

# 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 that workout your cardiovascular system.

## 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. Swimming, bicycling, and lifting weights will prepare you for some of the activities at BUD/S, but **ONLY** running can prepare your lower extremities for the majority of 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 a light weight variety i.e. [Bates Lights, Hi-Tec, 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 build up program. Follow the workout as best you can and you will be amazed at the progress you will make.

## RUNNING SCHEDULE I

| WEEK            | DISTANCE           | DAYS      | TOTAL    |
|-----------------|--------------------|-----------|----------|
| Weeks # 1, 2    | 2 miles, 8:30 pace | M/W/F     | 6 miles  |
| Week # 3        | No running.*       | -         | -        |
| Week # 4        | 3 miles            | M/W/F     | 9 miles  |
| Weeks # 5, 6    | 2/3/4/2 miles      | M/Tu/Th/F | 11 miles |
| Weeks # 7, 8, 9 | 4/4/5/3 miles      | M/Tu/Th/F | 16 miles |

\* High risk of stress fractures

## PHYSICAL TRAINING SCHEDULE I

(Monday/Wednesday/Friday)

| WEEK         | PUSHUPS | SITUPS | PULLUPS |
|--------------|---------|--------|---------|
| Week # 1     | 4 x 15  | 4 x 20 | 3 x 3   |
| Week # 2     | 5 x 20  | 5 x 20 | 3 x 3   |
| Weeks # 3, 4 | 5 x 25  | 5 x 25 | 3 x 4   |
| Weeks # 5, 6 | 6 x 25  | 6 x 25 | 2 x 8   |
| Weeks # 7, 8 | 6 x 30  | 6 x 30 | 2 x 10  |
| Week # 9     | 6 x 30  | 6 x 30 | 3 x 10  |

Note: For best results, alternate exercise. Do a set of push ups, then a set of sit-ups, followed by a set of pull -ups, immediately with no rest.

## SWIMMING SCHEDULE I

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

| WEEK         | SWIMMING SCHEDULE             |
|--------------|-------------------------------|
| 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 everyday 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 for category I. Do not attempt this workout schedule unless you can complete the Week 9 level of Category I workouts

## RUNNING SCHEDULE II

| WEEK         | DISTANCE          | DAYS         | TOTAL    |
|--------------|-------------------|--------------|----------|
| Weeks # 1, 2 | (3/5/4/5/2) miles | M/Tu/Th/F/Sa | 19 miles |
| Weeks # 3, 4 | (4/5/6/4/3) miles | M/Tu/Th/F/Sa | 22 miles |
| Week # 5     | (5/5/6/4/4) miles | M/Tu/Th/F/Sa | 24 miles |
| Week # 6     | (5/6/6/6/4) miles | M/Tu/Th/F/Sa | 27 miles |
| Week # 7     | (6/6/6/6/6) miles | M/Tu/Th/F/Sa | 30 miles |

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.

## PHYSICAL TRAINING SCHEDULE II

(Monday/Wednesday/Friday)

| WEEK         | PUSHUPS | SITUPS  | PULLUPS | DIPS    |
|--------------|---------|---------|---------|---------|
| Weeks # 1, 2 | 6 x 30  | 6 x 35  | 3 x 10  | 3 x 20  |
| Weeks # 3, 4 | 10 x 20 | 10 x 25 | 4 x 10  | 10 x 15 |
| Week # 5     | 15 x 20 | 15 x 25 | 4 x 12  | 15 x 15 |
| Week # 6     | 20 x 20 | 20 x 25 | 5 x 12  | 20 x 15 |

These workouts are designed for long-distance muscle endurance. Muscle fatigue will gradually take a longer and longer time to develop doing high Repetitions 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, sit-ups, push ups, and dips can be alternated as in the above workouts, but this time choose a number to be your goal and build up to that number. Each number counts as a set. Work your way up and down the pyramid. For example, say your goal is "5":

Exercise # of Repetitions

Pull ups: 1,2,3,4,5,4,3,2,1

Push ups: 2,4,6,8,10,8,6,4,2 (2X #pull-ups)

Sit ups: 3,6,9,12,15,12,9,6,3 (3X #pull-ups)

Dips: same as push ups

## SWIMMING WORKOUT II

(4-5 days/week)

| <b>WEEK</b>  | <b>SWIMMING SCHEDULE</b>      |
|--------------|-------------------------------|
| Weeks # 1, 2 | Swim continuously for 35 min. |
| Weeks # 3, 4 | Swim continuously for 45 min. |
| Weeks # 5    | Swim continuously for 60 min. |
| Weeks # 6    | Swim continuously for 75 min. |

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.

## NUTRITION

Proper nutrition is extremely important now and especially when you arrive at BUD/S. You must make sure you receive the necessary nutrients to obtain maximum performance output during exercise and to promote muscle/tissue growth and repair. The proper diet provides all the nutrients for the body's needs and supplies energy for exercise. It also promotes growth and repair of tissue and regulates the body processes. The best source of complex carbohydrates are potatoes, pasta, rice, fruits, vegetables. These types of foods are your best sources of energy.

Carbohydrates, protein, and fat are the three energy nutrients. All three can provide energy, but carbohydrate is the preferred source of energy for physical activity. It takes at least 20 hours after exhaustive exercise to completely restore muscle energy, provided 600 grams of carbohydrates are consumed per day. During successive days of heavy training, like you will experience at BUD/S, energy stores prior to each training session become progressively lower. This is a situation in which a high carbohydrate diet can help maintain your energy.

The majority of carbohydrates should come from complex carbohydrate foods that include bread, crackers, cereal, beans, peas, starchy vegetables, and other whole grain or enriched grain products. Fruits are also loaded with carbohydrates. During training, more than four servings of these food groups should be consumed daily.

Water intake is vital; stay hydrated. You should be consuming up to four quarts of water daily. Drink water before you get thirsty!!! Substances such as alcohol, caffeine and tobacco increase your bodies need for water. Too much of these substances will definitely harm your body and hinder your performance. Supplemental intake of vitamins, as well, has not been proven to be beneficial. If you are eating a well balanced diet, there is no need to take vitamins.

### TRAINING TABLE CONCEPT

| NUTRIENT      | INTAKE             |
|---------------|--------------------|
| Carbohydrates | 50-70% of calories |
| Protein       | 10-15% of calories |
| Fats          | 20-30% of calories |