

SOF Prep Swim Training Program PST Navy SO
Never Swim without a Swim Buddy or Life Guard
Always Train Smart

SOF Pre Swim Training Program PST Navy SO

Welcome to the SOF Prep Swim Training Program for the Navy SEAL Operator PST.

In order to qualify to get a contract to train to be a SEAL in the United States Navy, a candidate must complete a satisfactory PST or Physical Screening Test.

500 Yard Swim with Combat Side Stroke or CSS

Max Effort Pull Ups

Max Effort Sit UP (these are going away in 2020) in 2 minutes

Max Effort Push Ups in 2 Minutes

1.5 Mile Run

Optimal Scores:

Swim - 8:30 Min

Pull Ups - 18+

Sit Ups - 100+

Push Ups - 100+

1.5 Mile Run - 9:00 Min

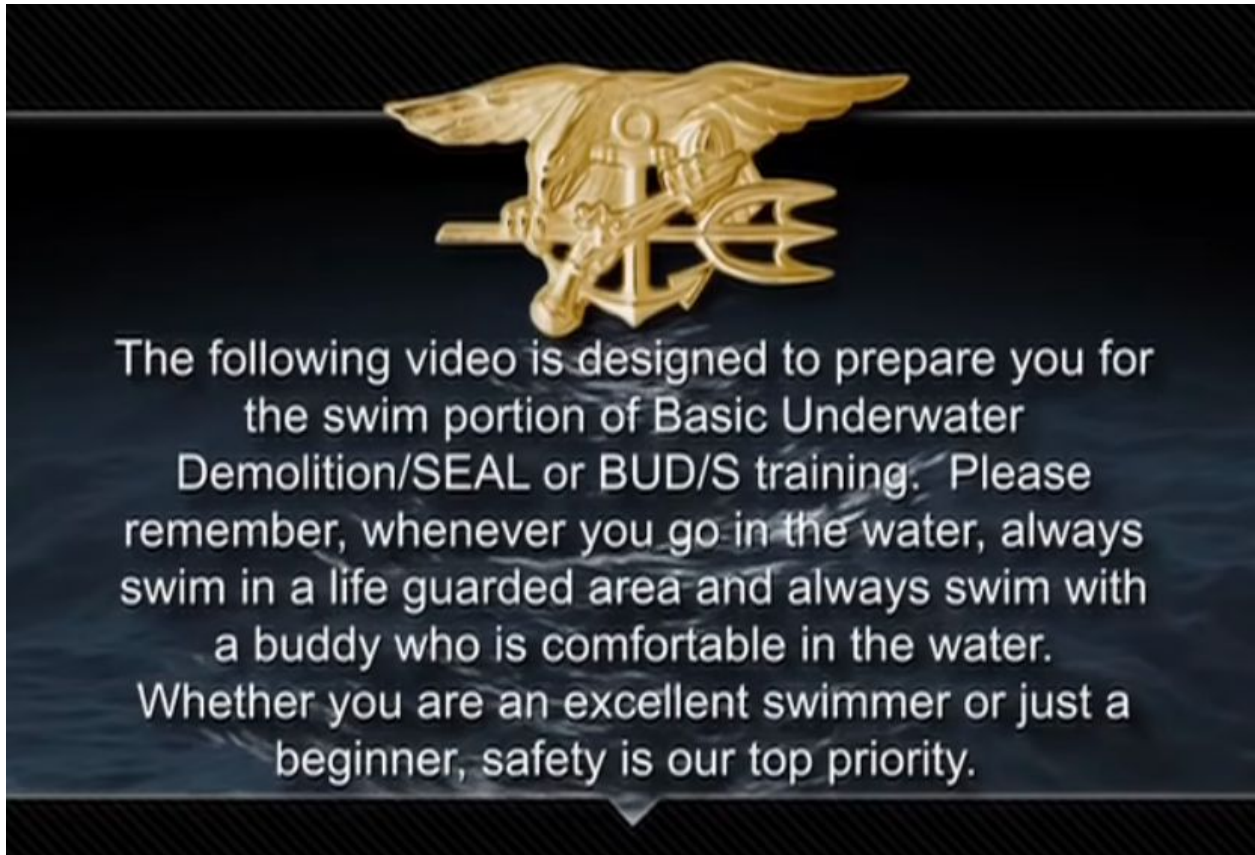
The purpose of this supplemental training program is to focus on the swim portion of the PST using the CSS. You may also use the breast stroke if you are a competitive swimmer. Ideally, the CSS is the preferred way to train.

The PST may take place in a 25 or 50m Pool. Both have their advantages and disadvantages. A 25m pool allows for more wall pushes and can speed up your time. We will train for max scores in both settings with this program.

How to perform the Combat Side Stroke.

Here's a tutorial video from the US Navy (click the image)

<https://youtu.be/r8xqxKDONEg>



Click This Image for a visual guide from the US Navy:



Important Note:

If you are an inexperienced swimmer. First phase of this training before you do the workouts is to master the stroke the right way. Seek out a mentor or coach to guide you through this process if you are struggling. Once you feel comfortable in the water, it's time to train. Training before you are comfortable or if you are performing the movement incorrectly could harm your time and create bad habits that will be hard to undo. Learn the right way first!

Here's a good lecture on the importance of proper movement from SOF Prep Academy.



Equipment Needed for this training: (most pools should have these on site minus the fins and goggles)

[Kickboard Click HERE](#)

[Pull Buoy Click HERE](#)

[Swim Fins Click HERE](#) - Trainer fins for beginners

[Navy SEAL Swim Mask Click HERE](#)

Advanced Fins (ankle breakers) [Click HERE](#)

[UDT Swim Shorts: Click HERE](#)

Week 1 Day 1:

Time Trial.

In order to measure your performance you need to get a baseline number. To do this complete this workout and record your time.

Warm Up:

5 Minutes of Cardio Exercise of Choice. Running, Biking, Rowing.

Complete Stretch Top to Bottom. (if you need a stretching program [click here](#))

Rest for 5 Minutes with controlled breathing and focus on your goal. Completing a clean 500 yard Swim with the CSS.

Complete Swim with a swim buddy on deck keeping time or lifeguard present. GO HARD!

Record Time HERE: _____

Cool Down with a complete stretch and hydrate.

Training Tip: Swimming causes you to dehydrate very quickly, you must stay very hydrated to avoid cramps. Drink a healthy sports drink as recovery.

Day 2:

Pull Buoy Day! (this means we are working arms as the main focus, the pull buoy is placed between your thighs and immobilized your legs while you swim forcing you to use your arms)



Warm Up:

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

200M CSS Full Stroke No Pull Buoy

Rest 5 Min

5 Minute Treading Session 1 Minute No Legs

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 3:

Active Recovery Day!

No Swimming today, instead we are going to focus on dry land breathing.

Breathing Exercise:

Diaphragmatic breathing, or deep **breathing is breathing** that is done by contracting the **diaphragm**, a muscle located horizontally between the thoracic cavity and abdominal cavity. Air enters the lungs, the chest does not rise and the belly expands during this type of **breathing**.

Lie on your back on a flat surface or workout mat with your knees bent and place your hands by your side.

Take in DEEP FULL Breaths slowly through your nose. Focus on drawing the air into your stomach area, avoid expanding your chest.

To Exhale, you will breath slowly out through your mouth slowly.

You will repeat this for 20 cycles. Focusing on increasing the duration of the inhale each time. Try to hold the exhale as long as possible. Good target for beginners is 5 seconds inhale, 8 - 10 seconds exhale.

In future exercises we will shorten this explanation with repetitions and durations.

Example: 20 Reps of Diaphragmatic Breathing: Inhale 5 - 7 seconds through nose, exhale 8 - 10 seconds through mouth.

Note that if you feel dizzy or light headed at any time, take a break. This should be a very relaxed workout and you should clear your mind of all thoughts.

Journal Notes:

Day 4:

Kickboard Day! (this means that our arms will be removed from the

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

150M CSS Full Stroke No Kickboard

Rest 5 Min

5 Minute Treading Session with 1 minute no arms.

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 5: Dry Land PT Training Day

Dry land training means we don't get in the pool but we work muscle groups that we need to perform in the pool.

Warm Up: 1.5 Mile Run, 12 Min Bike Ride, 12 Minute Row

Complete Stretch with ROM Drills

Complete The Following:

50 Arm Haulers

50 Leg Levers

5 Min Plank (in leaning rest position)

100 4 Count Flutter Kicks

100 4 Count Mountain Climbers

Cool Down, Stretch, Hydrate and refuel.

Day 6:

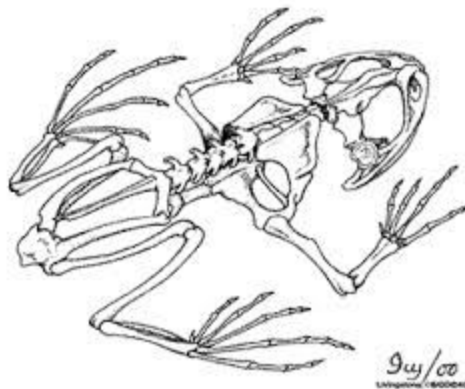
LSD Swim Day.

On LSD Swim Days you will swim for 45 minutes at a very moderate pace. Work on breathing, wall pushes, form and technique.

Set a clock for 45 Min and get to WORK!

Day 7: Rest and Recovery Day

Be sure to hydrate, fuel with good food. Stretch, Foam Roll and Recover as needed.



Week 2:



Day 8:

Sprints!

Warm Up: 4 x 50m Laps at 60% Pace

Stretch as needed between laps.

1 25 M Sprint CSS (down)

1 50 M Sprint CSS (down and back)

1 100 M Sprint CSS (4 Laps)

1 50 M (down and back)

1 25 M (down)

Rest 5 Minutes

7 Minute Treading Session 2 Minutes No Arms (keep your hands above water)

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 9:

Pull Buoy Day! (this means we are working arms as the main focus, the pull buoy is placed between your thighs and immobilized your legs while you swim forcing you to use your arms)



Warm Up:

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

200M CSS Full Stroke No Pull Buoy

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 10:

Active Recovery Day! 45 Min Ruck Hike with 20 Pound Pack (rucking is just hiking or walking with weight)

Dry Land Breathing

Breathing Exercise:

Diaphragmatic breathing, or deep **breathing is breathing** that is done by contracting the **diaphragm**, a muscle located horizontally between the thoracic cavity and abdominal cavity. Air enters the lungs, the chest does not rise and the belly expands during this type of **breathing**.

Lie on your back on a flat surface or workout mat with your knees bent and place your hands by your side.

Take in DEEP FULL Breaths slowly through your nose. Focus on drawing the air into your stomach area, avoid expanding your chest.

To Exhale, you will breath slowly out through your mouth slowly.

You will repeat this for 20 cycles. Focusing on increasing the duration of the inhale each time. Try to hold the exhale as long as possible. Good target for beginners is 5 seconds inhale, 8 - 10 seconds exhale.

In future exercises we will shorten this explanation with repetitions and durations.

Example: 20 Reps of Diaphragmatic Breathing: Inhale 5 - 7 seconds through nose, exhale 8 - 10 seconds through mouth.

Note that if you feel dizzy or light headed at any time, take a break. This should be a very relaxed workout and you should clear your mind of all thoughts.

Journal Notes:

Day 11:

Kickboard Day! (this means that our arms will be removed from the

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

150M CSS Full Stroke No Kickboard

Rest 5 Min

7 Minutes Treading 2 Minutes No Legs (wear BDU Pants if you want an extra challenge)

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 12: Dry Land PT Training Day

Dry land training means we don't get in the pool but we work muscle groups that we need to perform in the pool.

Warm Up: 1.5 Mile Run, 12 Min Bike Ride, 12 Minute Row

Complete Stretch with ROM Drills

Complete The Following:

50 Push Ups

50 Sit Ups

50 Star Jumps

25 Dead Hang Pull Ups

50 Hello Darlings

100 Flutter Kicks

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 13:

LSD Swim Day.

On LSD Swim Days you will swim for 45 minutes at a very moderate pace. Work on breathing, wall pushes, form and technique.

Set a clock for 45 Min and get to WORK!

Day 14: Rest and Recovery Day

Be sure to hydrate, fuel with good food. Stretch, Foam Roll and Recover as needed.



Week 3:

Day 15

Warm Up with 20 Wall Push Off: Push off the wall and give 1 kick and 1 arm stroke and try to go as far as you can each time.

Stretch Top To Bottom

Complete:

4 x 500 yard Swims with 5 Minutes Rest. Focus on Form and Wall Turns with Push Off.

Time Each 500 and Try to Beat your previous time.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 16

Swimming with BDU's or Pants

Warm Up: 100m CSS 60% of Race Pace

Stretch Top To Bottom

With BDU Pants On and T Shirt

Swim: (rest 1 min between laps)

25M

50M

75M

100M

75m

50m

25m

Rest 5 Minutes

Swim 500m in Trunks (No BDU's) Time this

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 17

Treading Day in Full BDU's

Max Effort Water Tread Exercise. No Limit on the Clock. In Full BDU's or Shirt and Pants with Boots.

Tread Water. Have you swim buddy time you. Do not do this without a lifeguard on duty or without a swim buddy.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 18:

Dry Land Active Recovery

45 Minutes of Bike, Row or Elliptical Low Impact Cardio

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 19:

Back in the POOL!

Warm Up: Easy 500m Swim 60% of Race Pace

Stretch Top To Bottom

20 Wall Push with Glides

20 Wall Turns with Push and Glides

200M Swim focusing on max distance Wall Push and Glide

Rest 5 minutes

200M Swim WITHOUT using the wall. Stop before the wall, turn and swim without using the wall.

Rest 3 Minutes

10 Minute Treading Water Holding a 5# object in one hand.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Day 20:

LSD (Long Slow Distance) Swim

Get some water proof ear buds and get to WORK!

1 Hour LSD Swim.

Make sure you hydrate during your swim, just keep a water bottle near the edge of the pool.

GET SOME!

Day 21:

REST DAY!

Eat 4 good meals, recovery stretches, massage, foam roll etc.

Week 4:

Day 22

Sprints!

Warm Up: 4 x 50m Laps at 60% Pace

Stretch as needed between laps.

1 25 M Sprint CSS (down)

1 50 M Sprint CSS (down and back)

1 100 M Sprint CSS (4 Laps)

1 50 M (down and back)

1 25 M (down)

Rest 5 Minutes

7 Minute Treading Session 2 Minutes No Arms (keep your hands above water)

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 23

Pull Buoy Day! (this means we are working arms as the main focus, the pull buoy is placed between your thighs and immobilized your legs while you swim forcing you to use your arms)



Warm Up:

50m Swim with CSS at a moderate pace. 70% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

200M CSS Full Stroke No Pull Buoy

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 24

Active Recovery Day! 45 Min Ruck Hike with 20 Pound Pack (rucking is just hiking or walking with weight)

Dry Land Breathing

Breathing Exercise:

Diaphragmatic breathing, or deep **breathing is breathing** that is done by contracting the **diaphragm**, a muscle located horizontally between the thoracic cavity and abdominal cavity. Air enters the lungs, the chest does not rise and the belly expands during this type of **breathing**.

Lie on your back on a flat surface or workout mat with your knees bent and place your hands by your side.

Take in DEEP FULL Breaths slowly through your nose. Focus on drawing the air into your stomach area, avoid expanding your chest.

To Exhale, you will breath slowly out through your mouth slowly.

You will repeat this for 20 cycles. Focusing on increasing the duration of the inhale each time. Try to hold the exhale as long as possible. Good target for beginners is 5 seconds inhale, 8 - 10 seconds exhale.

In future exercises we will shorten this explanation with repetitions and durations.

Example: 20 Reps of Diaphragmatic Breathing: Inhale 5 - 7 seconds through nose, exhale 8 - 10 seconds through mouth.

Note that if you feel dizzy or light headed at any time, take a break. This should be a very relaxed workout and you should clear your mind of all thoughts.

Journal Notes:

Day 25:

Kickboard Day! (this means that our arms will be removed from the

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

200M CSS Full Stroke No Kickboard

Rest 5 Min

10 Minutes Treading 3 Minutes No Legs (wear BDU Pants if you want an extra challenge)

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 26

Dry Land PT Training Day

Dry land training means we don't get in the pool but we work muscle groups that we need to perform in the pool.

Warm Up: 1.5 Mile Run, 12 Min Bike Ride, 12 Minute Row

Complete Stretch with ROM Drills

Complete The Following:

100 Push Ups

100 Sit Ups

100 Star Jumps

50 Dead Hang Pull Ups

100 Hello Darlings

200 Flutter Kicks

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 27

LSD Swim Day.

On LSD Swim Days you will swim for 120 minutes at a very moderate pace. Work on breathing, wall pushes, form and technique.

Set a clock for 120 Min and get to WORK! HYDRATE OFTEN! Make sure you have a lifeguard on duty or swim buddy. Do not attempt ALONE!

Day 28:

REST DAY!!!

Eat 4 good meals, recovery stretches, massage, foam roll etc.

Week 5

Day 29

Warm Up with 20 Wall Push Off: Push off the wall and give 1 kick and 1 arm stroke and try to go as far as you can each time.

Stretch Top To Bottom

Complete:

6 x 500 yard Swims with 5 Minutes Rest. Focus on Form and Wall Turns with Push Off.

Time Each 500 and Try to Beat your previous time.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 30

Swimming with BDU's or Pants

Warm Up: 100m CSS 60% of Race Pace

Stretch Top To Bottom

With BDU Pants On and T Shirt

Swim: (rest 1 min between laps)

25M

50M

75M

100M

75m

50m

25m

Rest 5 Minutes

Swim 500m in Trunks (No BDU's) Time this

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 31

Treading Day in Full BDU's

Max Effort Water Tread Exercise. No Limit on the Clock. In Full BDU's or Shirt and Pants with Boots.

Tread Water. Have you swim buddy time you. Do not do this without a lifeguard on duty or without a swim buddy.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 32

Dry Land Active Recovery

45 Minutes of Bike, Row or Elliptical Low Impact Cardio

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 33

Dry Land PT Training

Warm Up: 100 Arm Haulers, 100 Jumping Jacks, 100 Air Squats

Stretch Top To Bottom

1 Min Work 10 Seconds Rest Complete: (Max Effort)

Flutter Kicks

Push Ups

Sit Ups

Star Jumps

Lunges

V Sits

Leg Levers

Monkey Squats

Burpees

Pull Ups

Rest 5 Minutes

Repeat!

GET SOME!

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Day 34

Back in the POOL!

Warm Up: Easy 500m Swim 60% of Race Pace

Stretch Top To Bottom

20 Wall Push with Glides

20 Wall Turns with Push and Glides

200M Swim focusing on max distance Wall Push and Glide

Rest 5 minutes

200M Swim WITHOUT using the wall. Stop before the wall, turn and swim without using the wall.

Rest 3 Minutes

10 Minute Treading Water Holding a 5# object in one hand.

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Day 35

REST DAY!

Eat 4 good meals, recovery stretches, massage, foam roll etc.

Day 36

LSD (Long Slow Distance) Swim

Get some water proof ear buds and get to WORK!

1 Hour LSD Swim.

Make sure you hydrate during your swim, just keep a water bottle near the edge of the pool.

GET SOME!

Day 37

Warm Up:

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint Arms Only with 1 Min Rest on each wall.

Rest 5 Min

200M CSS Full Stroke No Pull Buoy

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 38

Kickboard Day! (this means that our arms will be removed from the

50m Swim with CSS at a moderate pace. 50% of PST Full Sprint Pace
Rest 2 Min

Repeats: 10X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

Repeats: 5X 25m Full Sprint CSS Kick Legs Only with 1 Min Rest on each wall.

Rest 5 Min

150M CSS Full Stroke No Kickboard

Rest 5 Min

7 Minutes Treading 2 Minutes No Legs (wear BDU Pants if you want an extra challenge)

Cool Down, Stretch, Hydrate

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 39

Dry Land Breathing

Breathing Exercise:

Diaphragmatic breathing, or deep **breathing is breathing** that is done by contracting the **diaphragm**, a muscle located horizontally between the thoracic cavity and abdominal cavity. Air enters the lungs, the chest does not rise and the belly expands during this type of **breathing**.

Lie on your back on a flat surface or workout mat with your knees bent and place your hands by your side.

Take in DEEP FULL Breaths slowly through your nose. Focus on drawing the air into your stomach area, avoid expanding your chest.

To Exhale, you will breath slowly out through your mouth slowly.

You will repeat this for 20 cycles. Focusing on increasing the duration of the inhale each

time. Try to hold the exhale as long as possible. Good target for beginners is 5 seconds inhale, 8 - 10 seconds exhale.

In future exercises we will shorten this explanation with repetitions and durations.

Example: 20 Reps of Diaphragmatic Breathing: Inhale 5 - 7 seconds through nose, exhale 8 - 10 seconds through mouth.

Note that if you feel dizzy or light headed at any time, take a break. This should be a very relaxed workout and you should clear your mind of all thoughts.

Journal Notes:

Day 40

Dry Land PT Training Day

Dry land training means we don't get in the pool but we work muscle groups that we need to perform in the pool.

Warm Up: 1.5 Mile Run, 12 Min Bike Ride, 12 Minute Row

Complete Stretch with ROM Drills

Complete The Following:

2 Rounds Of:

100 Arm Haulers

100 Leg Levers

5 Min Plank (in leaning rest position)

100 4 Count Flutter Kicks

100 4 Count Mountain Climbers

Cool Down, Stretch, Hydrate and refuel.

Day 41

Warm Up: 100m CSS 60% of Race Pace

Stretch Top To Bottom

Swim: (rest 1 min between laps)

25M

50M

75M

100M

75m

50m

25m

Rest 5 Minutes

Swim 550m Sprint Last 2 Laps!!

Cool Down: Stretch, Foam Roll, Hydrate and Refuel

Journal: (take 2 minutes and write down some notes, what worked well, what didn't, weaknesses etc.)

Day 42:

Rest Day!

Eat 4 good meals, recovery stretches, massage, foam roll etc.

Test Week!

Day 43:

Warm Up with 50m Easy CSS Swim

Stretch

Complete:

2 Timed 500m Swim Rest As Needed Between Each 500m GO FOR BEST TIME!!

Journal

Complete PST:

2 Min Push Ups

2 Min Curl Ups

Pull Ups

Timed 1.5 Mile Run

Day 44:

LSD Swim 30 Minutes Really Easy Pace, Focus on Breathing and Wall Pushes

Day 45

FULL PST With Swim LAST!

Complete the PST with a Swim Buddy Run First

Then Complete Pull Ups, Push Ups, Curl Ups

Swim 500m within 30 Minutes of Finishing other Movements.

Journal Results.

HOOYAH!