

NAVY SEALS CATEGORY I WORKOUT

Running Schedule I

Week	Exercise	Total Miles Per Week
1 & 2	2 miles/M/W/F 8:30 pace	6 miles
3	No running. High risk of stress fractures	0 miles
4	3 miles/M/W/F	9 miles
5 & 6	2/3/4/2 miles /M/W/Th/F	11 miles
7, 8 & 9	4/4/5/3 miles /M/W/Th/F	16 miles

Your goal is to work up to 16 miles per week of running. After you've achieved this goal, move on to the Category II workout and build up to 30 miles per week.

Physical Training Schedule I (Monday/Wednesday/Friday)

Week	Sets of Repetitions
1	4x15 push ups 4x20 sit ups 3x3 pull ups
2	5x20 push ups 5x20 sit ups 3x3 pull ups
3 & 4	5x25 push ups 5x25 sit ups 3x4 pull ups
5 & 6	6x25 push ups 6x25 sit ups 2x8 pull ups
7 & 8	6x30 push ups 6x30 sit ups 2x10 pull ups
9	6x30 push ups 6x30 sit ups 3x10 pull ups

Swimming Schedule I (sidestroke with no fins 4-5 days/week)

Week	Workout
1 & 2	Swim continuously for 15 minutes
3 & 4	Swim continuously for 20 minutes
5 & 6	Swim continuously for 25 minutes
7 & 8	Swim continuously for 30 minutes
9	Swim continuously for 35 minutes

If you don't have access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim every day that's available.

Your goal is to work up to 200 meters each session, four to five times a week. In addition, be sure to develop your sidestroke on both the left and right side. Try to swim 50 meters in one minute or less.

NAVY SEALS CATEGORY II WORKOUT

Running Schedule II

Week	Exercise	Total Miles Per Week
1 & 2	3/5/4/5/2 miles/five days	19 miles
3 & 4	4/5/6/4/3 miles/five days	22 miles
5	5/5/6/4/4 miles/five days	24 miles
6	5/6/6/6/4 miles/five days	27 miles
7	6/6/6/6/6 miles/five days	30 miles

For weeks 8, 9 and beyond, it is not necessary to increase the distance of the runs; work on the speed of your six-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 day beyond week 9.

Physical Training Schedule II (Monday/Wednesday/Friday)

Week	Sets of Repetitions
1 & 2	6x30 push ups 6x35 sit ups 3x10 pull ups 3x20 dips
3 & 4	10x20 push ups 10x25 sit ups 4x10 pull ups 10x15 dips
5	15x20 push ups 15x25 sit ups 4x12 pull ups 15x15 dips
6	20x20 push ups 20x25 sit ups 5x12 pull ups 20x15 dips

These exercises are designed for long-distance muscle endurance. Muscle fatigue will gradually take a longer and longer time to develop doing high-repetition workouts. For best results, alternate exercises each set, in order to rest that muscle group for a short time. The workouts listed below are provided for varying your workouts once you have met the category I and II workouts.

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, push ups, sit 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. As an example, say your goal is 5:

Exercise	Repetitions
Pull ups	1, 2, 3, 4, 5, 4, 3, 2, 1
Push ups	2, 4, 6, 8, 1, 8, 6, 4, 2 (2 x #pull ups)
Sit ups	3, 6, 9, 12, 15, 12, 9, 6, 3 (3 x #pull ups)
Dips	2, 4, 6, 8, 1, 8, 6, 4, 2

Swimming Schedule II (4-5 days/week)

Week	Workout
1 & 2	Swim continuously for 35 minutes
3 & 4	Swim continuously for 45 minutes with fins
5	Swim continuously for 60 minutes with fins
6	Swim continuously for 75 minutes with fins
7	Swim continuously for 35 minutes

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 one minute or less.