**A group of people carrying boats

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Land Portage: BUD/S. https://www.dvidshub.net/search/2.0?q=bud%2Fs

**TOP 5 REASONS WHY CANDIDATES FAIL BUD/S**

As the lead run coach for NSW Prep Course in Coronado, I’ve seen the last 6,000 candidates come through since 2022.

Podcast on Naval Special Warfare Prep Course: <https://podcasts.apple.com/us/podcast/the-official-navy-seal-and-swcc-podcast/id1376847001?i=1000425834673>

1. **Lack of Prep and deconditioning in Boot Camp**

The primary weakness I see in failures is lack of preparation. The prep course is only seven weeks long. One can only improve so much in seven weeks. If you don’t show up in shape prior to Prep, then you have a very high risk of failure. Many use the excuse of the lack of physical training in the 10 weeks of Navy Boot Camp prior to Prep. The successful candidates found some way to train despite the limitations of Boot Camp. They ran around in their compartments, did an hour of burpees or snuck in pull ups in the laundry room. The serious candidates will find a way to maintain what they built leading up to Boot Camp.

1. **The Navy wants you, NSW may not**

It’s important to understand that the Big Navy wants recruits and as soon as you show up for Boot Camp, you belong to the Navy-whether you make it through BUD/S or not. Stubby pencil math estimates that about 4% of annual Navy recruiting is through failed SEAL and SWCC contracts. Given that NSW makes up about 0.9% of entire Navy, the Navy gets a lot of sailors from NSW contracts. So, that is why you are pushed to ship even if you are passing with minimum standards.

People swimming in the ocean

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Surf Immersion: <https://www.dvidshub.net/search/2.0?q=bud%2Fs>

1. **Misconception of minimum standards**

The minimum standards (<12:30 for 500 yard swim, 50 pushups, 50 sit ups, and 10 pull ups <10:30 for 1.5 mile run) do not mean that you have a chance at passing BUD/S. Think of the minimum standards as the lowest performance standard in which we believe that you are safe to train. So, if you are running a 10:29, you probably wont die in the next phase of training, but you’re not going to make it. I always see candidates sprinting to make the cutoff-the minimum standard. They are sprinting to failure. The average run time of a candidates who successfully secured Hell Week is a 9:15 for the 1.5 mile.

A group of soldiers carrying logs

AI-generated content may be incorrect.

BUD/S Log PT: <https://www.dvidshub.net/search/2.0?q=bud%2Fs>

1. **Don’t want it bad enough**

There are many who could have made it who do not because they simply didn’t want it bad enough. A “never quit” attitude means literally that you never quit. BUD/S and Boat Crewman Selection (BCS) distinguish itself from all other SOF selections by cold water. January Coronado Pacific waters will hover about 50° and summer water in the low 70°s and during Hell Week you will be cold for many days 24/7. I see many who think they want it bad, but as soon as it gets hard they crumble.

1. **Lack of Mental Toughness**

Ever done anything hard? Get a BUD/S contract and you will. It’s best if BUD/S is not the first time that you tried something hard. The best candidates have significant athletic achievements. Overcoming the most challenging events will require mental toughness, and this is our mental toughness class (MAGS)

M: Mental Visualization-Visualize success as a Team

A: Arousal Control-moderate your pace for the long run, it’s not a sprint, it’s a marathon or three.

G: Goal Setting-chunk your goals, how do you eat an elephant,? one bite at a time

S: Self Talk-positive self-talk

Listen to Former Force MCPO talk about mental toughness: <https://podcasts.apple.com/us/podcast/the-official-navy-seal-and-swcc-podcast/id1376847001?i=1000413912330>