions. All swim training is to be done using the Combat Side Stroke.

The hypoxic work uses a "ladder" design.

For example:

SESSION 7 calls for...

50m Combat Side Stroke Hypoxic ladder:

-1x50m @ 1 breath every 3 strokes

-1x50m @ 1 breath every 4 strokes

-1x50m @ 1 breath every 5 strokes

-1x50m @ 1 breath every 6 strokes

-1x50m @ 1 breath every 7 strokes

*Rest as needed between each 50m

Which means: you'll start by swimming 50m taking a breath only every 3rd stroke (so breath, stroke-stroke, stroke, breath...). At the end of the 50m, you may rest to recover your breath if needed. Then, when ready, you'll swim 50m taking a breath every 4th stroke. Again, at the end of the 50m, you may rest to recover your breath. Repeat this process until you've swam 50m with 1 breath every 7th stroke. The point is not how fast you can complete the evolution, but rather staying calm in the water and making the breath to stroke ratio.

The Push-up, Sit-up, and Pull-ups progressions on Mondays (and Fridays of assessment weeks) work as follows:

For example:

You perform 70x push-ups during SESSION 1 assessment.

SESSION 5 calls for:

Push-ups:

5 Rounds, one every 60 sec.:

30% max reps

Immediately after Round 5's 60 sec. is up, do:

Max reps Push-ups in 60 sec.

Which means: 30% of 70x Push-ups is 21 ($.3 \times 70 = 21$). So, set your watch timer to 60 sec. On Round 1, do 21x Push-ups as fast as possible with proper form, then rest for the remaining time in the 60 sec. interval.

When Round 1's 60 sec. is up, immediately begin Round 2 by sprinting though 21x push-ups as fast as

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possible with proper form, again resting for the remainder of the 60 sec. interval after completing all 21 reps. Repeat this through 5 Rounds. Then, immediately after Round 5's 60 sec is up, do 1 Round of as many Push-ups as possible during the 60 sec. interval. You can rest and start again if necessary - just work the entire 60 sec.

The Sit-up progression works in the exact same way, so does the Pull-up progression with one exception: it's a 90 sec. interval, not a 60 sec. interval, so you'll have longer to get your reps and rest.

Tuesdays - Gym or Home Gym

Tuesdays are strength and work capacity sessions designed to be done at a gym. You'll use limited equipment: A 60# Sandbag, Bench, Pull-up bar, ~20 ft. Climbing Rope, and 25m of running room is all you'll need.

Wednesdays - Pool with Goggles and Fins

Swimming: You'll use fins and perform 400m intervals based on your most recent 1200m pool swim with fins time using the "Fin Interval Table" at the end of the training program. You will also perform hypoxic swim work and extended treading evolutions **with fins**. The hypoxic work is performed in the same way as Monday's sessions, just with fins.

We cannot recommend highly enough using Rocket fins with booties for this training. Their the same ones you'll use at BUD/S and are stiff and require strong ankles and hips to use efficiently. Finning with rocket fins is the only way to get better at swimming with Rocket fins.

Thursdays - Outdoors and Open Water (or Pool) - use Fins in water

You'll perform a long run based on your most recent 4-mile Timed Run results using the "Long Run Table" at the end of the training program. Then, you will transition as quickly as possible and perform a long fin swim at "threshold pace" which means as fast a pace as you can maintain for the entire distance. This should be an 8-10 effort on a scale of 10.

Preferably you'll perform the fin work in open water, but that's not possible for everyone. So if you don't have an ocean or lake near you, simply use your local pool. It will take you longer to complete the swim than those in open water since you have to turn at each end, and it will be incredibly monotonous - but also effective. Make the most of it.

Fridays - Outdoors

You'll ruck with a 45# rucksack and a 10# weight in your hand. We prefer to use 10# sledgehammers, but a 10# dumbbell (or metal plate) will work as well.

By "ruck" we mean ruck run. If possible, you should be running the entire distance. If you have to walk, break you walking and running into intervals. For example, ruck run for 3 minutes, walk for 3 minutes, and so on. But again, if you can, simply ruck run the whole time.

Rucking meets a couple of objectives: first, it builds the strength of your feet and ankles without having to run in sand. You'll run in sand a lot in BUD/S. By rucking, you get a similar effect without needing a beach. Second, rucking hardens you to carrying weight on your shoulders for a long period of time. Third, it will teach you to move over ground without bouncing up and down, like what happens when you run. When you're doing boats on heads work at BUD/S, bouncing up and down will multiply the force you carry on your head. Rucking will teach you to run (or "shuffle") while maintaining a smooth gait and fast foot cadence.

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Each training event uses the results from the most recent assessment. So, Weeks 1, 2, and 3 training sessions use results from the Week 1 assessments. Weeks 4, 5, and 6 training events use results from Week 4's assessments. Weeks 7 and 8 use results from Week 7's assessments.

The following chart shows which training event is based on which assessment events:

ASSESSMENT EVENT	TRAINING EVENT	TRAINING TABLE
4-Mile Timed Run	1-mile Run Intervals/Base Runs	Timed Run Interval Table/Long Run Table
500m Swim	250m Swim Intervals	500m Swim Interval Table
Max Reps Push-ups in 2 minutes	Push-ups	None
Max Reps Sit-ups in 2 minutes	Sit-ups	None
Max Reps Pull-ups	Pull-ups	None
50m Underwater Swim	None	None
1200m Pool Swim with Fins	400m Swim Intervals with Fins	Fin Interval Table
6-mile Ruck	2-mile Ruck Intervals	Ruck Interval Table
1.5-2 mile Swim with Fins	Long Swims with Fins	None

Using the Training Tables

You'll always use your most recent assessment results for determining your interval run or swim time. Make sure you're connecting the assessment to the appropriate interval table using the chart above.

By way of example:

You run a 34:00 4-mile timed run during SESSION 1.
SESSION 5 calls for...

3 Rounds

Run 1 mile interval @ Timed Run Interval Table Pace

Rest 4 min. between intervals

You have to go to the Timed Run Interval Table to find your pace:

TIMED RUN INTERVAL TABLE							
4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)
24:00 - 24:09	05:17 - 05:44	29:00 - 29:09	06:23 - 06:55	34:00 - 34:09	07:29 - 08:07	39:00 - 39:09	08:35 - 09:18
24:10 - 24:19	05:19 - 05:47	29:10 - 29:19	06:25 - 06:58	34:10 - 34:19	07:31 - 08:09	39:10 - 39:19	08:37 - 09:20
24:20 - 24:29	05:21 - 05:49	29:20 - 29:29	06:27 - 07:00	34:20 - 34:29	07:33 - 08:11	39:20 - 39:29	08:39 - 09:23

Five columns over from the right has your time. Trace your finger one column to the right to see what time range you have to run 1 mile within: 7:29-8:07. After you finish each interval, rest 4 minutes. Repeat for a total of 3 rounds. Don't try to beat the interval time, and then end up not being able to finish the last one or two fast enough. Instead, pace yourself so that you finish each interval within the time range.

As you progress through the training program and get faster, your time will progress, too. So, let's say in Week 4, during SESSION 19's assessment, you run a 29:24 4-mile. Then, during SESSION 23's Timed Run work, you'll run your 3 Rounds of 1-mile intervals in 6:27-7:00. As you get faster, so do your intervals. **The swim and ruck tables work the exact same way.**

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The Long Run Table works a little differently since the goal of the long runs is to build an aerobic base, which means you'll run them at a relatively easy pace. They shouldn't be runs you perceive as very intense. To accomplish this, the table is designed to give you your **1-mile pace for each of the 8, 9, 10, or 12 miles you run.**

LONG RUN INTERVAL TABLE							
4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)
24:00 - 24:09	07:12 - 07:33	29:00 - 29:09	08:42 - 09:07	34:00 - 34:09	10:12 - 10:40	39:00 - 39:09	11:42 - 12:14
24:10 - 24:19	07:15 - 07:36	29:10 - 29:19	08:45 - 09:10	34:10 - 34:19	10:15 - 10:43	39:10 - 39:19	11:45 - 12:17
24:20 - 24:29	07:18 - 07:39	29:20 - 29:29	08:48 - 09:13	34:20 - 34:29	10:18 - 10:47	39:20 - 39:29	11:48 - 12:20

Using the same example as before (a 34:00 4-mile timed run):

SESSION 10 calls for:

Run 8 miles @ Long Run Table Pace

You'll run 8 miles at a 10:12 to 10:40 pace per mile, which means a 1:21:36 to 1:25:21 8-mile run. This should be an easy effort. The purpose of these sessions is to increase your aerobic energy system's efficiency, which can only be done at low intensity. Also, the purpose is to increase your physiological run efficiency, also best done at low intensity. Even if it feels "slow" stick to the pace. Plus, remember, as you get faster, so will your mile pace. As you progress through the program and get faster, the pace will increase and the distance you have to maintain the pace over will get longer.

NUTRITION

During this school-specific program your nutrition needs to adapt in order to keep your body properly fueled therefore performing optimally. You will be expending a lot of energy, which means you'll be burning lots of sugar. Carbohydrates are the best source of sugars for your muscles, so it is imperative that you eat them in order to keep you muscles stored with sugar. A preponderance of evidence shows that eating a combination of carbohydrates and proteins within one hour after training provides the best opportunity to refuel muscles. Most relevant studies show that eating about a 2-4:1 ratio of carbohydrates to protein can restore sugar used during training within 48 hours. You don't have to get that geeky with ratios, just know that eating a combination of the two is crucial during this stage of your training, especially within the hour after training.

COMMON QUESTIONS

How long will sessions take?

This is variable. Monday's 2-a-days should take an hour a piece. Tuesday's strength + work cap. session should take 60 minutes. Wednesday's fin work will take 1.5 to 2 hours. Thursday's session will be dependent on how fast of a runner and swimmer you are, just as Friday's ruck sessions will be dependent on how fast you ruck, but for most it will take 60-75 minutes.

What if I can't make the hypoxic swim ladder?

Keep trying. Don't give up. Push yourself, but be safe.

Why isn't there any drown proofing?

It's too risky to program when you may be training alone, even if you know your limits. We do include mask retrieval, clear, and surfacing in the mini events. If you've never done this, it's very simple. Take off your swim mask, drop it to the bottom of the pool, dive down, retrieve it, put it on your face, look down while exhaling through your nose to clear it, then return to the surface with your fist above your head so that your fist is the first thing to breach the surface.

How should I count Flutter Kicks?

Flutter kicks are 4 count.

Combat Side Stroke Form?

Here's a video outlining proper form: <http://www.youtube.com/watch?v=4lUHudMN1TU>.

Unfamiliar Exercises

Go to www.militaryathlete.com and click the "Exercises" link to see unfamiliar exercises.

Questions?

Email rob@militaryathlete.com

Good Luck!

Rob Shaul

WEEK 1 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 1 Obj: Timed Run + Swim + Calisthenics Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 8x Air Squats 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) Run 4 miles in boots for time.</p> <p>***Rest 5 min.***</p> <p>(2) Max Reps Push-ups in 2 min.</p> <p>***Rest 3 min.***</p> <p>(3) Max Reps Sit-ups in 2 min.</p> <p>***Rest 3 min.***</p> <p>(4) Max Reps Deadhang Pull-ups</p> <p><i>Travel to Pool, change, and begin warm-up:</i></p> <p>Swim Warm-up: 3 Rounds 50m Combat Side Stroke 10x Sit-ups 10x Air Squats Instep Stretch</p> <p>(5) Swim 500m for time - Combat Side Stroke - no fins</p> <p>RECORD RESULTS: Run time: _____ Push-ups: _____ Sit-ups: _____ Pull-ups: _____ Swim time: _____</p>	<p>SESSION 2 Obj: Underwater Swim + Pool Fin Assessment</p> <p>Warm-up: 3 Rounds Combat Side Stroke 50m 5x Poolside Pullouts</p> <p>Training:</p> <p>(1) 50m Underwater Swim for completion.</p> <p>***Rest 3 min.***</p> <p>(2) 1200m pool swim with fins for time - Combat Side Stroke</p> <p>RECORD RESULTS: 50m underwater swim: PASS/FAIL Pool fin time: _____</p>	<p>SESSION 3 Obj: Ruck Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Air Squats 10x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) Ruck 6 miles for time with a 45# ruck and a 10# sledgehammer, dumbbell or rubber rifle.</p> <p>RECORD RESULTS: Ruck time: _____</p>	<p>SESSION 4 Obj: Open Water Fin Assessment</p> <p>Warm-up: 3 Rounds 1 min. or 50m Combat Side Stroke 10x Push-ups 10x Air Squats Instep Stretch</p> <p>Training:</p> <p>(1) Swim 1.5 mile with fins - Combat Side Stroke</p> <p><i>(Swim in open water if possible. If not, use a pool.)</i></p> <p>RECORD RESULTS: Open water fin time: _____</p>	<p>SESSION 5 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 3 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 30% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 2 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between intervals</p> <p>(2) 3 Rounds 30 sec. Tread 30 sec. Tread Right arm out 30 sec. Tread Left arm out 30 sec. Tread Both arms out</p> <p>(3) 50m Combat Side Stroke Hypoxic ladder: -1x50m @ 1 breath every 2 strokes -1x50m @ 1 breath every 3 strokes -1x50m @ 1 breath every 4 strokes -1x50m @ 1 breath every 5 strokes -1x50m @ 1 breath every 6 strokes *Rest as needed between each 50m</p>	<p>SESSION 6 Obj: Total Rest</p> <p>No training session today.</p>

WEEK 2 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 7 AM SESSION Obj: Timed Run + Callisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 4 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 35% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 3 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between intervals</p> <p>(2) 3 Rounds 45 sec. Tread 45 sec. Tread Right arm out 45 sec. Tread Left arm out 45 sec. Tread Both arms out</p> <p>(3) 50m Combat Side Stroke Hypoxic ladder: -1x50m @ 1 breath every 3 strokes -1x50m @ 1 breath every 4 strokes -1x50m @ 1 breath every 5 strokes -1x50m @ 1 breath every 6 strokes -1x50m @ 1 breath every 7 strokes *Rest as needed between each 50m</p>	<p>SESSION 8 Obj: Strength + Work Capacity</p> <p>Warm-up: 40x Sandbag Get-ups - 60#</p> <p>Training:</p> <p>(1) 6 Rounds 5x Sandbag Walking Lunges - 60# - bag in Back Squat Position 5x 1-Leg Poor Man's Leg Curl Lat + Pec Stretch</p> <p>(2) 6 Rounds 8x 4-Count Sandbag Military Press - 60# Rope Climb - OR- 3x Tarzan Pull-ups Hip Flexor + Instep Stretch</p> <p>(3) 6 Rounds for time 5x Burpees 5x Sandbag Back Squats - 60# 3x Pull-ups</p> <p>(4) 4 Rounds 25x Flutter Kicks 10x Toes to Sky 10x Face Down Back Extension 10x EOs</p> <p>(5) 3 Rounds Shoulder Blaster - unloaded 20 sec. Jane Fonda</p>	<p>SESSION 9 Obj: Pool Fin Work</p> <p>Warm-up: 3 Rounds - Combat Side Stroke Fin 100m @ easy pace Fin 100m @ moderate pace Fin 100m @ threshold pace</p> <p>Training:</p> <p>(1) 3 Rounds - Combat Side Stroke Swim 400m with fins @ Fin Interval Table Pace Rest 3 minutes between intervals</p> <p>(2) 3 Rounds with fins 45 sec. Tread 45 sec. Tread Right arm out 45 sec. Tread Left arm out 45 sec. Tread Both arms out</p> <p>(3) 50m Combat Side Stroke Hypoxic ladder with fins: -1x50m @ 1 breath every 3 strokes -1x50m @ 1 breath every 4 strokes -1x50m @ 1 breath every 5 strokes -1x50m @ 1 breath every 6 strokes -1x50m @ 1 breath every 7 strokes *Rest as needed between each 50m</p>	<p>SESSION 10 Obj: Base Run + Swim</p> <p><i>Session Note: Swim in open water if possible. If not, use a pool. If in open water, approximate distances using landmarks. Use wetsuit if necessary, preferably including hood.</i></p> <p>(1) Run 8 miles @ Long Run Table Pace</p> <p><i>Transition as quickly as possible, then...</i></p> <p>(2) Swim 1 mile with fins- Combat Side Stroke @ threshold pace</p>	<p>SESSION 11 Obj: Ruck Work</p> <p>Warm-up: 3 Rounds Run 200m 5x Walking Lunges Instep Stretch</p> <p>Training:</p> <p>(1) 2 Rounds Ruck 2 mile intervals @ Ruck Interval Table Pace Rest 5 min. between intervals</p> <p><i>Ruck loaded at 45#. Run with a 10# sledgehammer, dumbbell, or rubber ntle.</i></p>	<p>SESSION 12 Obj: 4-hour Mini Event</p> <p>Training:</p> <p>(1) 10 Rounds Combat Side Stroke 50m 5x Poolside Pullouts 10x Push-ups 20x Flutter Kicks</p> <p><i>Put on boots and shirt.</i></p> <p>(2) Run 3 miles unloaded.</p> <p>(3) 16 Rounds with 20# Sandbag: 5x Sandbag Burpees 5x Sandbag Squats w/ Sandbag on head Run 200m w/ Sandbag on head</p> <p>(4) Run 2 miles unloaded.</p> <p>(5) 16 Rounds with 20# Sandbag: 5x 4-count Sandbag Military Press 5x Walking Lunges w/ Sandbag held in front with bent arms Run 100m w/ Sandbag on head</p> <p>(6) Run 1 mile unloaded.</p> <p>(7) 16 Rounds with 20# Sandbag: 5x Sandbag Burpees 5x Sandbag Squats w/ Sandbag on head Run 100m w/ Sandbag on head</p> <p><i>Back to Pool.</i></p> <p>(8) 10 Rounds Combat Side Stroke 50m 20x Air Squats 10x Push-ups 20x Sit-ups</p>

WEEK 3 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 13 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 5 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 40% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 40% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 40% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 4 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between Intervals</p> <p>(2) 3 Rounds 60 sec. Tread 60 sec. Tread Right arm out 60 sec. Tread Left arm out 60 sec. Tread Both arms out</p> <p>(3) 50m Combat Side Stroke Hypoxic ladder: -1x50m @ 1 breath every 4 strokes -1x50m @ 1 breath every 5 strokes -1x50m @ 1 breath every 6 strokes -1x50m @ 1 breath every 7 strokes -1x50m @ 1 breath every 8 strokes *Rest as needed between each 50m</p>	<p>SESSION 14 Obj: Strength + Work Capacity</p> <p>Warm-up: 50x Sandbag Get-ups - 60#</p> <p>Training:</p> <p>(1) 6 Rounds 4x Sandbag Burpees - 60# Rope Climb -OR- 3x Tarzan Pull-ups Lat + Pec Stretch</p> <p>(2) 6 Rounds 8x Sandbag 1-1/4 Squats 2x25m Shuttle Sprint Hip Flexor + Instep Stretch</p> <p>(3) 4 Rounds, one every 2:30 sec.: 300m Shuttle Sprint</p> <p>(4) 4 Rounds 35x Flutter Kicks 20sec./20sec. Kneeling Founder 20x Weighted Sit-ups with 20# Sandbag 12x EOs</p> <p>(5) 3 Rounds Shoulder Blaster - unloaded 20 sec. Jane Fonda</p>	<p>SESSION 15 Obj: Pool Fin Work</p> <p>Warm-up: 3 Rounds - Combat Side Stroke Fin 100m @ easy pace Fin 100m @ moderate pace Fin 100m @ threshold pace</p> <p>Training:</p> <p>(1) 4 Rounds - Combat Side Stroke Swim 400m with fins @ Fin Interval Table Pace Rest 3 minutes between intervals</p> <p>(2) 3 Rounds with fins 60 sec. Tread 60 sec. Tread Right arm out 60 sec. Tread Left arm out 60 sec. Tread Both arms out</p> <p>(3) 50m Combat Side Stroke Hypoxic ladder with fins: -1x50m @ 1 breath every 4 strokes -1x50m @ 1 breath every 5 strokes -1x50m @ 1 breath every 6 strokes -1x50m @ 1 breath every 7 strokes -1x50m @ 1 breath every 8 strokes *Rest as needed between each 50m</p>	<p>SESSION 16 Obj: Base Run + Swim</p> <p><i>Session Note: Swim in open water if possible. If not, use a pool. If in open water, approximate distances using landmarks. Use wetsuit if necessary, preferably including hood.</i></p> <p>(1) Run 9 miles @ Long Run Table Pace</p> <p><i>Transition as quickly as possible, then...</i></p> <p>(2) Swim 1.5 mile with fins- Combat Side Stroke @ threshold pace</p>	<p>SESSION 17 Obj: Ruck Work</p> <p>Warm-up: 3 Rounds Run 200m 5x Walking Lunges Instep Stretch</p> <p>Training:</p> <p>(1) 3 Rounds Ruck 2 mile intervals @ Ruck Interval Table Pace Rest 5 min. between intervals</p> <p><i>Ruck loaded at 45#. Run with a 10# sledgehammer, dumbbell, or rubber rifle.</i></p>	<p>SESSION 18 Obj: 6-hour Mini Event</p> <p><i>Session Note: Complete the following land-based work in boots.</i></p> <p>Training:</p> <p>(1) Run 6 miles unloaded.</p> <p>(2) 8 Rounds 10x In-Place Lunges 20x Push-ups 30x Flutter Kicks 50m Crab Walk</p> <p>(3) Run 2 miles with 20# Sandbag on head.</p> <p>(4) 8 Rounds 20x Mountain Climbers Run 100m 20x Air Squats 50m Crab Walk</p> <p>(5) Run 2 mile with 20# Sandbag on head.</p> <p>(6) 8 Rounds with 20# Sandbag 5x 4-count Sandbag Military Press 5x Walking Lunges w/ Sandbag held in front with bent arms 5x 4-count Sandbag Military Press 50m Crab Walk (no sandbag)</p> <p>(7) Run 2 mile with 20# Sandbag on head.</p> <p>(8) 8 Rounds w/ 20# Sandbag 25x Sandbag Back Squats 50m Low Crawl with Sandbag (doesn't matter how you hold it, just move with it) 25x Flutter Kicks with Sandbag held at arms length above you. 50m low crawl with Sandbag</p> <p><i>Move to pool. Start a running clock.</i></p> <p>(9) For 2 hours: 1000m Combat Side Stroke with Fins 15x Poolside Pullouts 30x Flutter Kicks (with fins on, dipping them into water each time a leg lowers)</p>

WEEK 4 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 19 Obj: Timed Run + Swim + Calisthenics Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 8x Air Squats 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) Run 4 miles in boots for time.</p> <p>***Rest 5 min.***</p> <p>(2) Max Reps Push-ups in 2 min.</p> <p>***Rest 3 min.***</p> <p>(3) Max Reps Sit-ups in 2 min.</p> <p>***Rest 3 min.***</p> <p>(4) Max Reps Deadhang Pull-ups</p> <p><i>Travel to Pool, change, and begin warm-up:</i></p> <p>Swim Warm-up: 3 Rounds 50m Combat Side Stroke 10x Sit-ups 10x Air Squats Instep Stretch</p> <p>(5) Swim 500m for time - Combat Side Stroke - no fins</p> <p>RECORD RESULTS: Run time: _____ Push-ups: _____ Sit-ups: _____ Pull-ups: _____ Swim time: _____</p>	<p>SESSION 20 Obj: Underwater Swim + Pool Fin Assessment</p> <p>Warm-up: 3 Rounds Combat Side Stroke 50m 5x Poolside Pullouts</p> <p>Training:</p> <p>(1) 50m Underwater Swim for completion.</p> <p>***Rest 3 min.***</p> <p>(2) 1200m pool swim with fins for time - Combat Side Stroke</p> <p>RECORD RESULTS: 50m underwater swim: PASS/FAIL Pool fin time: _____</p>	<p>SESSION 21 Obj: Ruck Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Air Squats 10x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) Ruck 6 miles for time with a 45# ruck and a 10# sledgehammer, dumbbell or rubber rifle.</p> <p>RECORD RESULTS: Ruck time: _____</p>	<p>SESSION 22 Obj: Open Water Fin Assessment</p> <p>Warm-up: 3 Rounds 1 min. or 50m Combat Side Stroke 10x Push-ups 10x Air Squats Instep Stretch</p> <p>Training:</p> <p>(1) Swim 2 mile with fins - Combat Side Stroke</p> <p><i>(Swim in open water if possible. If not, use a pool.)</i></p> <p>RECORD RESULTS: Open water fin time: _____</p>	<p>SESSION 23 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 3 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 30% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 2 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between Intervals</p> <p>(2) 3 Rounds with a 5# weight 30 sec. Tread 30 sec. Tread Right arm out 30 sec. Tread Left arm out 30 sec. Tread Both arms out</p> <p>(3) 75m Combat Side Stroke Hypoxic ladder: -1x75m @ 1 breath every 2 strokes -1x75m @ 1 breath every 3 strokes -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes *Rest as needed between each 75m</p>	<p>SESSION 24 Obj: Total Rest</p> <p>No training session today.</p>

WEEK 5 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 25 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 4 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 35% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 3 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between intervals</p> <p>(2) 3 Rounds with a 5# weight 45 sec. Tread 45 sec. Tread Right arm out 45 sec. Tread Left arm out 45 sec. Tread Both arms out</p> <p>(3) 75m Combat Side Stroke Hypoxic ladder: -1x75m @ 1 breath every 3 strokes -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes -1x75m @ 1 breath every 7 strokes *Rest as needed between each 75m</p>	<p>SESSION 26 Obj: Strength + Work Capacity</p> <p>Warm-up: 60x Sandbag Get-ups - 60#</p> <p>Training:</p> <p>(1) 6 Rounds 6x Sandbag Walking Lunges - 60# - bag in Front Squat Position 6x 1-Leg Poor Man's Leg Curl Lat + Pec Stretch</p> <p>(2) 6 Rounds 8x 4-Count Sandbag Military Press - 60# Rope Climb -OR- 3x Tarzan Pull-ups Hip Flexor + Instep Stretch</p> <p>(3) 6 Rounds for time 5x 8-count Body Builders 5x Sandbag Back Squats - 60# Rope Climb -OR- 3x Tarzan Pull-ups</p> <p>(4) 4 Rounds 45x Flutter Kicks 15x Toes to Sky 15x Face Down Back Extension 15x EOs</p> <p>(5) 3 Rounds Shoulder Blaster - 2.5# 20 sec. Jane Fonda</p>	<p>SESSION 27 Obj: Open Water Fin Work</p> <p>Warm-up: 3 Rounds - Combat Side Stroke Fin 100m @ easy pace Fin 100m @ moderate pace Fin 100m @ threshold pace</p> <p>Training:</p> <p>(1) 4 Rounds - Combat Side Stroke Swim 400m with fins @ Fin Interval Table Pace Rest 3 minutes between intervals</p> <p>(2) 3 Rounds with fins and a 5# weight 45 sec. Tread 45 sec. Tread Right arm out 45 sec. Tread Left arm out 45 sec. Tread Both arms out</p> <p>(3) 75m Combat Side Stroke Hypoxic ladder with fins: -1x75m @ 1 breath every 3 strokes -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes -1x75m @ 1 breath every 7 strokes *Rest as needed between each 75m</p>	<p>SESSION 28 Obj: Base Run + Swim</p> <p><i>Session Note: Swim in open water if possible. If not, use a pool. If in open water, approximate distances using landmarks. Use wetsuit if necessary, preferably including hood.</i></p> <p>(1) Run 10 miles @ Long Run Table Pace</p> <p><i>Transition as quickly as possible, then...</i></p> <p>(2) Swim 1.75 mile with fins- Combat Side Stroke @ threshold pace</p>	<p>SESSION 29 Obj: Ruck Work</p> <p>Warm-up: 3 Rounds Run 200m 5x Walking Lunges Instep Stretch</p> <p>Training:</p> <p>(1) 3 Rounds Ruck 2 mile intervals @ Ruck Interval Table Pace Rest 5 min. between intervals</p> <p><i>Ruck loaded at 45#. Run with a 10# sledgehammer, dumbbell, or rubber rifle.</i></p>	<p>SESSION 30 Obj: 8-hour Mini Event</p> <p>Training:</p> <p>(1) Run 6 miles unloaded.</p> <p><i>Start a running clock:</i></p> <p>(1) For 2 hours: Combat Side Stroke 500m with fins 5 min. Tread with fins, one hand in water at a time. 15x Poolside Pullouts 5x Mask retrieval, clear, and surface (<i>drop mask to pool bottom after each surface.</i>)</p> <p><i>Put on boots.</i></p> <p>(2) For 2 hours: Run 1 mile with 20# Sandbag on head 30x Push-ups 40x Flutter Kicks 50x Mountain Climbers 60x Air Squats</p> <p><i>Change into fins.</i></p> <p>(3) For 2 hours: Combat Side Stroke 1000m with fins 5 min. Tread with fins, one hand in water at a time. *Swim 100m total* 15x Sit-ups</p> <p><i>*Forward progress must be underwater. You can surface and breathe as often and as long as you need. Don't touch the side of the pool with hands.</i></p> <p>(4) Run 3 miles with 20# sandbag on head.</p> <p>(5) Run 3 miles unloaded.</p>

WEEK 6 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 31 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 5 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 5 Rounds, one every 60 sec.: 40% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 5 Rounds, one every 60 sec.: 40% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 5 Rounds, one every 90 sec.: 40% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 4 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between Intervals</p> <p>(2) 3 Rounds with a 5# weight 60 sec. Tread 60 sec. Tread Right arm out 60 sec. Tread Left arm out 60 sec. Tread Both arms out</p> <p>(3) 75m Combat Side Stroke Hypoxic ladder: -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes -1x75m @ 1 breath every 7 strokes -1x75m @ 1 breath every 8 strokes *Rest as needed between each 75m</p>	<p>SESSION 32 Obj: Strength + Work Capacity</p> <p>Warm-up: 70x Sandbag Get-ups - 60#</p> <p>Training:</p> <p>(1) 6 Rounds 4x Sandbag Burpees - 60# Rope Climb -OR- 3x Tarzan Pull-ups Lat + Pec Stretch</p> <p>(2) 6 Rounds 8x Sandbag 1-1/4 Squats 2x25m Shuttle Sprint Hip Flexor + Instep Stretch</p> <p>(3) 4 Rounds, one every 2:20 sec.: 300m Shuttle Sprint</p> <p>(4) 4 Rounds 55x Flutter Kicks 20sec./20sec. Kneeling Founder 25x Weighted Sit-ups with 20# Sandbag 15x EOs</p> <p>(5) 3 Rounds Shoulder Blaster - 2.5# 20 sec. Jane Fonda</p>	<p>SESSION 33 Obj: Open Water Fin Work</p> <p>Warm-up: 3 Rounds - Combat Side Stroke Fin 100m @ easy pace Fin 100m @ moderate pace Fin 100m @ threshold pace</p> <p>Training:</p> <p>(1) 5 Rounds - Combat Side Stroke Swim 400m with fins @ Fin Interval Table Pace Rest 3 minutes between intervals</p> <p>(2) 3 Rounds with fins and a 5# weight 60 sec. Tread 60 sec. Tread Right arm out 60 sec. Tread Left arm out 60 sec. Tread Both arms out</p> <p>(3) 75m Combat Side Stroke Hypoxic ladder with fins: -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes -1x75m @ 1 breath every 7 strokes -1x75m @ 1 breath every 8 strokes *Rest as needed between each 75m</p>	<p>SESSION 34 Obj: Base Run + Swim</p> <p><i>Session Note: Swim in open water if possible. If not, use a pool. If in open water, approximate distances using landmarks. Use wetsuit if necessary, preferably including hood.</i></p> <p>(1) Run 12 miles @ Long Run Table Pace</p> <p><i>Transition as quickly as possible, then...</i></p> <p>(2) Swim 2 mile with fins- Combat Side Stroke @ moderate pace</p>	<p>SESSION 35 Obj: Ruck Work</p> <p>Warm-up: 3 Rounds Run 200m 5x Walking Lunges Instep Stretch</p> <p>Training:</p> <p>(1) 4 Rounds Ruck 2 mile intervals @ Ruck Interval Table Pace Rest 5 min. between intervals</p> <p><i>Ruck loaded at 45#. Run with a 10# sledgehammer, dumbbell, or rubber rifle.</i></p>	<p>SESSION 36 Obj: 10-hour Mini Event</p> <p>Training:</p> <p>(1) Swim 1.5 miles with fins.</p> <p>(2) Ruck 6 miles with 45# ruck and 10# sledgehammer, dumbbell or rubber rifle and boots.</p> <p><i>Start a running clock:</i></p> <p>(3) For 1.5 hours with 20# Sandbag: Run 200m with 20# Sandbag on head 10x Walking Lunges with 20# Sandbag held in front with bent elbows 10x 4-count Sandbag Military Press 20x Sandbag Back Squats</p> <p>(4) For 2 hours: 50m Low Crawl 50m Crab Walk 25x In-place Lunges 50x Mountain Climbers Run 200m with 20# Sandbag held overhead. Rest 3 min.</p> <p>(5) For 1 hour: 10x Walking Lunges with 20# Sandbag held in front with bent elbows Run 400m 10x 4-count Sandbag Military Press Run 50m with 20# Sandbag held overhead. Rest 3 min.</p> <p>(6) For 2 hours: Swim 500m with fins 10 min. Tread with both hands 15x Poolside Pullouts 5x Mask retrieval, clear, and surface (<i>drop mask to pool bottom after each surface</i>) Rest 3 min.</p> <p>(7) Ruck 3 miles with 45# ruck and 10# sledgehammer, dumbbell or rubber rifle and boots.</p> <p>(8) Swim .75 miles (1200m) with fins.</p>

WEEK 7 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SESSION 37 Obj: Timed Run + Swim + Calisthenics Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 8x Air Squats 8x Sit-ups Instep Stretch</p> <p>Training: (1) Run 4 miles in boots for time. ***Rest 5 min.*** (2) Max Reps Push-ups in 2 min. ***Rest 3 min.*** (3) Max Reps Sit-ups in 2 min. ***Rest 3 min.*** (4) Max Reps Deadhang Pull-ups</p> <p><i>Travel to Pool, change, and begin warm-up:</i></p> <p>Swim Warm-up: 3 Rounds 50m Combat Side Stroke 10x Sit-ups 10x Air Squats Instep Stretch</p> <p>(5) Swim 500m for time - Combat Side Stroke - no fins</p> <p>RECORD RESULTS: Run time: _____ Push-ups: _____ Sit-ups: _____ Pull-ups: _____ Swim time: _____</p>	<p>SESSION 38 Obj: Underwater Swim + Pool Fin Assessment</p> <p>Warm-up: 3 Rounds Combat Side Stroke 50m 5x Poolside Pullouts</p> <p>Training: (1) 50m Underwater Swim for completion. ***Rest 3 min.*** (2) 1200m pool swim with fins for time - Combat Side Stroke</p> <p>RECORD RESULTS: 50m underwater swim: PASS/FAIL Pool fin time: _____</p>	<p>SESSION 39 Obj: Ruck Assessment</p> <p>Warm-up: 3 Rounds Run 200m 8x Air Squats 10x Sit-ups Instep Stretch</p> <p>Training: (1) Ruck 6 miles for time with a 45# ruck and a 10# sledgehammer, dumbbell or rubber rifle.</p> <p>RECORD RESULTS: Ruck time: _____</p>	<p>SESSION 40 Obj: Open Water Fin Assessment</p> <p>Warm-up: 3 Rounds 1 min. or 50m Combat Side Stroke 10x Push-ups 10x Air Squats Instep Stretch</p> <p>Training: (1) Swim 2 miles with fins - Combat Side Stroke <i>(Swim in open water if possible. If not, use a pool.)</i></p> <p>RECORD RESULTS: Open water fin time: _____</p>	<p>SESSION 41 AM SESSION Obj: Timed Run + Calisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training: (1) 3 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals (2) Push-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec. (3) Sit-ups: 5 Rounds, one every 60 sec.: 30% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec. (3) Pull-ups: 5 Rounds, one every 90 sec.: 30% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 2 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between intervals (2) 3 Rounds with a 10# weight 30 sec. Tread 30 sec. Tread Right arm out 30 sec. Tread Left arm out 30 sec. Tread Both arms out (3) 75m Combat Side Stroke Hypoxic ladder: -1x75m @ 1 breath every 4 strokes -1x75m @ 1 breath every 5 strokes -1x75m @ 1 breath every 6 strokes -1x75m @ 1 breath every 7 strokes -1x75m @ 1 breath every 8 strokes *Rest as needed between each 75m</p>	<p>SESSION 42 Obj: Total Rest</p> <p>No training session today.</p>

WEEK 8 - BUD/S TRAINING PROGRAM, DECEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SESSION 43 AM SESSION Obj: Timed Run + Callisthenics Work</p> <p>Warm-up: 3 Rounds Run 200m 8x Push-ups 4x Pull-ups 8x Sit-ups Instep Stretch</p> <p>Training:</p> <p>(1) 2 Rounds Run 1 mile interval @ Timed Run Interval Table Pace Rest 4 min. between intervals</p> <p>(2) Push-ups: 3 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Push-ups in 60 sec.</p> <p>(3) Sit-ups: 3 Rounds, one every 60 sec.: 35% max reps <i>Immediately after Round 5's 60 sec. is up, do:</i> Max reps Sit-ups in 60 sec.</p> <p>(3) Pull-ups: 3 Rounds, one every 90 sec.: 35% max reps <i>Immediately after Round 5's 90 sec. is up, do:</i> Max reps Pull-ups in 90 sec.</p> <p>PM SESSION: Obj: 500m Swim Work</p> <p>(1) 2 Rounds Swim 250m intervals - Combat Side Stroke - @ 500m Swim Interval Table Pace Rest 3 min. between Intervals</p> <p>(2) 2 Rounds 45 sec. Tread 45 sec. Tread Right arm out 45 sec. Tread Left arm out 45 sec. Tread Both arms out</p> <p>(3) 25m Combat Side Stroke Hypoxic ladder: -1x25m @ 1 breath every 3 strokes -1x25m @ 1 breath every 4 strokes -1x25m @ 1 breath every 5 strokes -1x25m @ 1 breath every 6 strokes -1x25m @ 1 breath every 7 strokes *Rest as needed between each 25m</p>	<p>SESSION 44 Obj: Open Water Fin Work</p> <p><i>Session Note: Swim in open water if possible. If not, use a pool. If in open water, approximate distances using landmarks. Use wetsuit if necessary, preferably including hood.</i></p> <p>Warm-up: 3 Rounds - Combat Side Stroke Fin 100m @ easy pace Fin 100m @ moderate pace Fin 100m @ hard pace</p> <p>Training:</p> <p>(1) 2 Rounds - Combat Side Stroke Swim .5 miles (800m) with fins @ Fin Interval Table Pace Rest 3 minutes between intervals</p>	<p>SESSION 45 Obj: Total Rest</p> <p>No training session today.</p>	<p>SESSION 46 Obj: Base Run + Swim</p> <p>(1) Run 4 miles @ Long Run Table Pace</p> <p><i>Transition as quickly as possible, then...</i></p> <p>(2) Swim 500m mile with fins- Combat Side Stroke @ easy pace</p>	<p>SESSION 47 Obj: Ruck Work</p> <p>Warm-up: 3 Rounds Run 200m 5x Walking Lunges Instep Stretch</p> <p>Training:</p> <p>(1) 1 Round Ruck 2 mile intervals @ Ruck Interval Table Pace Rest 5 min. between intervals</p> <p><i>Ruck loaded at 45#. Run with a 10# sledgehammer, dumbbell, or rubber rifle.</i></p>

TIMED RUN INTERVAL TABLE

4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)	4-MILE RUN (MM:SS)	1-mile Run Pace (MM:SS)
24:00 - 24:09	05:17 - 05:44	29:00 - 29:09	06:23 - 06:55	34:00 - 34:09	07:29 - 08:07	39:00 - 39:09	08:35 - 09:18
24:10 - 24:19	05:19 - 05:47	29:10 - 29:19	06:25 - 06:58	34:10 - 34:19	07:31 - 08:09	39:10 - 39:19	08:37 - 09:20
24:20 - 24:29	05:21 - 05:49	29:20 - 29:29	06:27 - 07:00	34:20 - 34:29	07:33 - 08:11	39:20 - 39:29	08:39 - 09:23
24:30 - 24:39	05:23 - 05:51	29:30 - 29:39	06:29 - 07:03	34:30 - 34:39	07:35 - 08:14	39:30 - 39:39	08:41 - 09:25
24:40 - 24:49	05:26 - 05:54	29:40 - 29:49	06:32 - 07:05	34:40 - 34:49	07:38 - 08:16	39:40 - 39:49	08:44 - 09:27
24:50 - 24:59	05:28 - 05:56	29:50 - 29:59	06:34 - 07:07	34:50 - 34:59	07:40 - 08:19	39:50 - 39:59	08:46 - 09:30
25:00 - 25:09	05:30 - 05:58	30:00 - 30:09	06:36 - 07:10	35:00 - 35:09	07:42 - 08:21	40:00 - 40:09	08:48 - 09:32
25:10 - 25:19	05:32 - 06:01	30:10 - 30:19	06:38 - 07:12	35:10 - 35:19	07:44 - 08:23	40:10 - 40:19	08:50 - 09:35
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500m SWIM INTERVAL TABLE

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FIN INTERVAL TABLE

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FIN INTERVAL TABLE

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RUCK RUN INTERVAL TABLE

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1:01 - 1:02	18:55 - 19:13	1:31 - 1:32	28:13 - 28:31	2:01 - 2:02	37:31 - 37:49
1:02 - 1:03	19:13 - 19:32	1:32 - 1:33	28:31 - 28:50	2:02 - 2:03	37:49 - 38:08
1:03 - 1:04	19:32 - 19:50	1:33 - 1:34	28:50 - 29:08	2:03 - 2:04	38:08 - 38:26
1:04 - 1:05	19:50 - 20:09	1:34 - 1:35	29:08 - 29:27	2:04 - 2:05	38:26 - 38:45
1:05 - 1:06	20:09 - 20:28	1:35 - 1:36	29:27 - 29:46	2:05 - 2:06	38:45 - 39:04
1:06 - 1:07	20:28 - 20:46	1:36 - 1:37	29:46 - 30:04	2:06 - 2:07	39:04 - 39:22
1:07 - 1:08	20:46 - 21:05	1:37 - 1:38	30:04 - 30:23	2:07 - 2:08	39:22 - 39:41
1:08 - 1:09	21:05 - 21:23	1:38 - 1:39	30:23 - 30:41	2:08 - 2:09	39:41 - 39:59
1:09 - 1:10	21:23 - 21:42	1:39 - 1:40	30:41 - 31:00	2:09 - 2:10	39:59 - 40:18
1:10 - 1:11	21:42 - 22:01	1:40 - 1:41	31:00 - 31:19	2:10 - 2:11	40:18 - 40:37
1:11 - 1:12	22:01 - 22:19	1:41 - 1:42	31:19 - 31:37	2:11 - 2:12	40:37 - 40:55

LONG RUN INTERVAL TABLE

4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)	4-MILE RUN (MM:SS)	Pace Per Mile (MM:SS)
24:00 - 24:09	07:12 - 07:33	29:00 - 29:09	08:42 - 09:07	34:00 - 34:09	10:12 - 10:40	39:00 - 39:09	11:42 - 12:14
24:10 - 24:19	07:15 - 07:36	29:10 - 29:19	08:45 - 09:10	34:10 - 34:19	10:15 - 10:43	39:10 - 39:19	11:45 - 12:17
24:20 - 24:29	07:18 - 07:39	29:20 - 29:29	08:48 - 09:13	34:20 - 34:29	10:18 - 10:47	39:20 - 39:29	11:48 - 12:20
24:30 - 24:39	07:21 - 07:42	29:30 - 29:39	08:51 - 09:16	34:30 - 34:39	10:21 - 10:50	39:30 - 39:39	11:51 - 12:23
24:40 - 24:49	07:24 - 07:45	29:40 - 29:49	08:54 - 09:19	34:40 - 34:49	10:24 - 10:53	39:40 - 39:49	11:54 - 12:27
24:50 - 24:59	07:27 - 07:48	29:50 - 29:59	08:57 - 09:22	34:50 - 34:59	10:27 - 10:56	39:50 - 39:59	11:57 - 12:30
25:00 - 25:09	07:30 - 07:52	30:00 - 30:09	09:00 - 09:25	35:00 - 35:09	10:30 - 10:59	40:00 - 40:09	12:00 - 12:33
25:10 - 25:19	07:33 - 07:55	30:10 - 30:19	09:03 - 09:28	35:10 - 35:19	10:33 - 11:02	40:10 - 40:19	12:03 - 12:36
25:20 - 25:29	07:36 - 07:58	30:20 - 30:29	09:06 - 09:32	35:20 - 35:29	10:36 - 11:05	40:20 - 40:29	12:06 - 12:39
25:30 - 25:39	07:39 - 08:01	30:30 - 30:39	09:09 - 09:35	35:30 - 35:39	10:39 - 11:08	40:30 - 40:39	12:09 - 12:42
25:40 - 25:49	07:42 - 08:04	30:40 - 30:49	09:12 - 09:38	35:40 - 35:49	10:42 - 11:12	40:40 - 40:49	12:12 - 12:45
25:50 - 25:59	07:45 - 08:07	30:50 - 30:59	09:15 - 09:41	35:50 - 35:59	10:45 - 11:15	40:50 - 40:59	12:15 - 12:48
26:00 - 26:09	07:48 - 08:10	31:00 - 31:09	09:18 - 09:44	36:00 - 36:09	10:48 - 11:18	41:00 - 41:09	12:18 - 12:52
26:10 - 26:19	07:51 - 08:13	31:10 - 31:19	09:21 - 09:47	36:10 - 36:19	10:51 - 11:21	41:10 - 41:19	12:21 - 12:55
26:20 - 26:29	07:54 - 08:17	31:20 - 31:29	09:24 - 09:50	36:20 - 36:29	10:54 - 11:24	41:20 - 41:29	12:24 - 12:58
26:30 - 26:39	07:57 - 08:20	31:30 - 31:39	09:27 - 09:53	36:30 - 36:39	10:57 - 11:27	41:30 - 41:39	12:27 - 13:01
26:40 - 26:49	08:00 - 08:23	31:40 - 31:49	09:30 - 09:57	36:40 - 36:49	11:00 - 11:30	41:40 - 41:49	12:30 - 13:04
26:50 - 26:59	08:03 - 08:26	31:50 - 31:59	09:33 - 10:00	36:50 - 36:59	11:03 - 11:33	41:50 - 41:59	12:33 - 13:07
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27:40 - 27:49	08:18 - 08:42	32:40 - 32:49	09:48 - 10:15	37:40 - 37:49	11:18 - 11:49	42:40 - 42:49	12:48 - 13:23
27:50 - 27:59	08:21 - 08:45	32:50 - 32:59	09:51 - 10:18	37:50 - 37:59	11:21 - 11:52	42:50 - 42:59	12:51 - 13:26
28:00 - 28:09	08:24 - 08:48	33:00 - 33:09	09:54 - 10:22	38:00 - 38:09	11:24 - 11:55	43:00 - 43:09	12:54 - 13:29
28:10 - 28:19	08:27 - 08:51	33:10 - 33:19	09:57 - 10:25	38:10 - 38:19	11:27 - 11:58	43:10 - 43:19	12:57 - 13:32
28:20 - 28:29	08:30 - 08:54	33:20 - 33:29	10:00 - 10:28	38:20 - 38:29	11:30 - 12:02	43:20 - 43:29	13:00 - 13:35
28:30 - 28:39	08:33 - 08:57	33:30 - 33:39	10:03 - 10:31	38:30 - 38:39	11:33 - 12:05	43:30 - 43:39	13:03 - 13:38
28:40 - 28:49	08:36 - 09:00	33:40 - 33:49	10:06 - 10:34	38:40 - 38:49	11:36 - 12:08	43:40 - 43:49	13:06 - 13:42
28:50 - 28:59	08:39 - 09:03	33:50 - 33:59	10:09 - 10:37	38:50 - 38:59	11:39 - 12:11	43:50 - 43:59	13:09 - 13:45