

8 Weeks to SEALFIT



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Revised and Updated  
New Content and bonus section "Hell Week"

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My parents are the Heaven and earth.

My home is my body

My power is my loyalty

My magic is my training

My life and my death is breath

My body is control

My eyes are the sun and the moon

My ears are sensitivity

My laws are self-protection

My strength is adaptability

My ambition is taking every opportunity with fullness

My friend is my mind

My enemy is carelessness

My protection is right action

My weapons are everything that exists

My strategy is one foot in front of the other

My way is Kokoro



## **What is SEALFIT?**

Whether your personal battles incorporate the predominantly physical domains of military operators, first responders or endurance athletes, or the less physically intense yet equally challenging environments of the private sector—SEALFIT is structured to develop a warrior mind and body that incorporates the whole person. SEALFIT trains the body, mind and spirit to operate at an elite level alone and with a Team.

Being SEALFIT is more than just a sculpted physique; it is a way of life, state of mind and a way of orienting oneself in the world. To be SEALFIT is to embody character traits like honor, courage, discipline, integrity, responsibility and leadership. Our mission at SEALFIT is to provide you with some extremely effective training and coaching, giving you the tools to succeed and excel as warrior athletes.

SEALFIT was developed for the unique and specialized needs of SEAL trainees – but is effective for any “industrial athlete” or professional who must rely on their bodies to work at near peak, and their minds to be mentally tough, for their daily jobs. They include military operators, first responders, intelligence professionals, adventure athletes and the like. The industrial athlete shares these traits, which are distinct from the sport athlete:

1. Must work at near peak output for very long periods of time, with unknown periods of rest.
2. Must be prepared for the known AND equally prepared for the unknown.



3. Does not always have access to a gym and the “proper” training tools
4. Is not competing to win, but to survive and accomplish a mission that can have life, death or strategic consequences well beyond their own pay-grade.
5. Must be strong, but not so concerned with maximal strength like a power-lifter or CrossFitter. Needs Strength Stamina to move heavy stuff far and long, most likely he does not care about his or her 1RM
6. Must have exceptional endurance and be able to go long, under load
7. Must have an intense capacity for work in short, medium and long time domains
8. Must be durable, have powerful core strength, not be prone to injury, and knowledgeable about how to sustain the body at a high level of readiness over the long haul.
9. Must be mentally tough and trains to be so
10. Usually works as part of a unit or team, and works out with that team

*“Great men rejoice in adversity, as brave soldiers triumph in war”  
- Unknown*

Not only do we seek elite functional fitness, strength stamina, durability, endurance and mental toughness, but we believe that hard physical exercise builds character, self-confidence and spiritual strength. These qualities build strong individuals and families and allow you to thrive amidst chaos.

*“When a man is beaten, tormented and defeated...he is ready to learn something” -- Emerson*



## SEALFIT Stand

1. The world is unpredictable and chaotic
2. Destiny favors the prepared (in mind, body and spirit)
3. Hard physical training and proper nutrition is “the miracle longevity drug”
4. Personal Growth encompasses the whole person: physical, mental, emotional and spiritual
5. We believe that there is an athlete and warrior within everyone. It is our mission to draw these traits out and cultivate them
6. Leadership is more than a theory, it is shown through example
7. We use what works and discard what doesn't. We innovate
8. We treat everyone with respect, encouragement, and sometimes, tough love
9. Not everyone is qualified to be a client. The defining attribute is a burning desire to better oneself, a willingness to meet your commitments, and a great attitude

*“Everyone has the will to be a warrior, but only a warrior has the will to prepare”*

*- Anonymous*



## **SEALFIT Values**

1. Loyalty – to our family and our team
2. Service – to others before self
3. Honor and integrity – in public as well as in private
4. Leadership and follower-ship – we must be good at both to be effective at anything
5. Responsibility – we take it for both our actions and those of our teammates
6. Discipline – the only easy day was yesterday
7. Innovation – adapt, improvise and overcome

The journey of a thousand miles begins with a single step.  
You have taken that step. Welcome aboard.





## **Five Mountains**

The path to Unbeatable Spirit is a trek through the Mountains of SEALFIT!

At the center of the SEALFIT Unbeatable system is our 5 Mountain training – an accelerated learning experience. We strive to target multiple intelligences or capacities of human learning with the 5 Mountains. This approach is driven via hard physical training combined with “inner-athlete” practices - the ultimate objective being Self-Mastery.

The 5 Mountains include:

- Physical Development – a lifetime of elite fitness and durability, like a special operator, is the physical training goal of SEALFIT. It is not a sport.
- Mental Development – Never ending improvement in our knowledge and skills (cognitive) as well as our “inner mind”
- Emotional Development – Deepening our character and emotional control
- Awareness Development – Expanding our sensory awareness and intuition
- Spiritual development – cultivating our Unbeatable Spirit

SEALFIT is designed to simultaneously engage each one of these areas, whether this take place via physical challenges, breath control and meditation sessions, lectures, team work,



etc. The learning experience is constant and often taken to the point of failure, because it is through failure that some of our most valuable lessons are learned.

Nothing in life worth achieving comes easy, and the accomplishments you hold dearest to your heart will be the ones attained through the hardest effort. The unbeatable SEALFIT mindset is not easy to achieve and it takes courage to step up to the plate. Yet it is available to anyone with the desire to learn and grow as human beings, and work very hard to do so.

Because self-mastery is our ultimate goal at SEALFIT, training doesn't end after Kokoro Camp or a killer workout. It continues day in and day out, and encompass your work, family and recreational time. As each of the mountains are challenged and developed, you will find that the learning accelerates. The journey is towards a fuller and more meaningful life.



## **The First Mountain is Physical Preparation**

The first mountain to ascend is the physical mountain. Physical training at SEALFIT goes well beyond “working out.” Training is programmed for your specific needs, is not geared toward an event, and is forever – no matter what age you begin, you can and should plan to train your entire life. The quality of your life will be dramatically improved by conquering this mountain alone.

As part of maintaining the most effective level of fitness for short and long durations, low and high intensity settings, and unpredictable environments, we focus on five competencies:

- Strength
- Stamina
- Endurance
- Work Capacity
- Durability

Our Strength Training is focused on relative strength versus max strength. In other words, how much can you move or carry relative to your size? The important point is to be able to carry your load on the team. Relative strength determines your overall ability to contribute to your team in a wide variety of situations. We train strength by lifting heavy things up, and putting them down. In the gym environment we use the Dead Lift, Front Squat, Back Squat, the Presses (strict, push and jerk), Overhead Squat, and the Olympic lifts



(which will develop strength speed and explosive power). Outside the gym, we utilize other heavy objects, such as bodies, sand bags, tires, logs, etc. The benefit of doing the “odd object” training outside the gym is the realism and core strength-durability that develops alongside your raw relative strength. Very valuable stuff.

Closely associated with relative strength is stamina. People often confuse stamina with endurance, though they are distinctly from the other. Stamina has to do with the ability to repeat a movement efficiently and effectively over time. For example, doing pull-up sets with 15 seconds rest between sets, the max number of sets until muscular exhaustion would determine stamina for body weight pulling.

Endurance is training the bodies capacity to work long and under low intensity in a mono-structural mode. Examples include running, swimming, and a rucksack hike. Gaining efficiency in the Oxidative energy pathway (aerobic) will allow the SEALFIT athlete to go for a 14 mile run, maintain a steady pace, and still be able to continue onto the next phase of training (or the mission). This is a measure of endurance.

Work Capacity is basically your horsepower. We fully endorse CrossFit to develop our horsepower. CrossFit employs a system of constantly varied, functional movements performed at high intensity. Functional movements are those that remain true to how our bodies move in nature. These do not include exercises that isolate



muscles groups, such as arm curls or leg extensions. Functional movements begin at the core and end at the extremities. Familiar activities such as pulling, pushing, squatting, lifting weight off the floor, throwing, running, swimming and the like comprise the suite of functional movements that we seek to develop competencies in. We time our work capacity training sessions in order to maintain maximum intensity.

Durability is that training of our joints, ligaments, core and “insides” that keeps us off the bench. Durability includes many things critical for longevity that most people know they should do, but often let slip. Training in durability at SEALFIT includes active stretching, core development utilizing sand bags and strongman exercises, foam rollers, joint mobility, range of motion drills, fueling and re-fueling, hydration and rest. Durability is a not an afterthought...inadequate attention to this aspect of the first mountain can torpedo even the hardest training athletes.

A final note on the first mountain. We learn more by working in a group than alone. At SEALFIT HQ we employ team workouts and team mental challenges which make each training session an accelerated growth experience. Thus we develop not just the first mountain, one's body, but also foster teamwork, leadership, emotional control, awareness and the unbeatable spirit. Each training session, whether a 2 hour workout the 50 hour Kokoro camp, is a comprehensive hybrid event covering all 5 mountains!



This book will provide you a starting point on the First Mountain of SEALFIT – physical training. However, if done with the right intent, intensity you will also be well on your way to developing all 5 Mountains. Train hard and stay focused! In the next section after the 5 Mountain introduction we will get into much more detail on proper physical training.



## **Get Mentally Tough - climb the 2nd Mountain**

Now let's take a look at what rests in that container on top of our bodies – the brain. Our experience has shown us that mental toughness can be trained, and that mentally tough athletes achieve extra-ordinary success on the playing field and in the arena of life.

Mental Toughness is the second mountain of SEALFIT training, hinting that it is not an easy “climb.” The ancient Greeks understood and embraced the concept of using hard physical training to develop the mind along with the qualities of good citizenry...such as discipline, honor, integrity, teamwork, fortitude and compassion. Those who have spent time in hard labor jobs such as first responders and military warriors understand the value that hard physical training brings to developing mental toughness. The Greeks did not just rely on a good workout to develop their warriors, nor do we. At SEALFIT we like to carve out Mental Toughness and work on it as a core competency and essential requirement to be fit and live a good life.

A key tool we use to develop a strong mind is team training. To have a strong team behind your actions has many benefits that translate to mental toughness development. Training with a team that shares your thirst for self-mastery is a powerful force for developing your fullest human potential. On a team we operate in the complex world of “others” rather than the relatively simple world of “me” – thus



we are forced to up our game mentally (interestingly we up our game physically as well). This happens because the trainee now needs to be engaged in more challenging activities to accomplish the training task - such as planning, goal setting, coordination, and leveraging the team's assets while covering for weaknesses - all while being held highly accountable and risking exposure of your own weaknesses. This "team effect" forces one to step it up a few notches. You must develop greater awareness, communication and razor sharp problem solving while under stress...in essence you are developing your mind for the rigors of leadership and being a good team player. This is a far cry from the days of strolling around globo-gym waiting for a treadmill to open up!

Another valuable way to develop mental toughness is to get out of the gym and into the arena. We strive to train like we fight. Though the gym is an excellent tool it is an artificial environment that can lead to complacency and a false sense of security. When we face a real challenge outside of the gym, the gym preparation may not have prepared us for it, thus weakening our mental fortitude and unbeatable spirit. Therefore we try to get out the gym and do our training in the real world. If you like to lift heavy in the gym, then get out and lift something heavy in the woods. If you like to run, get off the treadmill and do an obstacle course or trail run. Challenge your mind and body in new ways to avoid the rut of gym training. There is a big difference between working out and training. Training is about using our bodies in the same manner that we operate. Always remember that





training is practiced in an artificial environment, and our goal is real world application.



## **The 3rd Mountain of SEALFIT is Emotional Control.**

Principally we are speaking about depth of character when we speak of emotional development. As we train our minds to be still, and thus more perceptive and aware, we notice that our bodies “speak” to us as well. Our bodies are giant energy producers and storehouses. The energy we store is often emotional “baggage” which ideally should not have been stored to begin with. How often have you cleaned your garage and thrown away junk that you were certain you would need “someday.” Of course this is a day which never comes. With stored emotional baggage, the day comes when that energy comes back to haunt us in the way of fear, anger, timidity, jealousy, rage, scarcity mentality and other negative beliefs and responses.

Clearly these emotions, and the belief systems that they prop up, are not supportive of our journey to master ourselves and live the life of a true warrior. As stillness of mind develops depth of thought and sincerity, so stillness of emotions forges depth of character. Think of a stream, where in places it is shallow the water is choppy and turbulent, like our “monkey minds.” But in places where the water is deep, there is stillness and calm. The master warrior exemplifies this stillness of mind and body. Hence the saying “still water runs deep.” In practical terms this means we have stilled our minds and emotions, hence have cultivated the ability to separate ourselves from both internal and external distraction.



Think of how often we observe someone “losing their cool.” Who is the loser in the following situation? Subject A has a brief road rage incident and drives subject B off the road. Subject B responds by flipping off subject A, then spends the rest of the day re-living the event at work and home, getting worked up each time. Meanwhile Subject A goes his merry way and forgets the whole thing. I would say that B, the victim, got the short end of this stick, wouldn’t you? Lack of emotional control can literally ruin your day, and take a swath of other people with you. A sad state of affairs, indeed.

Consider the life of Viktor Frankl as portrayed in his book *Man’s Search for Meaning*, where he discusses his imprisonment in Auschwitz and other concentration camps during World War II. He had everything taken from him – his family, his wealth, his health. Yet he found peace and happiness. How did he do this? By developing emotional control and practicing non-attachment. Mr. Frankl was able to distill his “story” to the fact that the only thing that can’t be taken from him was his will to live. And with a strong will, you can have happiness even in the direst of circumstances. His story is a testament to the fact that truly we run our own “Internal Affairs” departments.

Working toward self-mastery and emotional control is also a pre-requisite to authentic leadership. Even if we don’t see ourselves as a leader, the more we develop in the 5 Mountains the more others will look to us for guidance and



leadership. So if we are prey to your stored negative emotions when someone pushes our buttons, we will fail in our ability to focus clearly on the situation, to listen with our whole being, and to respond powerfully.

How do we work on emotional control? Therapy is one very good tool. Many have a jaded view of what therapy is – thinking it is only for those who can't gut through difficult situations. Not true. Therapy is a terrific way to get professional support to shed light on our "shadow self" – as in the shadow of the emotional baggage we trail behind us trashing things in its wake. Like the proverbial monster that disappears when the light is turned on, negative stored emotions can be flushed out simply by shining the light of awareness on them. It is preventative maintenance; "plumbing" for rooting out emotional blockages that can hinder your emotional intelligence and ultimate development.

Yoga is another fabulous tool for dealing with emotional blockages. Yoga is "integration training" and as a physical training practice it helps release stored emotional energy. I have personally witnessed grown men cry as they strike an emotional storage repository in a specific pose. The release is often immediate, and that scary monster of the stored emotion (perhaps the father of the road rage!) is revealed by the light of Yoga to be nothing more than stored negative energy.

Another very valuable way to develop emotional control, as well as a great skill to develop, is Authentic listening. When



we listen how often are we actually listening to our own internal “monkey mind?” So we are listening to two “people” at once and not hearing anything. Authentic listening is the ability to listen in PRESENT MOMENT AWARENESS...with your whole being. This type of listening necessitates that the mind is not running off on some fantasy or internal dialogue (often judging the speaker). Also it means that our emotions are in check and we are not emotionally responding to the speaker’s words.

The magnitude of this task it can be daunting. Try it and you will see what I mean. The first step is to pay attention to how little we actually listen, and then work on being a better listener in every communication. The very act of listening will dramatically improve our communication - suddenly we are a “master communicator” in the eyes (or ears) of our team. Try this with your spouse or significant other if you want some immediate feedback!

A final note – a key aspect of emotional control is the ability to make sound decisions. How can we do this if our minds are cluttered with random thoughts, and our bodies are cluttered with unhelpful stored emotions? We must “de-clutter” the space inside in order to make sense of what is going on outside. Good decisions follow.



## **Be Aware! The 4th Mountain of SEALFIT**

Awareness, Intuition and Sensory development encompass the 4th Mountain of the SEALFIT training program. This element can be broken down into five key elements.

The first is Attention Control and concerns maintaining awareness of your thoughts. What this means is simply that – learn to become aware of your thoughts and determine whether they are positive or negative thoughts. Negative thoughts will sap your physical energy and therefore need to be stopped. Positive thoughts, on the other hand, need to be focused.

It sounds easy but is not easy to do. You might think, of course I know what I'm thinking – I'm the one thinking it, but you would be astounded at the number of thoughts that occur in your mind that you are NOT aware of. Thoughts that barely pass below our conscious radar yet considerably affect our mood, drive and overall energy.

Think of those times during a training event or race when you get to a point you feel you can't continue – stop and listen to those thoughts and you will notice you are psyching yourself out. Your body will become weaker with every thought, and where your mind goes, your body will follow.

Next is Body Control, where you can learn to control your body response through breathing and concentration. Think of when you're watching a scary movie and the combination



of the visual and sound cues physically alter your body's response. You may begin to shake and feel cold at the extremities as your blood rushes to your core in a fight or flight response. This is your mind controlling your body, though not through your conscious direction.

Our goal is to apply this principle but through our conscious direction. Yogis and martial artists are good examples of those who practice body control through mental concentration. For example, you can warm yourself up through breathing and visualization. Breathing as exercise coupled with visualization can have outstanding results.

Third and closely associated with body control is Breath Control. Breath control is about placing conscious thought on that which is life force and is an extremely valuable training tool. An example of practicing breath control is the box breathing exercise, where you inhale a breath for five seconds, hold the breath for five seconds, exhale for five seconds and finally hold the exhale for five seconds. Not only will this increase lung capacity, but more importantly it calms the mind. When your mind is calm, you are more receptive to learning and open to intuitive information exchange. This expands our field of awareness.

I personally applied this technique during BUDs, specifically during the 14-mile runs. The beginning and the end of these runs were often the most challenging, while the middle, when I focused on my breath by slowing it down and holding it for 2 counts on the inhale, time simply flew by. I was



calmer and able to let my body do what it had to without having to battle the weakness of my mind.

Fourth is Concentration, also closely related to breathing control but unique in its emphasis, as it is solely about focusing on THIS MOMENT - RIGHT NOW. If you allow yourself to worry about the future – what's next – you can easily become overwhelmed. Rather take a race, a training event or any personal challenge once piece at a time and you'll find it is much more manageable. Also, breath control helps us with concentration which helps us with attention control – working on one aspect of the Awareness and Intuition element will have an effect on another.

Finally, our last area of focus is Meditation. This means developing the discipline to listen deeply absent of active thought. Listen to our environment, to our bodies and to those around us. In other words, meditation is about learning to keep our mouths shut, minds open, and to listen with your whole being. Sounds simple, but like much of what we practice, it is not easy.

You can't help your teammates if you can't listen, and when you become adept with attention control, you will find that what comes out of your mouth will make more sense. At SEALFIT, we believe that the best way to begin to gain control of the mind is to be silent.





## **The Fifth Mountain is Kokoro, or Unbeatable Spirit**

Developing an unbeatable spirit is the holy grail of our training. I often tell our Academy classes that the 5th Mountain encompasses training in all of the previous four Mountains: physical, mental, emotional, and intuitive. We cannot easily separate the training of the mind, body and spirit into nice little chunks and say, “I am now working the body...tomorrow I work the spirit.” The unbeatable spirit is developed through life experiences and through crucible experiences, like surviving cancer, Hell Week, and Kokoro Camp. It is also developed through the sum total of our daily work in the other four mountains.

Though it is very difficult to carve out unbeatable spirit and train it separately, there are some ways that we can cultivate it.

The first is by practicing TOTAL PRESENCE - being 100% here, now.

The future and the past do not exist in the present. The past is a memory and the future is a notion. Simply by collapsing our time to the present, we eliminate uncertainty and analysis paralysis. We empower our unbeatable spirit.

Sounds simple, but alas, not easy at all. Three tools we utilize to keep our minds focused on the NOW are: counting our breath, reciting a positive and powerful mantra (mine when I run is “feeling good, looking good, ought-a be in Hollywood!”), and practicing “wide-angle vision.” All of these will be discussed in more detail in a future post.



Next we seek to Eliminate FEAR.

Fear exists in the gap between what we know to be true, and what we know we don't know to be true. The wider the gap, the larger our fear. We must seek to narrow, and then eliminate the gap between the known and unknown by narrowing our focus to the present (thus eliminating the possibility for the gap in the first place). We must also seek to close the gap by "closing our openings." To close our openings means to overcome weaknesses that can open us up to critical failures. We don't need to master everything in life, just the important things. This is why we teach Combat Defense and an Offensive Mind as part of our 5th Mountain training. We want to be certain that if our life or the lives of our loved ones are in danger, we can deal with the threat. Thus we do not walk in fear of loss of life or limb.

Non-attachment is another way to eliminate the gap. Having no attachments in life is the ultimate goal of many Eastern spiritual traditions. Practicing non-attachment with your physical belongings is a great way to start. If you are not attached to loss, then you need not fear it.

The third practice is Hyper-Focus.

Hyper Focus is focus to the exclusion of everything else.

Once focused on an action, or goal, you place all of your emotional, cognitive, subconscious and action energy toward achieving that goal. There are no compromises. There is no quit. Using your eyes as a "laser beam" to focus, also called "spirit eyes" among certain eastern martial arts, is how we stay hyper-focused. It also requires us to de-clutter our



minds and environments, and be very selective of what we allow in. Again, simple but not easy.

Finally and closely related to intense focus is Total Commitment! This practice (a warrior virtue) draws upon our values of discipline and courage and extends to both task and team.

Worthy pursuits are heady pursuits for the warrior. They are not taken on lightly with an air of “maybe!” I have seen many SEAL candidates fail on “maybe.” No, we will carefully lay the groundwork for success, and embark on the final journey to our worthy goals only after careful consideration and study. However, once the decision is made and the line crossed, you will have entered into the realm of total commitment to task and team – one that allows no room to even think about the quit or hesitate about the right action. There is no turning back.



## Staying in the Fight

Following is an overview of the tactics we teach at SEALFIT to help stay motivated, clear-headed and in control of our decisions. So we are able to stay in the fight when things get tough.

### **1. Never give up on yourself. Quitting is simply NOT an option**

Pain is temporary, quitting is forever. Whether it is the pain of seeing a long, complex project through to fruition, or the pain of getting through 50+ hours of hard core physical training, simply removing the quit option is the first step to ensuring victory.

Never giving up means that you permanently remove “quit” from your vocabulary, and do what is necessary (morally speaking) to survive (or accomplish a really difficult task). Examples of those who did what was necessary to get the job done include:

- Marcus Luttrell, the “lone survivor” SEAL who fought his way out of what most would consider a no-win situation, outnumbered and outgunned 100 to 1. He beat the odds through sheer tenacity, mental toughness and not ever quitting.
- Aron Ralston sawed his arm off to survive after he getting it trapped beneath a boulder. Would you?
- The Apollo 13 crew never gave up, even when everyone was gearing up for the inevitable news that the moon mission was lost in space. Through intense focus,



creativity and never giving up in the bleakest of circumstances, they were able to navigate their tin can of a spaceship back to Earth. Really amazing!

You must be like Luttrell, Ralston and the Apollo 13 crew. Close all doors to quitting. Remove it as an option. Never give up until you succeed, or die trying.

## **2. 20X Factor: you are capable of 20 times more than you think you are**

I first heard this quote from an instructor during Hell Week of my BUD/s class. It stuck, and sure enough by Thursday of Hell Week, I was actually getting stronger and having fun. Still, most of my class had quit. What was going on? Once the mind accepted the new circumstances, it adapted and started to work with them.

Bottom line, it is a similar experience among ultra-endurance athletes: a break down, then a building back up occurs as the body and mind adapt to the new, harsh reality of the circumstances. You undergo a psychological and physiological paradigm shift as you begin to realize that you are truly capable of at least 20 times more than you previously thought.

After this experience, anything less than Hell Week looked easy. Our SEALFIT Kokoro camp is built upon this same concept. Don't accept your self-imposed limitations. Dare to discover what you can truly accomplish!

## **3. Set Goals the right way**

Yes, I know. Goal setting is mundane isn't it, but have you reviewed yours today? Have you worked on the #1 thing



today that is going to move you closer to your major goal tomorrow? What happens when your goals fail to be realistic, and do you have a method for checking them against reality?

Proper goals are stated in precise and positive terms. They are measurable and have a modest time frame associated with them. If too short of a time frame, then either they are not meaty enough, or you are setting yourself up for failure. Too long of a time frame, and you lose the urgency and your goals fall off the radar.

In the tough spots I recommend to collapse your goal setting to the very near term. I call these “micro-goals.” The great thing about micro-goals is that they lead to “micro-victories.” You stack up enough micro-victories and pretty soon you have achieved a huge milestone!

The hidden secret with micro-goal setting is that it forces our conscious mind to focus on what is happening right now, rather than what may happen in the future where it wishes to be. Focus on the next meal, the next event, or even the next footstep.

The wandering mind is the devils playground. The nature of the outer, conscious mind (the 12% brain) is to dwell on the negative and obsess about it. Often that which is the obsession becomes the reality. Once you begin to focus on the present, the requirement then is to keep your mind in a Positive State. We call this Positivity.

#### **4. Positivity**

Positivity can be likened to an electrical charge. Are you positively charged, or negatively charged? How big of a



difference would it make in your life if you learned how to keep your mind and body positively charged all the time? My guess is a big difference.

At the basic level, positivity keeps you feeling good, strong and able to set a “positive example” for your teammates (who draw strength from you and vice versa). There are some nuances:

- a) Learn to pay attention to your energy, whether it is positive or negative. Our minds are energized with either courage (positive) or fear (negative) which manifest their influence in our lives in different ways. Our basic emotional “feeling” states can be generalized into these two broad categories. We could actually replace “courage” with “love,” but for this discussion courage is a more powerful descriptor.
- b) As soon as you notice negative patterns, you must use a pattern interrupt to immediately stop and re-direct them. At SEALFIT we use Power Statements as pattern interrupts for this purpose. Some power statements we use include: “Hooyah,” “Easy day,” “Get some,” and “Ain’t nothin but a thing.”
- c) Power statements are not enough to do the job alone. Our bodies must also get in the game. A Power Posture reinforces the power statement. Saying “I am going to crush this” while slouched in a defeated, fetal position just doesn’t work! You need to pull yourself up by your bootstraps and mirror the power statement with a power posture.



## 5. Visualize Success

Visualization is the creation or re-creation of an external experience in the “mind’s eye.” Sports psychologists and top coaches have used visualization to enhance performance for some time. It is estimated that 90% of Olympic athletes use some form of visualization and 97% say that it helps.

Why does visualization work? A properly visualized event is treated as if it happened for real on the “screen of life.” Thus you are seeing and doing the event a second time when you do it in the flesh. We perform two types of visualization during our SEALFIT Academies and Awareness Seminar.

- a) **Practice visualization** is rehearsing an event in the mind before attempting it. Visualizing a performance on a benchmark workout, PST, swim, run and the like can have a positive impact on the results, especially if done well and repeatedly over time.
- b) **Future me visualization** is where we create a powerful image of a future event which is a major goal. A good example would be earning the trident, or launching a business. We cement and reinforce this visual image through repeated internal visits. This plants a powerful seed in our subconscious mind that then goes to work to recruit the resources necessary to nurture the event to fruition through proper thought and action.

Visualization is a valuable tool in the development of any sport or skill (shooting, jumping, diving and public speaking). Furthermore, it can help hone and test a strategy. The power of a solid visualization practice cannot be underestimated.





## 6. Be Decisive!

Being decisive is about timely and good decision making, especially in the midst of chaos when you are exhausted or rattled. Decisiveness is a hallmark of good leadership. Sounds good... but how?

- a) **Analyze and plan.** Get yourself organized. Even if the situation is forced upon you as an unwilling leader, take a moment to assess the reality of the situation, determine available resources, delegate tasks, set routine and establish discipline.
- b) **Develop decision models you can rely on.** We all have mental models that shortcut the analytical process. We are not even aware of many of these mental models, some of which can lead to faulty thinking. I recommend you examine closely these underlying thought patterns, and learn a few powerful mental models that can support good decisions.

Two such models we rely on at SEALFIT are the **Mission Plan** (SMEAC) and Col. Boyd's **OODA Loop**. I have used these processes to plan SEAL ops, new business ventures and complex projects that have many moving parts. Once you master the model, you can use it with very little effort to make better decisions.

- c) **There is no such thing as a perfect plan or perfect execution.** It may be a great plan, but no plan survives contact with the enemy (reality). Seek first to make a good plan, and then execute it! Even an average plan executed well is better than a perfect plan not executed at all.
- d) **Don't get married to your decision or your plan.** Perceive your situation accurately and without denial



if things are falling apart. Set your ego aside and be willing to take counsel from all corners.

- e) **Maintain a state of “calm mind.”** Use deep, rhythmic and controlled breathing to manage your mental, emotional and physical stress. Breath control will help normalize and control your arousal response (“fight or flight” syndrome). It centers your mind by bringing attention to a key body function, rather than allowing it to be overwhelmed by the external stressor.

## 7. Be a Team Player

Take your eyes off yourself and put them on your teammates. Imagine if everyone did this. Everyone on the team would be watching your back and supporting you, while you were focused on supporting them. Do this and you will witness something magical. Why?

- a) Shared risk. When you share risk equally with teammates, your credibility and trust among teammates goes through the roof. The accountability that comes with shared risk ensures that you act at your best, at all times. You don’t want to let your teammates down. You don’t want them to let you down. You support each other and grow together as peers.
  
- b) Responsibility. The responsibility of having to take care of your team is enormous, but you are not alone. Because of this, you will step up your level of commitment and focus on the mission. The stakes



are much higher now than just the potential for letting yourself down.

Finally, an esoteric concept called the Law of Attraction. We attract that which we focus on – subconsciously. If we take this to the team level, then we note that a positive focus on the welfare and success of our team has the energetic effect of transforming not just the team, but ourselves. What you give out, you will get back at least 10x.

## **8. Embrace the Suck!**

During a tough workout, mission, project or crisis, everyone is experiencing the same pain. It doesn't help you or the team to whine about it. Embrace the suck means to learn to handle abnormal levels of pain and discomfort. Remember, the best things in life come with pain attached to them. The more pain, the more valuable it is.

“Fake it ‘til you make it” will plant seeds of positive energy and, perhaps even humor. Finding humor and grace in painful situations is a powerful skill. Surrender to the reality of the situation – don't fight it – flow with it.

A “staying in the fight” mentality is crucial for success in any endeavor. Whether you are an MMA fighter, business executive or CrossFit athlete, staying in the fight is about properly orienting your inner self at critical moments. Every race, fight, mission, business venture or crisis has critical “inflection points,” where the outcome can swing one way or the other based upon the actions (or lack thereof) of the key player.



You are that key player.

Bottom line: you should train daily to be mentally tough, physically prepared, emotionally deep and intuitive. Train your indomitable, never-quit spirit. Don't wait for some miracle or distant future date to start.

The world is a dangerous and chaotic place. Destiny favors the prepared. *Living with your head buried in the sand of ignorance, denial, or non-presence is a recipe for disaster.* We have all heard people complain about being in the wrong place at the wrong time. *This can't happen.* Wherever you are, there you are. You are either:

- at the right place at the right time (you are present)
- or at the right place at the wrong time (your head is in the past or future)

In either case, the decisions you make at that moment will determine whether you are a loser or a hero. It simply boils down to having the mental toughness and clarity for right thought, which will lead to right action.

Don't wish for things that are critical to living a good life. Work on making them part of you. Starting now.

*"Courage is resistance to fear; mastery of fear - not absence of fear."*  
- Mark Twain



## Physical Training

1. **Carry your load:** Be prepared to carry your teammates as well. Develop Functional Strength, Endurance and Strength Stamina for more horsepower. Greater strength and endurance means a bigger engine in the same body - thus greater horsepower.
2. **Stay in the fight:** Develop solid Functional Work Capacity enabling you to maintain focus and intensity for short to medium time periods under extreme stress and load.
3. **Don't run out of gas:** develop Functional Endurance in the domains you will be working so you are not gassed from the 5 mile swim or 20 mile hump to the objective area.
4. **Avoid the bench:** Develop Durability to maintain a healthy body over the long term. You are training for life, not a single event. Injuries can lead to loss of life, limb and mission failure.
5. **Where your mind leads, the body follows:** Be Mentally Tough. Train for it.
6. **Plan your dive, dive your plan:** We don't expect to get anywhere without our map, compass and plan. Learn to develop a training plan, mold it to the realities of the real world, and execute it.
7. **20X Factor:** Think Big. Breaking through barriers is a key component of SEALFIT training. Navy SEAL Hell



Week taught us that you are capable of 20 times what you believe you are capable of.

8. **Proficiency on Sea, Air and Land:** Be competent operating in all environments.
9. **Train like you fight:** We use the gym to support our real-world training. Going to the gym for a random workout is not training. The reason we train in the gym is for efficiency, time constraints, and to enhance our performance out of the gym. Gym-bases training can increase confidence and mental toughness, leading to more success in your real world endeavors. However we encourage reality based training as much as possible to simulate the demands of your real job.
10. **There is no “I” in “Teams:”** SEALFIT seeks to build strong unit cohesiveness and leadership skills. SEALFIT training is designed to strengthen teams by building leadership capacity and team cohesiveness.

You must learn to be a team player and check your ego at the door.

You must learn to lean on and develop the strengths of your team.

You are only as fast as your slowest man so you must plan your training so as to not leave anyone behind or shame someone who does not have the skill or stamina of the elite athlete.

Training together as a team is a powerful force for building “Team Kokoro” or indomitable spirit. When a team can operate with “one mind” it is an unstoppable force. Plan your



physical training as an integral part of your team development. Also use physical training as an opportunity to develop leadership and follower skills amongst the team members. The value of this element of SEALFIT can not be underestimated.

*“There are two types of pain in the world. The temporary pain of self discipline and the permanent pain or regret” -- Anonymous*



## Nutrition

*“Bite off more than you can chew, then chew it.” - Ella Williams*

How you fuel your body is critical to training for and maintaining elite level fitness and awareness.

At SEALFIT we focus primarily on the Quality of the food we eat, and to a lesser extent on the Quantity of the same food. We believe that of utmost importance is hormonal balance, and shifting your nutrition metabolic engine from sugar-burner to fat-burner. Fat has 2.5 times the energy availability as sugar, without spiking your insulin level.

Processed grain, in the form of breads, pasta, cereal and most other things in a box with label, are the bane to our health and fitness. These processed carbs enter our blood stream faster than glucose in the form of glycogen, and send our insulin levels skyrocketing throughout the day. When it drops back down we are sent a “hormonal hunger” message in the form of a craving to have more of the same junk. In this vicious cycle, the body burns sugar, and stores fat. That is why we have a billion-dollar industry selling low and no-fat products, as if fat was the enemy. It is NOT. Fat is good (or we should say good fat is good). Become a fat burner and burn fat, rather than store it.

**EAT** – meat and vegetables, nuts and seeds, some fruit, little starch and no sugar in 4-6 meals per day.

**EAT** – several small meals a day vs. 3 big ones





**AVOID** – processed carbs – breads, pasta, cereals, except on cheat days. Then have a pizza. We recommend a cheat day every 3rd or 4th day.

**DRINK** – 50-60% of your bodyweight in ounces each day.

**KISS** – keep it simple, stupid!

**KEEP** – a ready supply of foods available to make Zone snacks and meals.

**DO THIS** 80% of the time. Then cheat like a mother 20% of the time. Life is too short to be perfect!

**ZONE Quantity: BLOCK** – a unit of measure used to create balanced meals

- 7 grams protein
- 9 grams carbohydrates
- 3 grams fat

**PROTEIN** – identify this first in every meal

**FAT** – use quantity as your “control rod” (+/- as needed to adjust energy levels, satiety, and “leanness”)

**CARBS** – Get from green vegetable sources. Limit starches. Eliminate gluten and processed grains in form of pastas, breads, cereal.

## **RECOMMENDED READING**

- Natural Hormonal Enhancement, by Rob Fagen
- The Paleo Solution, by Robb Wolf
- Paleo Diet for Athletes
- The Primal Blueprint, by Mark Sisson
- “A Week in the Zone” by Barry Sears



- “Zone Meals in Seconds” by Barry Sears
- “The Schwartzbein Principle” by Diana Schwartzbein
- “Nourishing Traditions” by Sally Fallon

## **RECOMMENDED PRODUCTS**

- *Dr. Schulze SuperFood* – 100% organic vitamin, mineral and herbal concentrate
- *Omega 3* – fish oil supplement
- *Whey Natural Protein* – full range, non-denatured, whey protein supplement

## **SHOPPING RECOMMENDATIONS**

- Shop around the edges of the store, not in the aisles
- Look for “certified” organic whenever possible
- Natural peanut/almond/cashew butter
- Meats – lean, organic, grass pasture, free-range cows, no hormones or antibiotics
- Chicken/Poultry – free-range, cage-free
- Milk – raw, whole milk
- Eggs – free-range, cage free chickens
- Bread / Pasta / Cereal – AVOID. If you must eat use No “enriched” flour - use sprouted grain or whole grain
- Saturated Fats – Good for you. Must keep your sugar (and processed carb intake low or you will store fat!).
- Fats – olives, olive oil, nuts, seeds, avocados



## Physical Fitness Standards

**Functional Strength:** Getting strong is a crucial aspect of getting SEALFIT. Strength is foundational to performance and develops confidence. Combined with good flexibility, joint mobility and core stability, it makes you more durable as an athlete and professional.

SEALFIT standards are markers for you to follow in establishing loads during maximal rep (ie: 1RM, 3RM) sessions. These standards are based on our work at the SEALFIT Training Center. Expressing the standard as a measure of your own bodyweight we borrowed from our friend Rob Shaul at Mountain Athlete. This is a simple and clean way to measure relative strength. To compare against power lifting standards please refer to the charts in the appendix to this document compiled by Lon Kilgore and Mark Rippetoe.

### Relative Strength Standards:

Front Squat: Men 1.5 BW. Women 1.0 BW

Deadlift: Men 2.0 BW. Women 1.5 BW

Press: Men 1.0 BW. Women .75 BW

Bench Press: Men 1.5 BW. Women 1.0 BW

Squat Clean: Men 1.25 BW. Women 1.0 BW

Clean & Jerk: Men 1.0 BW. Women .75 W



**Strength Stamina:** Overcoming resistance repetitively, over time. Strength Stamina allows you to carry more heavy stuff farther, which is very useful to the team. We observe some body-weight movement standards for SS:

Body Weight Standards:

BW Squat: > 120 in 2 minutes

BW Pushup: > 100 in 2 minutes

BW Pullup: > 20 in 2 minutes

BW Situp: > 100 in 2 minutes

*"Fortune favors the brave."*

*- Publius Terence*

**Functional Work Capacity:** Work Capacity is defined by us as the ability to do more work, in less time. This results from an increase in power, endurance, speed and stamina. In other words it means you have more horsepower (strength + cardio-endurance) in the same body, and thus have the capacity for "more work!" We use CrossFit programming elements to develop functional work capacity. Standards include all CrossFit benchmarks, plus SEALFIT versions of the benchmarks such as "weighted run with Angie."

*"Do or do not. There is no try."*

*- Yoda*

**Functional Endurance:** Endurance is also foundational to SEALFIT. It is "Long Slow Distance" (LSD) work using the



oxidative pathway. Often referred to as “cardio” meaning that the cardio-respiratory system is the primary engine, and the goal is to extend the capacity of your cardio-respiratory system. In SEALFIT strong endurance is almost as important as strength. Training in LSD has been written about extensively.

The focus of SEALFIT endurance is developing functional LSD competencies in the water (long ocean swims / confidence in the surf zone and open ocean), “air” (we mean on the mountain and cliff face), and austere land environments (beach runs, hikes, rucksack humps, trail runs, etc.).

### **Standards:**

Run: 1.5 Miles in 9:00

Run: 3 miles in 20:00

Run: 6 miles in 45:00

Run 14 miles - completion

Ruck 26 miles with 40# - completion

Swim: 500 in 8:00

Swim: 1 mile in 35:00

Row 2,000 in 7:45

Row 5,000 in 20:00



**Power & Speed:** Power is overcoming resistance explosively. Exploding out of the starting gate is speed power. Snatching 185 pounds over your head is explosive power. Speed is rapid repetition of low resistance loads. Running is rapid repetition of hip opening propelling body-weight load forward fast. Increasing your speed is to minimize the cycle of the repetition. SEALFIT does not publish any standards for power and speed as it is a valuable by-product of our training.

**Durability:** You don't want an injury to take you out of the Arena. Durability is joint mobility, muscular flexibility, strong bones, thick skin (emotionally), the ability to work through light injuries, avoid show-stopping injuries, hydration, re-fueling, rest and recovery.

*"We do today what others won't...will do tomorrow what others can't" --  
Smoke Jumpers Creed*

**Mental Toughness:** Mental Toughness is a key focus of SEALFIT training. We are certain that mental toughness is trainable, and that the human being is capable of much more than what they "believe" they are capable of. Our training is designed to push the boundaries of what we believe is capable, and to teach you how to push this boundary even further on your own. Each personal limit that you blast through exposes a whole new paradigm of what is possible.

**Keep it simple:** KISS – or “Keep is simple, stupid.” Keeping things simple does not mean making them easy. What we mean is to not overcomplicate your workouts or over-analyze things. You can get analysis paralysis trying to find the "perfect" periodicity or nutrition plan. Keep it simple means to follow the 80/20 rule: 20% of what we do leads to 80% of



the results we seek. Find that 20% and focus on it!

**Accuracy Comes before Intensity:** In the military we talk about the need to crawl before we walk, walk before run. This applies to physical training. Working proper form and technique is crucial before ramping up the intensity. Most injuries seem to occur when an ego gets in the way of prudence and the athlete is moving too much weight, too fast, with lousy form. This is especially important with the dead lift and back squat where the loads that the body can move are significant even for the untrained.

The first few times to the range you shot methodically, and your shot pattern on the target was all over the place. Then your competency improved, and when shooting slowly and deliberately you could shoot out the bulls-eye. Then you picked up the pace and started moving drills and quick-draws. Your shot dispersion quickly deteriorated and 35% missed the target altogether. So you learned the mantra “smooth is fast” and settled on a pace between slow and fast, and your accuracy improved greatly. This is the zone of efficiency where you can move “fast” and still be accurate, efficient and effective. The intensity can be inched up as you improve in this zone of efficiency. It is an art born of personal experience.

We do not like to see our newer athletes go for 1RM Dead lift and Back squats. We keep them focused on 3RM until their form is true, and they have built the strength in the core and lower lumbar region to protect the spine during the lift. There is evidence that tall endurance athletes are keenly at risk with these two lifts due to durability and structural issues. Consider raising the DL and not breaking the parallel plain on BS in addition to only going to 3RM with these lifts.



*"Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action."*

*- Helen Gahagan Douglas*

**Training is not "exercising:"** We don't randomly exercise. Training requires Discipline, Knowledge and Practice. Make your training a "discipline" - meaning it is a part of your daily routine and self mastery plan. Gym-based workouts are designed to support our real-world work and should never replace specific training in that real-world work. Having said that, gym-based functional training is extremely valuable and the skills and competencies developed are very transferable to real-world work.

*"The Only Easy Day was Yesterday" - - US Navy SEALs*





## Strength & Stamina

Strength training is foundational. There is not a day that goes by that a SEAL, or any warrior, is not required to pick something heavy up and carry it for some distance. The athlete who has focused to exclusion on single mode mono-structural sports like running, biking or triathlon training will have trouble handling load and could be a liability to his or her team.

Strength training is not complicated or sexy. It is just hard work. But it is fun and rewarding when done right, and provides a great team-training opportunity. Generally Strength training is defined as picking things up that have significant weight and moving it or putting it overhead. Body-weight exercises have their value, but are limited in their ability to develop significant strength gains. The SEALFIT program trains strength 3 days a week. Our programming rotates between total body, upper body and lower body exercises.

### Definitions:

Quite simply, getting strong allows you to carry more heavy stuff, which makes you more useful to your team. Sustained strength work will extend the duration of short bursts of energy provided by anaerobic energy pathways as well as the efficiency of the muscle movements allowing for more weight to be lifted, and lifted over time.

**Functional Strength** means that we get strong in a functional manner - we squat, lift, push and pull using movements that are natural, safe, holistic and engage the core before using the extremities. Functional strength



development requires simultaneous core strength development. We combine our strength work and durability to ensure core stability grows alongside strength.

**Relative Strength** means the strength exhibited is relative to the size of the delivery vehicle. A 165 lb man with a 300lb dead lift (1.8 lbs lifted per lb of body weight) is relatively stronger than a 210 lb man with a 350 lb dead lift (1.6) even though the larger man is lifting more weight.

*"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."*

*- Francis of Assisi*

**Absolute Strength** is defined as the amount of musculoskeletal force you can generate for one all-out effort, irrespective of time or bodyweight.

This form of strength can be demonstrated or tested in the weight room during the performance of a maximal, single repetition lift. While only power lifters need to maximize and demonstrate this type of strength in competition, all athletes need to develop absolute strength as a foundation for other bio-motor abilities such as strength speed, strength endurance, agility, etc.

**Absolute strength is displayed through two muscular actions:**

1. **Concentric Strength:** the ability to overcome a resistance through muscular contraction, i.e., the muscle shortens as it develops tension.
2. **Eccentric Strength:** displayed when a muscle lengthens as it yields to a resistance. Eccentric strength is normally 30-50% greater than concentric



strength, meaning that you can lower significantly more weight in good control than you can actually lift.

SEALFIT utilizes Olympic lifts and Power Lifts to build relative strength and strength stamina. We use them because:

1. Olympic lifts teach an athlete how to explode (to activate a maximum number of motor units rapidly and simultaneously).
2. Olympic lifts teach the ability to apply force with his or her muscle groups in the proper sequence (i.e., from the center of the body to the extremities). This is a valuable technical lesson for any athlete who needs to impart force to another person or object.
3. Olympic lifts teach how to accelerate objects (including other people) under varying degrees of resistance.
4. Olympic lifts teach how to effectively receive forces from another moving body.
5. The actual movements performed while executing the Olympic lifts are among the most common, functional and fundamental in sport.
6. The Olympic lifts are relatively easy to measure an athlete's force output capabilities.

*"If we did the things we are capable of, we would astound ourselves."  
- Thomas Edison*



## **Primary Strength**

For maximal effort lifting we will use the 1 rep max lift to set the bar for our working weight. Often we will use 3RM for lifts where we have seen our athlete experience form problems when doing multiple repetitions, or where we have experienced injuries for going too heavy too soon. These include the Dead Lift and Back Squat. In either case (1RM or 3 RM) our goal is not the maximal lift, but to build overall strength and establish our working weight for our stamina sessions.

### **Lower Body:**

- Dead Lift
- Front Squat
- Back Squat

### **Total Body:**

- Squat Clean
- Clean to Overhead (Squat Clean & Push Press and Power Clean & Jerk)
- Thruster
- O/H Squat
- Snatch

### **Upper Body:**

- Press
- Push Press



- Push Jerk
- Weighted Pull-up
- Bench Press

*“The reward of a thing well done is to have done it.”*  
- Ralph Waldo Emerson



## **Supplemental Strength**

Supplemental strength exercises are used to support primary for variety, functional skill development, and high intensity work capacity sessions where moving heavy loads contradicts our objectives. These exercises include our named “complex” drills, body weight gymnastics, and are conducted at low weight, high rep formats. Exercises include, but are not limited to:

### **Total Body:**

- Bar Bell Complex
- Curtis P
- Snatch Complex
- Snatch Punisher
- Man Maker
- The Exercise
- Thruster
- KB and DB drills

### **Upper Body:**

- Pushup variations
- Pull-up variations
- Dips, Ring work
- Get-Ups
- Buddy carry & other team drills

### **Lower Body:**

- Lunge variations



- Step ups
- Air Squats

*“Commitment spawns success. Only by redoubling our efforts do we best succeed. Expecting success to motivate our efforts is the loser’s gambit.”*

*- Greg Glassman, founder of CrossFit*



## Work Capacity

*"Don't let what you can't do interfere with what you can do." -- Anonymous*

Training for work capacity is done almost every work session with SEALFIT. We need to prepare for the known AND unknown in our life and work. Preparing for known in sport is simple (though hard work). CrossFit has proven to be an extremely effective general physical training program to develop a broad base of functional conditioning. We find this training system to be indispensable and an integral part of SEALFIT. For that we are in Coach Glassman's debt for his creativity and generosity.

CrossFit captures three crucial elements of effective training and presents these elements like a sport so that the results are observable, measurable and repeatable. The three primary components of work capacity training, based on CrossFit, are:

Constant Variance - of exercise types, tools, times and location. We like to change it up. Routine is the enemy.

*"I never said it would be easy, I only said it would be worth it."*  
- Author Unknown

Functional Movements - Stick to Universal Motor Recruitment Pattern movements found in nature. Avoid artificial movements created for artificial gyms which result in the "un-training" of the body as a system. Keep in mind that a strong muscle is useless unless it enhances work capacity in the domain of your work/job/sport. Unless your sport is body-building training for hypertrophy (muscle mass) is not very useful.





High Intensity - Timing workouts and treating them like a sport is a brilliant adaptation of CrossFit, Timing WODs takes their intensity to new levels. However we do not always time our workouts at SEALFIT because we think it is unsustainable over the long-term and could lead to burn-out and stop-watch fatigue.

SEALFIT goes beyond CrossFit in that it is Specific in programming, Hybrid in composition and Holistic in focus on the warriors mind, body and spirit.

*"Performance is directly correlated with intensity. Intensity is directly correlated with discomfort."*

- Greg Glassman

**Ten Domains of Fitness** - the "cross" in CrossFit means that we cross train to ensure that we are hitting all ten measures of fitness over the course of a training session, or at a minimum a training week. These ten domains are:

Cardio-vascular endurance - the efficiency of your system to "go long" utilizing the oxidative energy pathway (where oxygen is your primary fuel source). This is the primary focus of endurance athletes such as runners and triathletes. It is a very important aspect of a warrior athletes training program and one of the foundations" of SEALFIT.

Strength - Hard work. Overcoming resistance. Pick up something heavy. Walk with it. Put it over your head. These are the "simple, but not easy" ways to get strong.



**Stamina** - Overcoming resistance repetitively. Pick something up, and walk with it for a long time. That requires stamina.

**Flexibility** - a cornerstone of durability. Flexibility and joint mobility are essential for full range of motion. Full ROM leads to more efficient work and avoidance of injury. Incidentally, training for a flexible body trains a flexible mind, which is an important ingredient of mental toughness. Ignore this at your peril.

**Power** - Comes from training work capacity and using explosive movements like the Clean and Jerk.

**Speed** - Again, faster! The need for speed is most pronounced in the realm of sport. It is not a trained component of SEALFIT. However, we do sprint work to build capacity to move our bodies and load as quickly as possible for short distances, simulating the conditions of a firefight or other crisis situation.

*"If there is no struggle, there is no progress."  
-Frederick Douglass*

**Accuracy, Agility, Coordination and Balance** - these last four fitness measures are the domain of sport and do not have a significant role in SEALFIT. However they are trained collaterally - meaning that you will increase your skill and capacity in these areas just as a result of the way we train, but it is not a goal nor is programming specific to these fitness domains. The only caveat is if we define balance as balance in life, rather than your body's balance in movement. Metaphysically they are closely related. Because a warrior athlete must have life-balance, it is not unrealistic to assume that we train for balance. This is done



through our durability training, where we incorporate warrior yoga and core development.

*“Have fun screwing up...it means you are removing your ego from the problem.”*

*- Greg Glassman*



## Endurance

Endurance training is well known to those who come to SEALFIT. Endurance and traditional strength “hypertrophy” training (bodybuilding) have dominated the fitness industry for the last 50 years. We do not want to throw the baby out with the bathwater with all the hype about high-intensity training. Our philosophy is that endurance is an underpinning to our success, just as strength stamina is.

We like our athletes to train endurance doing events that are similar in nature to what they will experience as operators or industrial athletes. So if you are a mountain guide then trail hiking under load, or scaling long rock faces in preparation for your season is appropriate. If you are a SEAL candidate then long soft sand runs and ocean swims are appropriate. If you are a firefighter, long ruck humps are appropriate.

Here are some guidelines for running and rucking:

Running: Your form in running will make a big difference in your efficiency, speed and joint impact. We teach “pose” running, which is best done with special sneakers. It is difficult to pose run in boots, but the principals still apply. These skills are best learned from a clinic like the post running clinic. Another resource is “Chi Running.”

The key form points are:

- “Fall forward” into the next step
- Stand tall and don’t run hunched over
- Land flat on the mid to forward part of the foot (rather than the traditional heel-toe strike)



- Take shorter steps for a faster repetition cadence (90 steps per minute)
- Circular foot rotation
- Forward arm swing.

**Rucksack hiking:** “Rucking” can put serious strain on your body and we try to limit it to a couple times per month.  
Guidelines:

- Don’t jog or run with your pack. Rather “step up” your walking pace. If you want to run with load use a weight vest (ie: with Murph).
- Land flat footed
- Lean into the stride – strive to “fall to” the next step similar to pose running
- Increase your cadence by taking smaller and faster steps
- Break in your boots
- Wear chafing gear and two pairs of socks
- Prepare your feet for long humps with second skin, or mole skin to prevent blisters. If a blister arises treat it immediately.
- Carry the load on your hips, not your shoulders. That is why hip-belts were invented so use them

*“Obstacles are those frightful things you see when you take your eyes off your goals.” -- Henry Ford*



## Durability

Durability is the athlete's ability to stay in their game over the long-haul and comprises some hard skills and soft skills, similar to mental toughness. We are no good to our team if we get hurt before a mission. Worse, we are an outright liability if we get hurt during a mission. Additionally, if we burn out or lose motivation then you are on the edge of being a liability to yourself and the team.

Most injuries and accidents arise because the individual is not aware, or not prepared. Our key training guidelines for durability are:

- **Awareness:** Awareness is a soft skill that can be trained. Sitting in meditation is a great way to start. We seek mindfulness during a training session. That means no personal i-pods, moving deliberately and not hastily, being observant of your teammates form and actions, and mindful of your own. It is an uncanny observation that slowing the team down often leads to faster and better performance.
- **Core Strength:** Core strength is extremely important. In SEALFIT the core is the entire torso of the body. Everything else is the "extremities." Core strength is best developed with total body exercises like the overhead squat, squat cleans, dead lift, etc. We also find sand bag work to be an excellent core strength exercise due to the rotational work and unstable load. 15 minutes of sand bag get-ups a few times a week will develop rock solid core. We specifically train for durability as the last segment of our sessions...a "warm-down" of sorts. We use a wide variety of ab and torso exercises to keep it interesting.



- **Flexibility & Mobility:** Often overlooked by the CrossFit and traditional S&C crowd, this is also a critical piece of maintaining durability over the long haul. We specifically drill for mobility and flexibility during our working sessions, and during the durability phase of the session. We have some drills we have borrowed and made up to keep the hips and shoulders open and healthy. Short versions of our Warrior Yoga are valuable additions to any workout.
- **Injury Prevention:** Preparing feet and hands for excessive chafing from hikes, or 100 pull-up workouts will prevent injury. Doing some active warm up and range of motion drills prior to a workout will help avoid shock injuries like pulled hamstrings.
- **Hydration & refueling:** Simply said – drink tons of fresh water and use electrolytes to avoid cramping. As a rule you should drink  $\frac{1}{2}$  your body weight in ounces throughout the day. Drink liberally before, during and after a training session. Refuel with a protein supplement or protein laden snack within 30 minutes of a session. On sessions longer than an hour snack during the workout. This must be trained to become a discipline. Sporadically remembering to hydrate means you are dehydrated. Dehydration and under-nourishment will lead to declining performance, low motivation and injury.
- **Rest & recovery:** Right up there with hydration and refueling in importance. Try to program recovery into your training plan. If not then listen to your body and encourage your team to take training time outs, or days off, when they feel depleted. In general we program three hard days followed by an active



recovery day (LSD), followed by two hard days and a day of total rest. CrossFit follows a 3 on, one off model. Whatever works for you as long as you get the recovery you need. For rest, try to get 8 good hours of sleep a night. We know it is not always practical for the operators. Growth hormones only release when you drop into REM sleep, which is in your third cycle of sleep. Avoid sugar (alcohol) prior to bed as it will inhibit your sleep patterns and hinder muscle recovery and growth.





## Mental Toughness

*"Pain is weakness leaving the body" -- A Navy SEAL*

Mental Toughness is an elusive concept easy to talk about it, but difficult to exhibit. Either you have it or you don't. There are many pretenders in our society where the standards are so lax that one could feel tough for gutting it through a pick-up basketball game.

We believe that Mental Toughness is a human capacity that needs to be trained or it doesn't develop. On the other hand, it can also go soft if not trained. Our work with SEAL candidates and Industrial Athletes has shown us that hard physical training over long time domains, with work that causes suffering, develops self confidence and fortitude. The Greeks understood this well. Suffering was doled out to young Spartan Agoge trainees daily in high doses until they forged minds of steel.

"Pain is Weakness Leaving the Body" means that the pain of a training session is making you stronger mentally, not just physically. When the mind is weak, the body will fail. When strong, there is almost no end to what the human body can endure.

Characteristics of the mentally tough include:

- Discipline
- Clarity of thought while under duress
- Calmness amidst chaos
- Suffering in silence
- Familiarity with pain and discomfort (pain is your friend!)



Quitting is not an option. Intriguingly, this is the ONE character trait that defines who succeeds in SEAL training, and who rings out. Also it defines who survives a survival situation or a terminal illness. It is mental toughness, that Failure to take NO for an answer, to Never, Never, Never Ever quit (Teddy Roosevelt) that makes the difference between life and death, success and failure.

*"There are no limits. There are plateaus, but you must not stay there, you must go beyond them. A man must constantly exceed his level." - Bruce Lee*

Interestingly, mental toughness is also almost impossible to measure with a simple fitness test or psych evaluation. Even after rigorous psychological testing, and fitness screening taking up to a year to prepare a Navy SEAL candidate for the BUD/s program, some 80% will fail. They simply were mentally weak. Some of the principles we live by at SEALFIT to build mental fortitude include:

- Hard physical training is one of the best ways to do this. But it is not natural for most people.
- Good coaching is very helpful to train mental toughness
- Unfamiliarity of a situation, and lack of confidence can weaken someone who is proven "tough" in a different domain. I have seen SEALs considered mentally hard shake in their boots while staring at the abyss from 20,000 ft wondering if they will survive their first HALO jump. In other words you must train specifically in a domain to be mentally tough in that arena. A warrior must train like a warrior, a diver like a diver, a smoke jumper like a smoke jumper.



- Being functionally fit makes a big difference. The fitter you are, the less you suffer, the less prone to injury, the stronger the mind is. It is an upward spiral.

Some tips for training mental toughness using fitness:

- Watch your thoughts! Pay attention to what is going through your mind. Try to create a space, a moment, between when a thought arises, and the immediate judgment of that thought. This practice is called "Mindfulness," and allows us to avoid poisonous thoughts and instead direct our thoughts in powerful directions. A weak thought is "I can't finish this, I am dying here!" A powerful thought is "This is frigging hard - I love it!" At our SEALFIT Kokoro (warrior spirit) camps, we provide some strong metaphors and mental images to help keep your mind focused on powerful concepts.
- Use a mantra. During BUD/s I would sing a little powerful ditty to myself on long runs which would keep my mind focused on something other than the pain of the moment. Counting also works well. Count to 10, then start at 1 again. The mantra and counting are concentration techniques that closely resemble Zen meditation, a form of focusing meditation used by warrior monks and martial artists to focus their concentration at "one point." This "one pointed-ness" keep the mind clear of weak thoughts that can divert you from your goal or mission accomplishment. This sounds like a simple practice, but as usual, the simple is not easy.
- Focus on short term goals. At BUD/s we went one training event at a time and looked forward to meals.



Worked like magic! It takes some time to shorten your focus if you are used to "living in the future," but there is a hidden secret here and it is called "presence." Living in presence is like being in a perpetual "zone." Difficult to achieve, but the practice of moving toward this goal is the key.

- Don't bring a knife to a gunfight. Be prepared for the known and unknown. If you think the world is going to "fight fair" then think again. Prepare for the worst and hope for the best.
- Develop faith - in yourself, others or a higher power. Faith can be an unstoppable motivator.
- Be enthusiastic. Be the light bulb in the darkness for the rest of the team. Your energy will uplift those around you, and you as well. Embrace the suck and channel it in a positive direction. Negative energy can drain you very fast.
- Use humor liberally. I thought BUD/s was the funniest time of my life. I have never laughed as hard as I did at the crazy antics and tricks of the training cadre. Banter with your team and try to outdo one-another with dumb jokes.



## Teamwork and Leadership

*“Never, never, never give up” - Winston Churchill*

Training is an effective teambuilding and leadership training arena when programmed and coached with this goal in mind. Injecting a leadership or team drill into the equation when the team is fatigued and under simulated stress is a great way to test for and inculcate leadership skills. Can your team perform technically while under duress? Do they “go within” or take care of their teammates? Who steps up to lead when there is a vacuum? We have a long background teaching leadership and teambuilding and firmly believe that these attributes can be trained. Having said that, the “will to lead” must come from within. Program your Unit or Team PT with leadership, teamwork, mental toughness and durability as goals. Following the online SEALFIT.com WODS and modifying them for a team is a good start.

*“When you get to the end of your rope, tie a knot and hang on.”  
- Franklin D. Roosevelt*

Here are some tactics for using your team PT as a teamwork and leader development experience:

- Coach your team to be self-reliant with prepping the workout, setting up stations and loads before being told to do so, breaking things down and cleaning up without prompting. Hallmarks of a great team are when every single person takes personal responsibility for the workout – from planning, to set up, equipment and safety, transitions, the welfare of their teammates, etc.



- Teammates much check their ego at the door. Hold them accountable if they let their ego get in the way of team effectiveness. The best way to do this is to have the team call it out. Also use the debrief to address deficiencies of form and character.
- Humor: have fun, tell jokes. Humor is a hallmark of mental toughness and a team that jokes in good form (ie: not directed at anyone's expense, not caustic or demeaning) while working hard is a solid team. The coaching staff usually leads the charge in the hilarity department. During SEAL BUD/s training I was convinced they sent the cadre to funny school. We laughed all the way through 6 months of hell.
- Encourage the team and demand full measure. Call out anyone leaving it on the table while the rest of the team is putting out. Call out anyone with questionable numbers on a count. Absolute integrity in the Teams work effort is to be hammered home at all times. Demand fast transitions between sets, and working session with limited or no rest. Coach individuals to time their "rest" and transitions by the breath (limit to 3-5 breaths) and coach the team to move "fast but not chaotically" through the working sessions.
- Coach the team to load to challenge personal standards. When working sessions have more than one person on bar, pair similar strength trainees together and load the bar slightly heavier than the weakest person. Consider having the stronger members perform an additional rep or two. Allow them to add / subtract weight (such as 3RM sessions, and perhaps Strength Stamina sessions if you are not



pressed for time. Avoid overloading at the risk of slowing the team down or causing injuries.

- Develop a team culture of seriously hard work and mutual respect. Have fun, limit caustic remarks and encourage “silent professional” behavior. The pride that comes from accomplishing the punishing WODs of SEALFIT should be shared internally, not externally with bravado. Remember there is always someone out there doing it harder, better, stronger or faster than you. The key is to train hard, strong and fast every day. In the long-run it is the best trained man / team that wins, not the most talented.
- Coach with a strong presence and don’t hesitate to train during the WOD alongside your team. “we eat our own dogfood” is our mantra at the SEALFIT training center. The guys love it when the boss can beat them at a WOD. Even if I don’t beat them (which is often the case) I always put out 100% lead by example. Working out and coaching simultaneously is somewhat of a dance – your workout may be less intense than you would like, because you have one eye always glued on the action and are ready to address any issue that arises. You must be totally present and aware, watching for safety issues, load challenges, form, team-building opportunities, leadership challenges, equipment shortfalls, intensity modulation and other nuances while you are also throwing loads over your head. Coaching SEALFIT can be very gratifying. We allow teammates to coach segments of the WODs to give them leadership experience.



- Be patient. Safety is paramount. Your team is not very effective if a third of them are on the bench. There is always tomorrow if equipment, weather, or something else seriously challenges the practicality and prudence of sticking with the plan. “No plan survives first contact” is a reference to military plans meeting the reality of the battlefield. Same thing with SEALFIT. Plan your dive, and be prepared to dive your plan, but also don’t hesitate to be flexible if circumstances are unfavorable. Don’t rush things that should not be rushed. Modify the workout on the fly if you are running out of time or space, or if it is not working out as you thought it would. We modify all the time at the SEALFIT training center – it keeps the team on their toes and accustomed to constant change. This builds mental toughness and flexibility.
- Coach team to quickly support an injured teammate, then get back in the fight. A durable team will dress the wound and train through the pain of light injuries. Show-stopping injuries are dealt with immediately and with proper medical attention. Always have a first aid kit on hand, and a basic medical plan (who is the “doc?” where is the emergency room? Where is the med kit? Who is the driver? Who will call 911 if necessary? Etc.).
- Don’t let perfect get in the way of solid training. A perfect snatch takes years to develop. Just do it (safely at an appropriate load), and get better in the doing. Same with a team WOD – a perfectly designed WOD is like a perfect mission plan – it may not survive contact with the enemy!





*"I am only an average man but, by George, I work harder at it than the average man." - Teddy Roosevelt*

### **Team WOD leadership:**

- Have the team set up the workout space and loads in advance so you can start immediately after the brief.
- Brief the session like a mini-PLO. Situation, Mission, Execution, Command and Control, Logistics, Safety, etc. Again this can be SOP so it is not a slow or laborious process. The session brief should be only a few minutes, and it is the time to make sure everyone is crystal clear on what is expected of them, and the flow of the training session. Good teams take the time to brief well.
- Be the taskmaster if the session is moving too slowly, or the team is too chatty or un-motivated. Get the workout going as quickly as possible. Getting people moving is the best way to get them motivated.
- Coach the team to take care of Team gear first, then personal gear.
- Debrief every training session. The focus of the debrief is lessons learned, personal victories and challenges, and call-outs for poor performance. Calling someone out must be non-personal – meaning it is not a personal attack but a teaching opportunity. The offending teammate must not leave feeling chastised, rather that his performance was observed and he is now motivated to not repeat the poor performance.

### **Team WOD design:**

- Treat each training session like a short mission



- Start with the objectives of the session. We plan our training sessions monthly and build the objectives into the plan so that we do not miss or repeat things. The plan should include the workout stages, loads, reps, sets, timed or not timed, who is leading, team assignments (if necessary), etc. Much of this can be “SOP” so that it is done as routine.
- Determine time constraints
- Determine equipment required and other resources (water / food, transportation, etc.)
- Determine skills to be trained, both hard and soft skills
- Balance the session based on the fitness and skill level of the team
- Add some inter-team competition into the Work Capacity segment – it pays to be a winner.
- Consider a theme for the **WOD**: ie: Hero benchmark, Full Mission Profile, etc.

*“Unless a man undertakes more than he possibly can do, he will never do all that he can.” –Henry Drummond*



## Training Regimen

*"It's not whether you get knocked down; it's whether you get up." - Vince Lombardi*

Let's begin our physical training. If you are new to High Intensity training, or weightlifting in general, you will want to start at the Body Weight 5 week program. This will prepare your body for the increased load from the weight bearing exercises. Please use the videos at SEALFIT.com as a reference for exercises that are new to you. Remember that quality and accuracy of movement comes before speed and intensity. Full range of motion and doing the movements safely are crucial to maintaining durability over the course of your training.

The program outlined in this book is based upon the program developed for our Online Coaching clients. SEALFIT Coach Dan Cerrillo is the head coach for the online coaching, and this is the same program he uses to take folks from fit to SEALFIT.

This program is NOT easy. It includes running, rucking, swimming, power and Olympic lifting, Kettle Bell work, etc. If you are not familiar with those tools, then this may not be for you. However the body-weight prep program, as well as the content and mind-set training will be extremely valuable even if you are not ready to crank on the 8 week WODs.

The Body Weight program does not use Olympic Lifts or other weighted tools. You will need a jump rope, pull-up bar and a good dose of energy though. This is the place to start if you are new to CrossFit or SEALFIT and need to condition your body for the next phase of training. Additionally this program is great to use in austere environments. However,



we encourage you to build your own tools in those places.  
Use the SEALFIT.com BLOG and Forums for ideas on what  
austere tools are best for you.

Good luck and safe training! -- Coach Divine



## Phase 1 Bodyweight Program

### Week 1

#### Day 1 – Intro to Air Squats

**Warm-up:** Watch video and practice 25 squats.

**Work Capacity:** Perform 5-sets of 20-reps with a 200 meter run after each set. Log your time to track your results.

**Cool Down:** 1-mile walk and long stretch.

**Coaching Notes:** The air squat is performed with feet at shoulder width apart, heels firmly planted into the ground, extend your arms directly in front of you and pretend someone is pulling on your wrists. Now push your bottom slightly backward and sit down without bending your back. Keep your lumbar arch engaged and tight, keep your heels firmly planted, get your hips below the knee line. At the bottom wiggle your toes to ensure your weight is on your heels.

Upon standing, stand up in an explosive movement and push your hips slightly into hyper-extension. Full depth, open hips at the top, engaged lumbar arch and firmly planted heels is the key.

Here is a video link to help you see the air squat in action.



**Journal:**

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## Day 2 - Intro to Burpees

**Warm-up:** Watch video and practice 10-burpees.

**Work Capacity:** perform 21-15-9 of burpees with a 200 meter run after each set. Log your time.

**Coaching notes:** Burpees are started from the standing position, drop your body vigorously to the ground by kicking your feet backward, land in the push-up position and lower yourself with expedited speed till your chest is touching the ground. Explode from the ground to the standing position and conduct a 6" inch jump as well as clapping hands overhead one time.

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*"The greater the obstacle the more glory in overcoming it."-  
Confucius*



## Day 3

**Warm-up:** 400-meter slow jog.

**Work Capacity:** 1-mile run.

**Cool Down:** 1-mile walk and SEALFIT Hip Mobility Drill, see SEALFIT.com Exercise Videos

**Coaching Notes:** Run, don't walk!

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## Day 4 - Rest day

1-mile walk and long stretch.

**Journal:**

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## Day 5 - Intro to Butterfly Sit-ups

**Warm-up:** Read coaching notes and practice 10-perfect reps.

**Work Capacity:** Complete 21-15-9 reps of each of the following butterfly sit-ups, kettle bells swings, and squats; complete a 400 meter run after each set of repetitions.

**Cool Down:** 1-mile walk and long stretch.

**Coaching notes:** The butterfly sit-up is performed with the soles of the feet placed together and close to the crotch. By conducting this movement the abdominal muscles are better isolated and the stress on the hips and quads is eliminated. Also do not brace your feet or place hands behind neck, instead place hands straight above head with arms extended. Throw the arms forward and pull the body up into the sitting position. Sit all the way up and touch the toes with both hands. Placing a rolled up towel or using an Ab Mat under the lumbar arch will greatly increase the success of this exercise.

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## Day 6 - Intro to Cheek to Ground Push-ups

**Warm-up:** Read coaching notes and practice 10-reps.

**Work Capacity:** 21-15-9 of cheek to ground push-ups and a 400 meter run after each set.

**Cool Down:** 1-mile walk and stretch.

**Coaching notes:** You will assume the push-up position with your knees off the ground. You will lower yourself until your right cheek touches the ground and then rapidly explode upward until your arms are fully locked and then repeat this time touching the left cheek to the ground.

**Journal:**This image shows a full page of primary-ruled paper. It features ten sets of horizontal lines across the page. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. The lines are evenly spaced and extend from the left margin to the right edge of the page. There are no margins or other markings present.



## Day 7

**Warm-up:** 400 meter slow jog. Go to POSE running and practice techniques.

**Work Capacity:** 2-mile run.

**Cool Down:** 1-mile strict POSE run.

**Coaching Notes:** POSE running is performed on the toes. While you run you raise the knee high and instead of letting the heel strike the ground first you hit the ground with your toe first. There is a lot more too it but lets not try and write a book. Run like a sprinter for distance, yes it hurts the Achilles tendons but in the long run its much better for you.

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## 1-mile walk and long stretch

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## Day 9 - Intro to Box Jumps

**Warm-up:** 50 air squats, 25 knee to chest jumps, front and back, side to side torso bends.

**Work Capacity:** Five rounds of 15-box jumps and 15-BF sit-ups. Use an 18-24' object to jump on. Of course there isn't any rest between rounds. Let the sit-ups become your rest. Learn to breath.

**Cool down:** 400 meter walk, full stretch.

**Coaching Notes:** The box jump is essential to building strong bones and explosive power. If you can't do an 18' jump then simply lower the height to a height you can make. Upon landing on top of the object open your hips and stand completely erect. This isn't football practice; we need to engrain full extension of the hips in your muscle memory. Jump or step down it doesn't matter. Don't do step ups, lower the height, if it means jumping 2' then do it.

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## Day 10

Cindy <http://www.vimeo.com/2711999>

**Warm-up:** 25 slow and deep reps of the following, Squats and pushups. Do a few pull-ups but don't wear yourself out.

**Work Capacity:** Your first benchmark workout. As Many Rounds As Possible (AMRAP) in 20:00 of 5-pullups (or sit-ups), 10-pushups, 15-air squats. This equals 1 round.

**Cool down:** 1-mile walk, full body stretch.

**Coaching Notes:** You should be so crushed after this workout that just getting off the ground to do this cool down should be an effort. If it isn't then you held back and didn't give it your full effort. Your goal is 15 rounds. A good experience CrossFitter and SealFit athlete can do 25 rounds. Hardcore athletes are putting in 30 plus rounds. Full range of motion (ROM) is essential. I have seen to many people try and cheat their way through this workout. If you get Five rounds with great range of motion then it's better than 10 rounds of crap half ass squats and pushups.

Get your hips below your knees and your ass on the ground, Touch your chest and extend your elbows each and every rep. Get your chin over the bar and extend your arms. Attack this workout, rest for no more than 10 seconds at a time. Look in the mirror right now and tell yourself you are tough and attack this workout. Don't HOLD BACK!



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## Day 11

**Warm-up:** 25-knee to chest jumps, 50-squats, 50-situps, 800 meter jog.

**Work Capacity:** Five rounds of: 10-box jumps, 10-situps, 10-squats, and a 500 meter row.

**Cool down:** 500 slow row,  
Yoga plank poses :30 seconds each

- 1) Regular push-up position,
- 2) One arm up and forward (r then L),
- 3) one leg up (r then left),
- 4) Superman pose (one arm, one leg) alternate. Keep your abs tight.

**Coaching Notes:** Your first trifecta workout, this workout is about sustained workload across a broad time domain. It should take you around 30:00 minutes. Do your best to maintain the same pacing throughout all rounds. If you have a stop watch with a lap timer - use it. You don't want to use all your energy in the beginning, but you also don't want to save it till the end.

The Yoga poses are a great morning routine. Do the same routine from the elbows as well. It really keeps the core tight, if you have back pain this is a great way to make it go away for a few hours.

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## Day 12 - Rest Day

## 1-mile walk and long stretch

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## Day 13

**Warm up:** 1 set of 10 reps for each of the following, pushups, sit-ups, air squats, lunges, back extensions.

**Work Capacity:** 3-mile timed run

**Cool down:** A long leg stretch, spend some quality time on your hamstrings and calves.

**Coaching Notes:** Log your time, you will be surprised at how easy this run is going to become in the future. Hopefully it will be an easy evolution today. We have definitely put a lot of sprint time in, so let's just go for a nice run. A reasonable run time should be 30:00 minutes or under. The more conditioned you get and the more effort your able to put in the faster your times will become. Our goal is a 21:00 minute or less run.

If you noticed you had pain here are some tips.

1. If your shoes are old get new ones, this is the number one reason for leg pain. Shoes are like tires; they wear out, 150 -300 miles per pair.
2. If you felt pain in your Achilles tendons, buy some heel supports. You can find them at Rite Aid for around \$5 dollars. They will elevate your heels just enough to decrease the rubbing between your tendon and your heel.
3. If you have knee pain, try putting one wrap of stretchy tape around it. Buy some compression ice wraps from Rite Aid, \$15 dollars apiece. Ice your knees with these wraps. If the pain is too great

then find a rower and do a 5k row.

**Journal:**This image shows a full page of blank primary-ruled paper. It features multiple sets of horizontal lines designed for handwriting practice. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the entire page, providing ample space for practicing letter formation and alignment. The paper is otherwise completely blank, with no margins, text, or other markings.



## Day 14

**Warm-up:** 800 meter jog, 25 deep squats, 25 pull-ups.

**Work Capacity:** Five rounds of 20 lunges, 20 sit-ups and 400 meter runs.

**Cool Down:** 800 meter walk, full body stretch.

**Coaching notes:** Touch your knee on the ground each time. Don't slam it down and don't do wrestler walks. Stand up each and every rep. Sit-ups, touch your shoulder blades and your toes on every rep. Maintain and sustain.

**Journal:**

[illegible]



## Week 3

### Day 15 – 'Baby Murph'

<http://www.navy.mil/moh/mpmurphy/>

Be safe on your journey brother!

**Warm-up:** 800 meter jog, 10 or so reps of each

**Work Capacity:** 400 meter run, 50-air squats, 50-pushups, 50-situps, 50-pullups, 400 meter run.

**Cool Down:** 400 walk, yoga poses, full body stretch.

**Coaching Notes:** We are getting you ready for a workout called 'Murph'. Michael Murphy was awarded the Medal of Honor for putting his life in danger to save his teammates. The workout we do in his name is a much longer, harder version of this. Seals get together once a year and do this with our full kit on. The workout named in his honor is as follows:

**'Murph'** 1-mile run, 100 pull-ups, 200 push-ups, 300 squats, 1-mile run with 45lb vest. This workout separates the crowd. He who can do it under 45:00 minutes is blessed with all the physical abilities god has granted us. Most people will never complete this workout; those that do may never break an hour. All of you will be doing this in less than 50:00 minutes in a few short months.



**Journal:**

[illegible]



## Day 16 -Rest day

## 1-mile walk and long stretch

**Journal:**

[illegible]





## Day 17

**Warm-up:** 10-50 meter breath hold sprints.

**Work Capacity:** 20-40 meter sprints.

**Cool Down:** 1-mile run.

**Coaching Notes:** Increase the speed of your runs during the warm-up, start slow and build up to full speed. Rest only 1:00 minute between runs.

**Journal:**

[illegible]



## Day 18

**Warm-up:** 400 meter strict POSE run.

**Work Capacity:** 3-mile run.

**Cool Down:** 1-mile slow strict POSE run.

**Coaching Notes:** Let's give the POSE running technique some more practice. While you are running switch between the two techniques, yours and POSE.

**Journal:**

[illegible]



## Day 19

**Warm-up:** 400 run and 50 squats

**WOD:** Five rounds of 20 squats and 200 meter runs, wait 5:00 minutes and then do one set of max pushups in 2 minutes.

**Cool Down:** 1-mile jog.

**Coaching Notes:** This looks a lot like your first workout. Let's see how much better you feel today then you did on day one. As always, depth of the squat matters more than the speed. Try and step up the pace of your sprints.

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## Day 20 - Rest day

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**Warm-up:** 5-100 meter sprints, start at 50% and build up each sprint.

**Work Capacity:** 21-15-9 burpees with a 200 meter run after each set.

### Cool Down: 1-mile run

**Coaching Notes:** Attack this workout, finish it under 10:00 minutes.

**Journal:**

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## Day 22

**Warm-up:** None, this is a long slow recovery workout you don't need a warm-up.

**Work Capacity:** Choose one or two of the following, 1 mile swim, 2k row, 25-mile bike ride.

**Cool Down:** walk to the shower

**Coaching Notes:** Yesterday was a ball buster, use this workout to get the kinks out.

**Journal:**[illegible]



## Day 23

**Warm-up:** 400 meter jog, 1-round of workout.

**Work Capacity:** Five rounds of 5-pull-ups, 10-push-ups, 20-situps, 30-squats.

**Cool Down:** 1-mile jog and stretch.

**Coaching Notes:** If you can't do pull-ups or have a pull-up bar you can purchase these items from our SEALFIT.com online store.

**Journal:**

[illegible]



## Day 24

**Rest day you know the routine.**

**Journal:**This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.





## Day 25

**Warm-up:** 50-meters of bear crawl. Hands and feet on the ground, GO!

**Work Capacity:** 50-40-30-20-10 of sit-ups after each set do 150-140-130-120-110 of jump ropes.

**Cool Down:** 1-mile jog and stretch.

**Coaching Notes:** If you don't have a jump rope, you can get one in our SEALFIT.com online store.

**Journal:**

This image shows a full page of handwriting practice paper. It contains ten identical rows of horizontal guidelines. Each row is composed of three lines: a solid black line at the top, a dashed black line in the middle, and another solid black line at the bottom. These lines are evenly spaced across the entire page to help children learn letter height and placement. There is no text or other markings on the paper.



## Day 26

**Warm-up:** 50-knee to chest jumps.

**Work Capacity:** 1-800 meter sprint, 2-400 meter sprints, 4-200 meter sprints, 8-100 meter sprints.

**Cool Down:** 400 meter walk and stretch

**Coaching Notes:**

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## Day 27

**Warm-up:** 100 jumping jacks, 30-push-ups.

**Work Capacity:** “GI Jane” your first official benchmark workout. 100 burpee pulls for time.

**Cool Down:** 400 meter walk, long stretch.

**Coaching Notes:** Conduct a burpee underneath either a pull-up bar or rings, ensure the bar or rings are at least a 8” jump above your hands. Now conduct a burpee and jump into the pull-up and pull your chin over or past the bar or rings.

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## 1-mile walk and stretch

[illegible]



## Day 29

**Warm-up:** 100 slow POSE run, 400 medium POSE run

**Work Capacity:** 5k POSE run

**Cool Down:** 400 meter walk

**Coaching Notes:** This is not a jog, run at your maximum capacity, don't walk.

**Journal:**

[illegible]



## Day 30

**Warm-up:** three rounds of 10 push-ups, sit-ups, flutter kicks

**Work Capacity:** 4 rounds for time of 25-pushups, 50-situps, 50 4-count flutter-kicks (1-2-3-1, 1-2-3-2, 1-2-3-3...etc).

### Cool Down: 1-mile jog

**Coaching Notes:** Four count flutter kicks are performed as follows. Lay on your back, place your hands in the shape of a diamond in the small of your back. Bring your feet up to six inches off the ground. Kick your left leg to 36" and the alternate legs. Keep a slight bend to the knee. Keep your head up and don't put it on the ground. Don't put your feet down to rest.

**Journal:**

This image shows a full page of primary-ruled paper. It features ten sets of horizontal lines across the page. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. The lines are evenly spaced and extend from the left margin to the right edge of the page. There is no handwriting or other markings on the paper.



## Day 31

**Warm-up:** 800 meter run, 25-deep squats, 30-long lunges

**Work Capacity:** Four rounds of 25-jumping squats, 30-lunges, and a 400 meter run

**Cool Down:** 1-mile walk

**Coaching Notes:** Jumping squats are same as squat only on the way up you explode into a jump. Lunges are performed with the knee touching the ground on every rep, stand up straight after each knee strike.

**Journal:**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Day 32

Rest day, walk a mile and do a long stretch.

**Journal:**[illegible]





## Day 33

**Warm-up:** 500 meter swim

**Work Capacity:** 1-mile swim, no pool do 500 4-count flutter kicks. Sidestroke preferred but who cares just swim

**Cool Down:** Long stretch

**Coaching Notes:** Swimming is another facet of a good athlete. The excuse I can't swim is not worthy – you can't swim because you don't swim. I recommend you get in the water and learn this valuable skill (it may save your life someday).

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## Day 34

**Warm-up:** 400 meter run, every :30 seconds do 10 and 10

**Work Capacity:** 3-mile run, however every 5:00 minutes do 25-push-ups and 25-squats

**Cool Down:** 1-mile walk and long stretch.

**Coaching Notes:** Don't worry about the odd looks you get – those folks wish they had the discipline to do what you are doing!

**Journal:**

[illegible]



## Day 35

**Warm-up:** 10-practice body blasters, 800 m run.

**Work Capacity:** 4 rounds for time of 100 Jump Ropes, Run 400 meters, 10-Bodyblasters (burpee pull-up knees to elbows)

**Cool Down:** Long stretch.

**Coaching Notes:** Body blasters will test your mental toughness, do not drop off bar or rings until the entire rep is complete. Letting go after each rep is acceptable but weak, letting go in between pull-up and knee to elbow is pathetic.

**Journal:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Day 36

Rest day, 1-mile walk or 5-mile bike ride.

**Journal:**

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Eight Weeks to SEALFIT

## Week 1

### Day 1

**Warm-up:** Light run for 15: minutes before stretching. Focus on hamstrings, adductors, quads and hips. 5 sets of 5 pull-ups, 10 push-ups and 15 squats in before measuring out the 100 meters for the strength workout.

**WOD:** 100 meters of overhead weighted lunges with 45 lbs. Arms locked out and knees to the deck for each movement to count. If you must stop there is a 15 push-up penalty for each infraction that goes up by 5 each time. 15 the first time, 20 the second and 30.... The more you stop, the harder it gets.

**Strength:** Rest

**Endurance:** 45 minute ruck march with 35 lbs. If available, get 10 minutes of hill time on a modest slope (5 – 10% at most). Consistently move, set a pace and stick to it.

**Coach's comments:** Equipment needed- Ruck, sand bag and 45 lbs. Post workout hydrate, stretch, roll out and ice if necessary.

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## Day 2

**Warm-up:** Start off with a light KB or DB snatch, approximately 20% of body weight- 2 sets of 20 reps. Move onto dive bomber push-ups and pause when you're all the way back with your arms extended. Really push those hands into the ground and extend as far as possible to stretch those shoulder joints. Start light with the front squats and move up in 5 – 10 lb increments to find that working weight.

**WOD:** How many rounds can you accomplish in 10 minutes of 5 pull-ups, 10 push-ups and 15 sit-ups?

**Strength:** Front Squat 5 sets of 3 reps, go heavy

**Endurance:** Pace run: 7:30 – 8:30 per mile for 30 minutes. Find that pace and hold it as long as possible. Mark down the total time you're at that pace. We'll work on increasing that threshold for work capacity at that level.

**Coach's comments:** Equipment needed- Olympic bar, weight and somewhere to run. Wait at least 3 + hours after the strength and WOD before starting the endurance. Post workout hydrate, stretch, roll out and ice if necessary.

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## Day 3

Benchmark: Isabel – 30 snatches at 135 lbs for time.

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## Day 4

**Warm-up:** Start off with a light 5 minutes swim or jog and really warm up the shoulders, hamstrings, adductors and groin. The sprint work is going to be a fast and hard interval workout for a set distance. Once you're ready get on it and push hard. For the WOD and strength, start light with the shoulder presses and move up in 5 – 10 lb increments to find that working weight. Both workouts are shoulder intensive, so take your time and really focus on getting a decent stretch and warm-up.

**WOD:** Backwards Fran 9 – 15 – 21 reps with 90 lb thrusters and pull-ups. Same weight, different scheme, totally different workout!

**Strength:** Shoulder press 3 sets of 3 reps then drop weight by 20% and 1 max set.

**Endurance:** Swim 800 meters with intervals of 20 seconds on and 10 seconds off. If no pool is available, run 2 miles with the same 20 seconds on and 10 seconds off interval.

**Coach's comments:** Equipment needed- Olympic bar and weight. Endurance will come first today. Split the WOD and Strength away and do them 3 + hours later if possible. Post workout hydrate, stretch, roll out and ice if necessary.

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## Day 5

Rest and recovery day. Light walk or other restorative activities. No impact today.

**Journal:**This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Day 6

**Warm-up:** Begin with a 15 minute jog and start light by practicing 2 sets of 5 – 10 reps of each exercise before stretching out the lower back and shoulders. Make sure they're warmed up prior to beginning the WOD.

**WOD:** 75 of each exercise for time: 20" box jumps, cleans (from the deck) with 90 lbs, 55 lb dumbbell or kettle bell swings, pull-ups and knees to elbows. Kettle bell or Dumbbell swings need to clear at least above the eyes and for each box jump or clean the hips need to open up all the way. No need to complete a single set at a time. Break them into

**Strength:** Rest

**Endurance:** Ruck march with 35 lbs between 30 and 45 minutes. Keep a consistent pace throughout.

**Coach's comments:** Equipment needed- Olympic bar and weight. Wait at least 3 + hours after the strength and WOD before starting the endurance. Post workout hydrate, stretch, roll out and ice if necessary.

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## Day 7

**Warm-up:** 400 meter light jog then side plank left 20 seconds, side plank right 20 seconds and 20 seconds of push-ups, *repeating for as many rounds as you can without letting your knees touch the ground. Get a good stretch in today everyone, it's a nasty one on the shoulders and lower body!*

### **WOD: "The Devil's Mile" (Minus the B.A.T. flips...)**

For time:

- 400m walking lunges
- 30 push ups
- 400m broad jumps
- 30 squats
- 400m Overhead carry #45/#35 plate
- 30 burpees
- 400m bear crawl

**Strength:** 3 sets of max push-ups, 3 minute rest between each.

**Endurance:** Rest

Coach's comments: Equipment needed- 35# / 45# plate and 400 meters measured off. Get that warm-up in and make sure you're stretched out prior to the WOD. Get the WOD lined up and knocked out first before the strength workout. Post workout- hydrate, stretch, roll out and ice if necessary.

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## Week 2



## Day 9

**Warm-up:** Light run for :15 minutes before settling into 5 rounds of 10 pull-ups, 15 push-ups and 20 sit-ups. With either a 25 lb or 35 lb dumbbell sneak in 10 Turkish get-ups per side before hydrating and stretch the shoulders and back. Work up to the heaviest you can knock all 5 dips.

**WOD:** Rest

**Strength:** 2 sets of 5 dips at max weight followed by max rep bodyweight dips.

**Endurance:** For time: 50 squats and a 250 meter kick, 50 push-ups and a 250 meter pull and lastly 25 burpees + 500 meter swim. “Kick” means using the legs only (kickboard is permitted and encouraged), “pull” means using the arms only (leg buoy and paddles are permitted) and “swim” means “swim”!

If no pool is available: For time- 50 squats + .75 mile run, 50 push-ups and .75 mile run and lastly 25 burpees and a 1.25 mile run.

Coach’s comment’s: Equipment needed- Dumbbells, pull-up bar, weight, weight belt and weight. If you’re swimming kickboard, paddles and a buoy are nice, but not necessary (they definitely make life easier and allow you to focus on output). Post workout hydrate, stretch, roll out and ice if necessary.

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## Day 10

**Warm-up:** Warm up with a light row of 200 meters or jog for 800 meters. Grab two 25 – 45 lb dumbbells and practice the dumbbell variation of the clean and jerk before moving onto the Olympic bar. Continue to do the same there. Once you're warmed up, stretch and get in 5 sets of 10 pull-ups. Hydrate and get ready for those clean and jerks.

**WOD:** With a continuously running clock for 20 minutes, do one 135 pound Clean and Jerk the first minute, two 135 pound Clean and Jerks the second minute, three 135 pound Clean and Jerks the third minute... continuing as long as you are able. After failure, cut your total number of reps completed in a minute in half and continue for the rest of the 20 minutes. Mark down the max number of reps completed in a minute.

**Strength:** Rest

**Endurance:** Time trial (all out effort)- 2 mile run. Warm up as necessary (calves, groin, hamstrings and quads) before lining up for an all out push.

**Coach's comments:** Equipment needed- Olympic bar, weight and somewhere to run. Today, start with the endurance portion while you're fresh. For time trials (TT) it is an all out effort. One study of note regarding stress fractures found something interesting. A fast two mile run typically indicated less of a likelihood of stress fractures. Get on it! Hydrate, stretch, roll out and ice if necessary after both the WOD and the Endurance portion.



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## Day 11

Rest and recovery day. Light walk or other restorative activities. No impact today. Grab some rest while you've got it today, tomorrow and Saturday are going to be rough ones!

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## Day 12:

**Warm-up:** Start with 5 pull-ups, 10 push-ups and 15 sit-ups for 10 rounds before settling into a solid stretch. Really roll out the shoulders and hips. When you're ready move to a bar and start with some light overhead squats. Gradually build up to working weight. Make sure your grip is wide enough that you can dump the bar if you need to. Protect your back and shoulders folks!

**WOD:** "Pretty simple" For time- 100 Overhead Squats with 3 burpees at the top of every minute. For example 10 overhead squats within the first minute, 3 burpees, 12 OHS the second, 3 burpees... until all 100 are completed. Weight is 65 to 90 lbs.

**Strength:** Rest

**Endurance:** Get a solid warm-up and stretch before running, rowing or swimming a 5 – 4 – 3 – 2 – 1. For: 5 min on 5 min off, 4 min on 4 min off, 3 min on 3 min off, 2 min on 2 min off, 1 min on and then rest. Keep track of your distances.

**Coach's comments:** Equipment needed – Oly bar, weight and somewhere to run. If possible split the endurance portion away from the WOD (your legs will be toast for a while anyway) and wait 3 + hours before getting your endurance on. Hydrate, stretch, roll out and ice if necessary.

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## Day 13

**Warm-up:** Get a thorough warm-up in today prior to the strength and WOD. Before beginning the strength workout, stretch out the hamstrings follow the progression mentioned in the Strength portion. Once you're ready for the WOD, get in light sets of pull-ups, push-ups, sit-ups and squats. Stretch, hydrate and push hard.

### **WOD: "Tabata Something Else"**

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises, score total reps from all exercises.

**Strength:** 5 x 3 Dead-lift, warm-up with a lighter weight, adding 5 – 10 lb weight to each set until working weight is achieved. Third rep should be just shy of failure each set.

**Endurance:** Rest

**Coach's comments:** Equipment needed- Olympic bar, weight and a pull-up bar. Complete the Strength portion prior to the WOD. Hydrate, stretch, roll out and ice if necessary.



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## **Day 14**

Recovery day, light walk or other restorative activities. No impact today, just something to get the blood flowing.

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## Week 3



## Day 16

**Warm-up:** Take your time and warm-up in any way you see fit. Large workload today. Don't burn it all right out of the gates.

## Benchmark- Barbara

## 20 Pull-ups

## 30 Push-ups

## 40 Sit-ups

## 50 Squats

5 rounds with a 3:00 minute rest between rounds.

Hydrate, stretch, roll out and ice if necessary.

**Journal:**

[illegible]



## Day 17

**Warm-up:** Take the warm-up seriously today folks. After a light 200 meter swim to loosen and warm-up the shoulders and legs, stretch and roll out the shoulders. When you're wrapped up with the swim, work your way up in weight slowly to where it is difficult to get all three reps in on the weighted pull-ups.

**WOD:** Rest

**Strength:** Weighted pull-ups 5 sets of 3 reps. Max weight where you can accomplish all 5 sets without dropping weight.

**Endurance:** Swim

10 x 100 meters- speed-play with 30 seconds rest between 100s; hold initial

25-meter sprint pace speed throughout the other sets. Each set has a different placement for the 25-meter sprint placement and sometimes there are 2 of them. Any swim stroke is ok, side stroke is recommended for those considering attending BUD/S.

1<sup>st</sup> Sprint the first 25 meters

2<sup>nd</sup> Sprint the second 25 meters

3<sup>rd</sup> Sprint the third 25 meters

4<sup>th</sup> Sprint the fourth 25 meters

5<sup>th</sup> Sprint the first and third 25 meters

6<sup>th</sup> Sprint the second and fourth 25

meters

7<sup>th</sup> Sprint the first and second 25 meters

8<sup>th</sup> Sprint the second and third 25 meters

9<sup>th</sup> Sprint the third and fourth 25 meters

10<sup>th</sup> Sprint 100 meters



\*\*\*If running each of these is a 400 meter run with 100 meter sprints\*\*\*

**Coach's comments:** Equipment needed- Pull-up bar, weight and a pool (if swimming). Today is an endurance day, start with the endurance and progress to the weighted pull-ups immediately after the workout if possible. Post workout- hydrate, stretch, roll out and ice if necessary.

**Journal:**

[illegible]



## Day 18

**Warm-up:** Keep it simple today, 5 sets of 10 pull-ups and 10 squats. Stretch out the hamstrings and quads then move onto 100 sit-ups prior to the WOD. Hydrate and get to it.

**WOD:** 9 – 15 – 21 Thrusters and dips. Shoot for 90 – 135 lbs for the thrusters.

**Strength:** Rest

**Endurance:** 30 – 45 minute ruck march / hike with 25 – 35 lbs. If possible, find a moderate incline (5%) and maintain a solid pace throughout.

**Coach's comments:** Equipment needed- Oly bar, weight and a pull-up bar. Fast for the WOD today. Really make sure you get a solid warm-up before starting the WOD. Hydrate, stretch, roll out and ice if necessary.

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## Day 19

**Warm-up:** 3 rounds of 15 knees to elbows, 2 rounds of 15 toes to bar and 1 round of max pull-ups. Run for 15 minutes, then roll out your shoulders and stretch the lower back and extremities.

**WOD:** Men 135 lbs, women 95 lbs – For time: 5 rounds of 15-Dead-lifts, 12-Hang Cleans, 9-Push-Press, 6-Front Squats.

**Strength:** Rest

**Endurance:** 4 mile TT with everything you've got after the WOD.

**Coach's comments:** Equipment needed- Oly bar, weight, a pull-up bar and somewhere to run. Delay the endurance, if possible, by 3+ hours after the WOD. If not, no worries, get it on. I don't care what you did yesterday or the day before for that matter. For every minute that you're slower than 32 minutes for the 4 mile run you owe 10 push-ups and 10 burpees. Put out.

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## Day 20

Five rounds for time of:

15 x Dumbbells split clean (40#)

21 x Pull-ups

**Journal:**

[illegible]



## Day 21

## Rest Day

**Journal:**

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



### Benchmark:

Today you have a four mile timed run. It's time for an all out push. First phase standards is 4 miles in 32:00 minutes. That's an 8:00 minute mile for 4 straight miles.

**Journal:**

[illegible]



## Day 23

**Warm-up:** 800 meter warm-up run followed by 3 rounds of 10 dips, 10 pull-ups and 50 sit-ups. Really stretch out your lower back, hamstrings and hips today. Use the SEALFIT hip mobility

**WOD:** Beginning with 1 deadlift and 1 pushup, add 1 rep to each every minute on the minute for 20 minutes. Post maximum number of rounds completed without running over the time limit for each round. (135 men / 75 women)

**Strength:** 15 right and 15 left, overhead weighted lunges with roughly 25% bodyweight.

**Endurance:** Warm-up with a light 800 meters and stretch prior to beginning the sprints. No sense in giving yourself an injury that could have been prevented.

- 2 x 400 meter sprint with a 2:00 minute rest between
- 4x 100 meter sprint with a rest period of 4 x the sprint time ( i.e. 10 second sprint x 4 equals a 40 second rest period)
- 2 x 400 meter sprint with a 2:00 minute rest between

**Coach's comments:** Equipment needed – Olympic bar, weight, dip bar or rings and somewhere to run. Spread the endurance workout if possible by 3+ hours from the strength and WOD today. Hydrate, stretch, roll out and ice if necessary.



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## Day 24

**Recovery day:** Light walk or other restorative activities for 30 minutes. We'll keep it light today and get the blood moving. How many rounds can you complete in 10 minutes of 5 pull-ups, 10 push-ups and 15 sit-ups? Hydrate, stretch, roll out and ice as needed.

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## Day 25

**Warm-up:** Light jog for 800 meters then stretch out the lower body, especially the hams, quads and groin. Move onto the endurance workout then your cool down is max push-ups in 1 minute, max sit-ups in 1 minute and max pull-ups in 1 min. 2 minutes of rest between each.

**WOD:** 5 rounds of 15 box jumps, 12 kettle bell swings and 9 push-presses. Go as heavy with the swings as you can while still maintaining good form.

**Strength:** Weighted pull-ups followed by a max rep set unweight. Work your way up to a decent working weight for 5 reps. Now knock out 5 sets of 3 reps with 1 minute between sets. Keep the sets complete while aiming for 25 – 35% of bodyweight.

### **Endurance:** 30 ON 30 OFF

For 6 rounds complete 30 seconds on at a 100% all out effort and 30 seconds rest. Run, row or swim, your choice. BUD/s or selection candidates need to be running or swimming.

**Coach's comments:** Get the warm-up and the endurance workouts out of the way first today. No excuses, get out there and perform for that 3 minutes of actual activity. Keep track of your distance covered in your log. Come back to the WOD and strength workouts when you recover. Warm up any way you need to before beginning.



**Journal:**

[illegible]



## Day 26

**Warm-up:** 400 meter run before and after 5 rounds of 5 pull-ups, 10 push-ups and 15 sit-ups. Stretch out those shoulders, lats and lower back.

**WOD:** Four rounds of 25 lunges and 25 knees to elbows. Every time you drop off the bar you must do two burpees prior to mounting the bar again.

**Strength:** 5 sets of 3 push press with max weight that you can knock out all the reps without dropping weight followed by 1 max set of push presses at 50% body weight.

**Endurance:** Broken 2000 meter row.

Row 1000-meters

rest 2 minutes

Row 1000-meters

**Coach's comments:** Equipment needed- pull up bar and rower.

Strength first, then the WOD and lastly the endurance 3+ hours after. Hydrate, stretch, roll out and ice if necessary.

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## Day 27

**Warm-up:** Light run for 15 minutes then 5 rounds of 5 pull-ups, 15 push-ups and 20 sit-ups. Stretch out those hams, quads and hips before warming up for the strength portion. Start light and move in 5 – 10 lb increments to your working weight for the strength portion. Progress straight from the strength workout to the WOD while you're warm.

**WOD:** For time, 5 rounds of 20 wall-ball (20 lb men, 12 lb women), 30 push-ups and 400 meter run.

**Strength:** Weighted dips 5 x 3, working up to the highest weight that you can sustain for all 5 sets.

**Endurance:** Rest

**Coach's comments:** Equipment needed- dip bar, weight, 20 or 12 lb medicine balls and 400-meters marked off. Hydrate, stretch, roll out and ice if necessary.

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## Day 28

**Warm-up:** Run a moderate 400 meter run and stretch out the shoulders, hips and hamstrings. Roll straight into two rounds of 15 Kettlebell swings with a light weight, 15 kettlebell slashers with halos and straight leg deadlifts. Wrap up with a light 400 meter jog and move onto the strength workout.

**WOD:** KB Snatch test, in 10 minutes complete as many kettle bell snatches as possible, use a dumbbell if no kettlebells are available. Weights are 32 kg or 55 lbs for men and 16 kg or 35 lbs for women.

**Strength:** Heavy 5 front squat. You have 5 attempts to knock out the heaviest set of 5 possible for the front squat. Warm up with the bar and as much weight as you need for good form. Track weight in your logbook.

**Endurance:** Rest

**Coach's comments:** Equipment needed- Kettle bell or dumbbell (24 kg or 55 lb for men and 16 kg or 35 lbs for women), Olympic bar and weight. No endurance today. Begin with the strength workout and give yourself 10 minutes of rest prior to beginning the WOD. If you have poor form for the KB snatches work on technique as part of the warm-up. If you have questions regarding some of the exercises, the SEALFIT exercise demo section on SEALFIT.com is a great place to start. Hydrate, stretch, roll out and ice if necessary.



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## Week 5

### Day 29

**Warm-up:** Really stretch out those shoulders and hips today. Swimmers stretch then 3 rounds of 15 pull-ups and 30 push-ups. Focus on getting a deeper stretch on the hamstrings, quads and IT band before moving onto 3 rounds of 1 minute each of holding plank positions. After you've wrapped up move onto the strength workout. Start light and move up in 5 – 10 lb increments until you hit a good working weight.

**WOD:** Rest

**Strength:** Overhead squat 5 sets of 3 reps then cut your weight by 50% and 1 max set. Work up to the max you can hold good form without compromising shoulder stability or form.

**Endurance:** 10 x 150-meter swims at 3:00 minute pace for each. Begin with 40 seconds rest between 150s; whenever you can hold all sets at your projected pace; reduce the rest periods by 5 seconds. Everyone considering BUD/s utilize a sidestroke. All others your pace will be faster depending on the stroke and alter your pace accordingly. Post average pace and stroke used.

**Coach's comments:** Equipment needed- Olympic bar, weight and a pool. Post workout- hydrate, stretch, roll out and ice if necessary. Enjoy the day tomorrow.



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## **Day 30**

Recovery day- light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed.

3 rounds of 30 toes to bar, 40 flutter kicks and 50 sit-ups. Hydrate, stretch, roll out as needed before completing 100 push-ups for time.

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## Day 31

**Warm-up:** two rounds 10 sand bag or dumbbell get ups and front squats with something heavy for the sand bag get ups. Spend 3 rounds of 1 minute each on a good plank position with 10 push-ups between. Really stretch out those shoulders, your pelvis and lower body. Progress straight into the strength workout. Yes, it is light today but there is a lot of volume.

**WOD:** Five rounds for total reps of:  
135 pound Thruster for 15 seconds, rest 45 seconds  
50 pound Weighted pull-up for 15 seconds, rest 45 seconds  
Burpees, 15 seconds, rest 45 seconds

**Strength:** Push jerk, go light and practice form with these. Focus on getting under the bar and lifting with your legs and not your arms.

**Endurance:** 8 x 50 meter sprints. Spend 4 x the amount of time it takes you to run as a rest period between each.

800-meter run then 5 rounds of 25 burpees and 25 v-ups followed by another 800 meter run. Penalty for every 5 seconds slower than your first 800-meter run is 10 8-count body builders. Put your money where your mouth is and put out. If you run the second faster than the first then obviously you're sand bagging. There isn't any room in the teams for those who don't have the heart to throw everything at a workout and come out on top. Hard work and dedication trump ability every day.

**Coach's comments:** Equipment needed- Olympic bar, weight, dumbbell and pull-up bar. Get a good warm-up with the strength workout before diving into the WOD. The WOD



is heavy and fast on a continuously running clock. Move fast this one is all about short duration power output. If you're unsure of any of the exercises or workouts find someone and ask, there is no such thing as a dumb question when it comes to protecting yourself and going the distance. Hydrate, stretch, roll out and ice if necessary. Now get to it.

**Journal:**

[illegible]



## Day 32

**Warm-up:** Light deadlifts and double unders, start light and work up to a heavy working weight for you if not the Rx. Stretch out and knock out 10 sets of 5 pull-ups, and 10 sets of 10 sit-ups.

**WOD:** Complete 5 rounds for time:

7 x Deadlifts 315 lbs  
21 x Double Unders

**Strength:** Rest

**Endurance:** 10 x 1:00 minute on and 1:00 minute off rowing max effort. For every 5 meters you are short of 3000 meters at the end of it you owe 5 burpee pull-ups.

**Coach's comments:** Equipment needed- Olympic bar, weight, a jump rope and a rower. Stretch out before hand and watch your form. Enjoy today and your rest day tomorrow. Post workout- hydrate, stretch, roll out and ice if necessary.

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## Day 33

## "Murph"

For time:

1 mile run

## 100 Pull-ups

## 200 Push-ups

## 300 Squats

1 mile run

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it.

Recover post workout by hydrating, stretching, rolling out and / or icing if necessary.

**Journal:**

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## Day 34

**Warm-up:** 100 double-unders or 300 singles with a jump rope. 20 dive bomber push-ups and 40 flutter kicks. Stretch out those shoulders and make sure they're warmed up for the WOD.

**WOD:** You have 20:00 minutes to complete 6 rounds of 400 meter run and 10 weighted pull-ups with 35 lbs. Failure to do so is a 30 burpee pull-up penalty.

**Strength:** 30 renegade man makers with 35 - 50 lb dumbbells, no time limit and focus on full range of motion.

**Endurance:** Rest

2000 meter row, 50 pull-ups, 50 push-ups 100 flutter kicks and another 2000 meter row.

**Coach's comments:** Equipment needed- Pull-up bar, jump rope, weight, dumbbells and somewhere to run. Move directly from the warm-up to the WOD and press to knock it out under the 20 minute time limit. Walk it off, stretch and rest before completing the strength portion. This whole evolution from start to finish, excluding the warm-up should take no more than 45 minutes unless you're a Pre-BUD/S candidate. Spread out the workouts today. Keep track of how your body is doing and pay attention to the performance. If it sucks, back off, rest as appropriate and focus on the active recovery. Rest, hydrate, stretch, ice and roll out as needed.



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## Day 35

**Warm-up:** Light day today, warm up with 2 rounds of 10 push-ups, 10 pull-ups and 5 squats. Stretch out those hips with some hip mobility drills and roll your legs out if you have a roller. With either PVC or a 45# bar, begin warming up for the shoulder presses and watch your form.

**WOD:** Rest

**Strength:** Shoulder press 5 sets of 5 reps at the highest weight you can manage with a full range of motion for all 5 sets. Wrap up with a set of max dips.

**Endurance:** 5 k run (3.2 miles) at an 8:00 minute per mile pace. If you can't hold it pull it apart by making it 3 x 1 mile runs with 1:00 minute of rest between each. Figure out a pace for yourself and learn how to hold it.

Or instead of the endurance workout above, run three one-mile runs at a 7:30 pace. Each of these will begin with 25 dive-bomber push-ups. After the final mile is completed wrap up with 100 leg levers.

**Coach's comments:** Equipment needed- Olympic bar, weight, bench and a dip bar or rings. Complete the endurance portion a couple hours later. Rest, hydrate, stretch, ice and roll out as needed.



**Journal:**

[illegible]



Recovery day- light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed.

**Journal:**

[illegible]



## Day 37

**Warm-up:** 1 mile run and 21 – 15 – 9 Curtis P's with 90 lbs/ men, 65 lbs/women

**WOD:** Rest

**Strength:** 5 x 5 weighted pull-ups. Max weight that all 5 can be completed without dropping weight.

**Endurance:** Hike 30 minutes with a 25 lb rucksack. For more of a challenge choose a slight incline and keep the pace up. Otherwise move for the full 30 minutes and focus on the recovery after.

**Stamina:** 100 pull-ups with a catch. Every time you drop off the bar you owe 20 push-ups. Pays to be strong.

**Coach's comments:** Equipment needed- Weight and a pull-up bar. There isn't an order for the workouts today. Lighter day just to get the blood flowing - take the time and enjoy it.

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## Day 38

**Warm-up:** 800 meter run, and 15 lunges per side to get the blood flowing. Shoulder circles or rotations followed by 25 8-count body builders. Hydrate, stretch and get ready to roll!

**WOD:** 4 rounds of 400-meter run, 15 kettlebell or dumbbell swings (70 lbs or 32kg for men and 55 lbs or 24 kg for women) and 15 pull-ups.

### Strength: Rest

**Endurance:** Swim continuously decreasing distances with 50 meter timed sprints in between. Keep 50-meter times as close as possible to the first one.

400-50-350-50-300-50-250-50-200-50-  
150-50-100-50-50-50

**Coach's comments:** Equipment needed- Pool, kettlebells or dumbbells.

**Journal:**

[illegible]





## Day 39

Recovery day- light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed.

**Journal:**[illegible]



## Day 40

**Warm-up:** Roll the shoulders then focus 5 – 10 minutes on hip mobility drills and loosening up those shoulders. Roll into 2 sets of 15 1-handed kettlebell swings followed by 2 sets of 10 kettlebell slashers with halos. Keep a light kettlebells light. Wrap up the warm-up with 3 sets of max pull-ups with a 2:00 minute rest between.

**WOD:** As many rounds as possible in 15 minutes: 4- L-sit pull-ups and 5 push-ups. Ankles must be above hips for the pull-ups to count.

**Strength:** 30 (15 per side) weighted lunges with 45 lbs for men and 35 lbs for women.

**Endurance:** 2-mile run

**Stamina:** 10 sets of 10 pull-ups and 20 push-ups followed by 100 4 count flutter kicks.

**Coach's comments:** Equipment needed- pull-up bar light kettlebells or dumbbells. Spend time on the warm-up, especially the pre-BUD/s guys. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 41

**Warm-up:** 800 meter run followed by 3 rounds - 15, 10 and 5 reps of push-ups, deadlifts (heavy kettlebells or dumbbells), kettlebell swings and pull-ups. Spend 5 – 10 minutes on hip and shoulder stretches and mobility drills. Transition to the strength workout and start with light deadlifts.

**WOD:** 2 rounds with a 1 minute rest between each round.

Score by total reps completed:

1 minute wall ball (20 lbs men, 12 lbs women)

30 seconds off

1 minute push-ups

30 seconds off

1 minute air squats

30 seconds off

1 minute of dumbbell cleans (45 lbs men, 30 lbs women)

30 seconds off

1 minute of sit-ups

**Strength:** 4 x 5 dead lifts followed by the heaviest set of 5 reps you can accomplish without decreasing weight or resting between.

**Endurance:** Rest

**Stamina:** Ruck march with 35 lbs for 45 minutes. Find any incline and keep track of total uphill time. Aim for 15 minutes on an incline and keep moving throughout.

**Coach's comments:** Equipment needed- Medicine ball, dumbbells, kettlebells, Olympic bar, weight and a pull-up bar. Strength then straight into the WOD. Keep the stretching up



and focus on that post workout routine. Rest, hydrate, stretch, ice and roll out as needed.

**Journal:**

[illegible]



## Day 42

Benchmark: Just a check in the box folks. 45 half bodyweight thrusters. You cannot put the bar down or rest between reps. Rest for 5:00 minutes and wrap up with 3 x 800 meter sprints with a 2:00 minute rest between each sprint. Average the times with your total completed for the thrusters.

**Journal:**

[illegible]



## Week 7

### Day 43

**Warm-up:** Light run for 15: minutes before stretching. Focus on hamstrings, adductors, quads and hips. Get 5 sets of 5 pull-ups, 10 push-ups and 15 squats in before setting up for the WOD. Prior to and after the endurance workout stretch and warm up as needed.

**WOD:** The 4 “B”s, These are ugly max effort exercises! Exercise bike- 400 meters or .25 mile at the highest-level resistance bike will do. Bench- AMRAP of 135 lbs for men and 95 lbs for women

Burpees- 20 reps

Barf

5 rounds- 2min rest between round. Each round is an all out sprint.

**Strength:** Rest

**Endurance:** 10 x 150-meter swims at 3:00 minute pace for each. Begin with 40 seconds rest between 150s; whenever you can hold all sets at your projected pace; reduce the rest periods by 5 seconds. Everyone considering BUD/s utilize a sidestroke. All others your pace will be faster depending on the stroke and alter your pace accordingly. Post average pace and stroke used.

**Stamina:**



**Coach's comments:** Equipment needed- Bike, Bench press, weight and a pull-up bar. If no bike is available for the WOD use a rower. Rest, hydrate, stretch, ice and roll out as needed.

**Journal:**

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## Day 44

**Warm-up:** Start light with either a pvc pipe or a barbell and go through the WOD sequence of deadlift, clean, front squat and push-press. Get 5 – 10 rounds in at a low weight and stretch your shoulders, hips and lower body. Pyramid warm-up from 1 to 5 back to 1 of push-ups, pull-ups and situps.

**WOD:** For time:

400-meter run

3 rounds of 12 deadlift, 9 cleans, 6 front squats and 3 push-press

400-meter run

**Strength:** 5 x 3 front squats at 80 – 85% 1 rep max.

**Endurance:** 2-mile time trial run.

**Stamina:** push-ups, sit-ups and 100-meter sand bag carries. There is no rest between transitions.

Push-ups- 5 rounds of 2 minutes of push-ups with a 100-meter 60 lb sandbag carry between each 2 minutes. Once you complete the 100 meters, begin the next 2 minutes.

Sit-ups- 5 rounds of 2 minutes of sit-ups with a 100-meter 60 lb sandbag carry between each 2 minutes. Once you complete the 100-meters, begin the next two minutes.

**Coach's comments:** Equipment needed- Olympic barbell, weight, 400 meters measured out and 2 miles measured out. Post WOD time and endurance TT to Logsitall. Rest, hydrate, stretch, ice and roll out as needed.





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## Day 45

Benchmark: “GI Jane” – 100 burpee pull-ups. Get on it.

**Journal:**This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.



## Day 46

**Warm-up:** 5 rounds of 30 seconds each side of planks and push-ups. Roll out the shoulders and hips from yesterday prior to starting the strength workout.

**WOD:** Rest

**Strength:** Every minute on the minute for 20 minutes, 2 dead-lifts at 85% 1 Rep max. Dropping the bar from the top is acceptable; however, you must open your hips up for the repetition to count.

**Endurance:** 10 x 100 meters swim, One-minute rest between 100s: Record average 100-meter time. Each swim is at 80% or greater for intensity.

**Stamina:** 100 Curtis P's for time with a 65 lbs.

**Coach's comments:** Equipment needed- Olympic bar, weight and a pool. Get a good warm-up before both exercises today folks. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 48

Recovery day- light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed.

**Stamina:** 100 push-ups followed by a 1-mile warm-up run, 8 x 400 meter sprints and a 1-mile cool down run. After you get warmed up, the sprints are all out.

**Journal:**

[illegible]



## Day 49

**Warm-up:** Shoulder rotations, 10 push-ups, 15 situps and 20 squats then hip and shoulder mobility drills. Spend some time on stretching out your hamstrings and lower trunk. Once you're ready, knock out 25 sand bag or dumbbell get ups with 25 – 45 lbs then jump rope for 3 rounds 1 minute on and 1 minute off.

**WOD:** For time - 50, 40, 30, 20, 10 reps of shoulder presses with a 200-meter sprint between each. Weights are 40 – 50 lbs for men and 25 – 35 lbs for women.

**Strength:** 6 x 50 reps weighted sit-ups. Aim for 25% of bodyweight.

**Endurance:** 800-meter warm-up, stretch, then 8 x 100 meter sprints with a rest period of 4x the sprint time.

**Stamina:** 45-minute ruck march with 35 lbs. Keep moving throughout the time and if possible get a total uphill time of at least 7 minutes.

**Coach's comments:** Equipment needed - sand bag or dumbbells, 100 and 200-meters marked off, ruck sack with 35 lbs and weight. Get a good warm-up in prior to the WOD. Stack the strength workout and the WOD together then rest 3 + hours prior to the endurance workout. Rest, hydrate, stretch, ice and roll out as needed. Prepare for a swim tomorrow.



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**Recovery day:** Light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed.

**Journal:**

[illegible]



## Day 51

**Warm-up:** 15 minute jog followed by 3 twenty second hangs from a pull-up bar with shoulder rotations and mobility drills between. Spend extra time stretching your back, hamstrings and calves today.

**WOD:** 8 rounds with a continuously running clock of 20 seconds on and 20 seconds off for the following exercises: Push-ups, dips, pull-ups and squats.

**Strength:** Bench press 5 x 5 reps. Post max weight for the 5 reps to logsitall.

**Endurance:** 3 rounds of (100 meters, 20 second rest, 200 meters, 30 second rest and 400 meters with a 40 second rest).

**Stamina:** 5 rounds of 20 sit-ups, 20 knees to elbows and 20 toes to bar.

**Coach's comments:** Equipment needed – Olympic bar and weight, somewhere to run, pull-up bar and a dip bar. Spend extra time today getting a solid cool down and stretch after the workouts. Push the endurance at least 3 + hours after the WOD and strength. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 52

**Warm-up:** 500M row, 25 sit-ups, 25 squats and then stretch and roll out. Really loosen up that body from yesterday. Abs, triceps and quads probably need a little TLC.

**WOD:** Every minute on the minute perform 7 burpees and max rep thrusters. After completing 7 Burpees use the remaining time in that minute to perform max reps of Thrusters (95 lbs Men and 65 lbs Women). Each sixty seconds you must stop to perform 7 burpees. Stop when you complete 60 Thrusters.

**Strength:** Rest

**Endurance:** 2000-meter row for time.

**Stamina:** Rowing – 4 x 15 second sprints of all out movement. Rest for 60 seconds between each round. Settle into a 10000-meter row for time (6:45 – 7:00 minutes per 1000-meter pace). Once the 1000-meter row is completed, repeat the 4 x 15 second sprints.

**Coach's comments:** Equipment needed – Olympic bar, weight, rower. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 53

## Benchmark:

5 rounds of max rep bodyweight bench press and max pull-ups.

No time limit for each exercise or WOD. The only stipulation is that you cannot stop or rest during any of the exercises. Post total reps to logsitall.

**Stamina:** 800 meter run followed by 4 x 400 meters sprints and a 800 meter cool down.

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## Day 54

Complete three rounds for time of:

## 30 x Squat Clean (95#)

30 x Pull-ups

## Run 800 meters

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## Day 55

**Recovery day:** Light walk or other restorative activities for 30 minutes. Hydrate, stretch, roll out and ice as needed. As the pace and distance adds up, take care of those iliotibial bands before they put a hurt on your runs. Take a look at a couple of the stretches and add them in daily or at least several times a week as your post workout routine. The stretches on the rollers hurt like all hell but are absolutely amazing after.

**Journal:**

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## Day 56

**Warm-up:** Begin your warm-up with light dead-lifts focusing on form. Start light and build up to your working weight in 5 – 10 lb increments. Back off and stretch out that lower body for a few minutes prior to beginning the strength and WOD.

**WOD:** How many rounds can you accomplish in 10 minutes of 5 pull-ups, 10 push-ups and 15 sit-ups?

**Strength:** 5 x 3 dead-lift up to a max set of 3 reps at the highest weight you can complete the set in without resting.

**Endurance:** Warm-up with an 800-meter light run followed by 200, 400, 800, 400, 200 meter sprints with 1:00 minute rest between each.

**Stamina:** 100 pull-ups, 200 push-ups and 300 squats immediately before the endurance workout. After the sprints complete 50 leg levers and 100 sit-ups.

**Coach's comments:** Equipment needed- Olympic bar, weight and pull-up bar. Measure out the sprint distances if no track is available. Complete the Strength before the WOD with the endurance several hours after. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 57

**Warm-up:** 500M Row, 10 Pull Ups, 20 Air Squats, 50 Double-unders, 10 Pull Ups, 20 Knees to elbow. Stretch out the back and lower body from yesterday and load up the bar for the WOD. Get a few lighter than body weight dead lifts in prior to the WOD.

**WOD:** AMRAP in 10min of 10 Box Jumps (20 inch box) and 10 Body Weight Dead-lifts

**Strength:** Rest

**Endurance:** 5 rounds of 1200 meter run (.75 mile) with a 2:00 minute rest between. Warm-up with 15 minutes of a light jog and stretch thoroughly before beginning. Average the time for each round

**Stamina:** 5 rounds of back to back max rep bench press with 135 lbs and dead hang pull-ups. No rest between and move straight from one to another.

**Coach's comments:** Equipment needed- Olympic bar, weight, a pull-up bar, 20" box and somewhere to run. Get on the endurance workout early and push the WOD to later. Each round of the endurance is an all-out push. Figure out a sustainable pace and learn to hold it for back to back 1200 meter runs. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 1

### Benchmark:

## 4 mile timed run (6.4 km) Post time to comments

Pre-BUD/s: Immediately following the 4 mile timed run conduct the following:

2 minute rest

2 minutes max push-ups

2 minute rest

2 minutes max sit-ups

2 minutes rest

Max pull-ups with no time limit.

**Journal:**

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## Day 2

Rest and recovery day- stretch, ice, roll out as necessary.  
Get plenty of sleep and eat well today.

**Journal:**[illegible]





## Day 3

**Warm-up:** Warm up with light back squats and shoulder rotations. Stretch out the hip flexors, quads and glutes as you cycle between light back squats and the stretches.

**WOD:** 3 rounds of 400 meter run, 25 squat jumps with weight (45 lb bar or 20 Kg) and 10 V-ups. Fast, fast, fast... Get on it and log your times.

**Strength:** 5 x 3 back squat. Work up to the highest weight that you can complete all 3 reps with. If your form isn't great, stay light and figure out the right way to move.

**Endurance:** warm-up of is 3 consecutively faster rounds of 150 meters swim, 100 meters kick, 100 meters pull. Before the following:

10 x 100 meter swims with 30 seconds rest between 100s. Each 100 meter swim has a speed component. Set the 25 meter sprint speed then hold throughout:

1. Sprint the first 25 meters
2. Sprint the second 25 meters
3. Sprint the third 25 meters
4. Sprint the fourth 25 meters
5. Sprint the first and third 25 meters
6. Sprint the second and fourth 25 meters
7. Sprint the first and second 25 meters
8. Sprint the second and third 25 meters
9. Sprint the third and fourth 25 meters
10. Sprint 100 meters

**Stamina:** 5 rounds of 25 pull-ups, 50 push-ups and 75 sit-ups. You cannot partition the rounds, each must be completed before moving to the next.



**Coach's comments:** Equipment needed- Olympic bar, weight and a pool. Rest, hydrate, stretch, ice and roll out as needed.

**Journal:**

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## Day 4

**Warm-up:** 3 rounds of 10 pull-ups and 20 push-ups. Take a look at the following [stretching routine](#) and go through it. Skip #4- the hip stretch while running through a number of the stretches.

**WOD:** Two rounds, each running against a 6-minute clock: 800-meter run and max rep overhead squats with 115 lbs for men, 75 lbs for women. Score by total reps.

**Strength:** Rest

**Endurance:** 2 mile recovery run, just enough to get the blood moving.

**Stamina:** Rest

**Coach's comments:** Equipment needed- Olympic bar, weight and somewhere to run. Stretch thoroughly in both the warm-up and cool down today. Spend the extra time loosening up those muscles and setting yourself up for a proper recovery. Rest, hydrate, stretch, ice and roll out as needed.

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## Day 5

Benchmark: "Squat a Ton & Run"

Four rounds for time of squatting one ton and a 400-meter run. You must start with your weights on the ground.

One ton=2240 lbs

225 lbs. = 10 reps

205 lbs. = 11 reps

185 lbs. = 12 reps

155 lbs. = 15 reps

135 lbs. = 17 reps

115 lbs. = 20 reps

95 lbs. = 24 reps

65 lbs. = 35 reps

45 lbs. = 50 reps

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## Day 6

**Warm-up:** 800-meter light run followed by hanging from the pull-up bar for 1 minute on and 1 minute off, 45 seconds on and 45 seconds off and a last 30 seconds on. Move onto 1 round of 25 toes to bar, 25 knees to elbows and 25 pull-ups. Get the Olympic bar out and start warming up for the strength routine of shoulder presses. Really focus on active shoulders with as much extension as possible at the top.

**WOD:** Rest

**Strength:** 5 x 3 Shoulder press. Start light in the warm-up and find the heaviest weight possible for a solid 3 presses. No pushing with the hips or legs, this is a strict shoulder press.

**Endurance:** Running, swimming or rowing- 30 seconds on and 30 seconds off for 12 rounds. Keep track of the total distance covered and post distances.

**Stamina:** Move straight from the endurance workout straight into- 400 meter run, 21 dead-lifts (225 lbs men and 135 lbs women) and 12 dead hang weighted pull-ups (40 lbs men, 20 lbs women).

**Coach's comments:** Equipment needed- Olympic bar, weight, pull-up bar and somewhere to run. Make sure to stretch and work on that active recovery today.

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## Day 7

**Warm-up:** Three rounds of bear crawl 25 meters, 15 light dead lifts (135 lbs or 60 kg) and 20 dips to warm up the shoulders and torso. Stretch those hips and make sure to roll those shoulders. Once you're ready, grab that jump rope and warm up as long as you need to prior to jumping into the WOD.

**WOD:** reps of 50, 40, 30, 20 and 10 of double unders ( x 3 if you can't do a double under) and weighted sit-ups (45 lbs or 20 Kg for men, 25 lbs or 10 Kg for women) followed by a 200 meter run between each round for time.

**Strength:** Rest

**Endurance:** Ruck hump for 30 minutes with 35 lbs. Attempt, if possible, to get 10 minutes of uphill time

**Stamina:** Two parts, add push-ups to "Annie on Steriods" and change the ruck ruck weight to 45 lbs.

**Coach's comments:** Equipment needed – Olympic bar, weight, jump rope and a ruck or framed pack. "Annie on steroids" should be an intense workout. Get through it as fast as possible and rest a couple of hours before the ruck hump. Rest, ice, roll, stretch, eat well and sleep.

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## **Bodyweight Companion**

### **1. Death by Pullups**

With a continuously running clock do one pull-up for the first minute, two pull-ups for the second minute, three pull-ups for the third minute...continuing as long as you are able. Use as many sets each minute as needed

### **2. For time:**

120 pullups and 120 dips for time

### **3. GI Jane**

100 burpee-pullups for time

### **4. As many rounds as possible in 20 minutes**

15 pullups  
30 pushups  
45 squats

### **5. Walking lunge 400m for time**

### **6. Tabata Something Else**

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pullups, the second 8 are pushups, the third 8 intervals are situps, and finally, the last 8 intervals are squats. There is no rest between exercises.



**7. 5040302010 reps for time:**

Pullups  
Ring Dips  
150 burpees for time

**8. For Time do:**

50 Situps  
50 Doubleunders  
50 Situps  
Walking Lunge, 50 steps  
50 Situps  
50 Burpees  
50 Situps

**9. 7 rounds for time of:**

10 One legged squats, alternating  
12 Ring dips  
15 Pullups  
Ten rounds for time of:  
12 Burpees  
12 Pullups

**10. Four rounds for time of:**

Run 400 ms  
50 Squats

**11. 5 rounds for time of:**

15 LPullups  
30 Pushups  
45 Situps





## **12. With a continuously running clock**

do one muscleup the first minute, two muscleups the second minute, three muscleups the third minute, as long as you can. Run 400m.

Repeat ladder for deadhang pullups. Run 400m.

Repeat ladder for kipping pullups. Run 400m.

## **13. 3 rounds for time of:**

50 Pushups

50 Situps

50 Squats

## **14. For time:**

100 squats

100 Pullups

200 Pushups

300 Squats

100 lunges

## **15. Bodyweight Fran**

21, 15, 9 reps of:

Pullups

Burpees

## **16. Segmented Bodyweight Fran**

21, 15, 9 reps of:

Pullups

Pushups

Squat jumps to 12" above max reach



**17. 50, 35, 20 rep rounds of:**

Handstand pushups

Pullups

**18. Repeat for 15 minutes:**

20 seconds of pullups

20 seconds of situps

20 seconds of squats

**19. For time:**

100 Pullups

200 Pushups

300 Squats

**20. Complete as many rounds in 20 minutes**

25 Pullups

50 Pushups

75 Squats

**21. Complete as many rounds in 20 minutes**

25 handstand pushups

50 One legged squats, alternating

75 Pullups

**22. Complete as many rounds in twenty minutes**

10 L pullups

20 Squats



### **23. 100, 75, 50, 25 reps:**

Situps

Flutterkicks (4 count)

Leg levers

### **24. Cumulative Lhold for total of 5:00**

Use bar, rings, or floor.

Stop timer when you drop out of position. Record total time it takes to get 5:00.

### **25. for time:**

100 situps

100 flutterkicks (4 count)

100 leg levers

### **26. With a continuously running clock**

do one Handstand pushup the first minute, two pullups the second minute, three Handstand pushups the third minute and four pullups the fourth minute continuing in this pattern as long as you are able. If your pace falls behind the count, continue to alternate exercises while recording reps for a total of twenty minutes.

### **27. Handstand pushups 5x5**

Maximize range of motion by using blocks. Treat this as a ME strength workout.



## **28. Running Tabata Something Else**

For time:

Tabata pullups, 1 round

Run 1 mile

Tabata pushups, 1 round

Run 1 mile

Tabata situps, 1 round

Run 1 mile

Tabata squats, 1 round

Run 1 mile

## **29. 10, 20, 30 reps of:**

Squat

Handstand pushups

Squat

Pullups

## **30. Running with Angie**

100 pullups

Run 1 mile

100 pushups

Run 1 mile

100 situps

Run 1 mile

100 squats

Run 1 mile



### **31. With a continuously running clock**

one Ring dip the first minute, two Ring dip the second minute, three Ring dip the third minute...continuing as long as you are able.

Use as many sets each minute as needed.

### **32. Murph Tribute**

Run 1 mile

50 pullups

100 pushups

150 situps

200 squats

Run 1 mile

50 pullups

100 pushups

150 situps

200 squats

Run 1 mile

### **33. For time:**

50 Ring dips

100 Squats

50 Ring dips

100 Squats

50 Ring dips

21159 for time of:

Handstand pushups

Inverted Pullups



### **34. Five rounds for time of:**

50 walking lunges  
15 Handstand pushups

### **35. Deck of Cards (core centric)**

Take a deck of cards, shuffle. Face cards are 10, Aces are 1  
1, numbered cards as valued.

Flip each card and perform the movement and the number of  
reps specified. Cycle whole deck.

Hearts Burpees

Diamonds Mountain Climbers (4ct)

Spades Flutterkicks (4ct)

Clubs Situps

Jokers Run 400m

### **36. Deck of Cards (original)**

Take a deck of cards, shuffle. Face cards are 10, Aces are 1  
1, numbered cards as valued.

Flip each card and perform the movement and the number of  
reps specified. Cycle whole  
deck.

Hearts Pushups

Diamonds Pullups

Spades Situps

Clubs Squats

Jokers Run 1 mile

### **37. Five rounds for time of:**

21 pullups  
21 Ring dips



**38. 21, 15, 9 reps of:**

Ring Pushups

Ring dips

**39. Five rounds for time of:**

30 Handstand pushups

30 Pullups

**40. 5 rounds:**

Max ring dips in 1:00

Rest 1:00

Max ring pushups in 1:00

Rest 1:00

**41. For time:**

100 squats

20 Handstand pushups

30 pullups

**42. For time:**

100 squats

9 Handstand pushups

200 squats

15 Handstand pushups

100 squats

21 Handstand pushups



#### **43. Seven rounds of:**

Max reps Dips

Max reps Pullups

100 LPullups for time

#### **44. For time:**

100 Squats

40 Pullups

80 Squats

32 Pullups

60 Squats

24 Pullups

40 Squats

16 Pullups

20 Squats

8 Pullups

#### **45. For time:**

80 squats

10 Handstand pushups

60 squats

20 Handstand pushups

40 squats

30 Handstand pushups

20 squats

#### **46. Ten rounds for time of:**

10 Pullups

20 Pushups

30 Squats





**47. Four rounds for time of:**

50 Squats  
5 Muscleups

**48. Complete as many rounds in 20 minutes of (AMRAP):**

7 Handstand pushups  
12 LPullups

**49. For time:**

50 Squats  
50 pullups  
50 steps Walking Lunge  
50 Knees to elbows  
5 Handstand pushups  
50 situps  
5 Handstand pushups  
50 squats  
50 pullups

**50. Four rounds for time of:**

25 Lunges  
50 Squats

**51. Five rounds for time of:**

10 dips  
15 Pullups  
20 Handstand pushups



**52. Five rounds for time of:**

100 squats  
20 Lunges  
35 pushups

**53. Five rounds for time of:**

50 squats  
15 ring pushups

**54. 5 rounds for time of:**

9 Handstand pushups  
9 Pullups

**55. AMRAP in 20 minutes:**

10 False grip ring pullups (rings to chest)  
10 Ring dips (go as deep as possible)

**56. 20 pieces of Angie**

20 rounds:  
5 pullups  
5 pushups  
5 situps  
5 squats

**57. 3 rounds for time of:**

100 squats  
50 ring dips



### **58. 50, 40, 30, 20, 10 reps**

Pullups

Squat jumps

### **59. for Time:**

50 burpees

75 flutterkicks (4count)

100 pushups

150 situps

### **60. Max reps:**

Max Pushups 2:00

Max Situps 2:00

Max flutterkicks 2:00

Max squats 2:00

### **61 Filthy Fifty Body Weight - for time:**

50 Squats

50 Jumping pullups

50 steps Walking Lunge

50 Knees to elbows

50 Handstand Pushups

50 Situps

50 Dips

50 Squats

50 Pushups

### **62. 4 rounds for time:**

50 walking lunges

50 squats

Run 400m



### **63. 5 rounds for time:**

10 burpees  
20 box/bench jumps  
30 pushups  
40 squats  
50 lunges

### **64. 100 bodyblasters for time:**

burpee-pullup-skneestoelbows

### **65. Crouching Tiger, for time:**

50 Squats  
25 Pushups  
50 Pistols  
25 Fingertip Pushups  
50 Side Lunges  
25 Knuckle Pushups  
50 Walking Lunges  
25 Diamond Pushups

### **66. Fractured Runny Angie**

Run 400 meters  
25 Pullups  
25 Pushups  
25 Situps  
25 Squats

### **67. Run 5k for time**

every 5:00 do 50 pushups and 50 squats.



## **68. for time:**

50 flutterkicks  
50 situps  
Run 400m  
100 flutterkicks  
100 situps  
Run 400m

## **Running workouts**

[All are supposed to be maximum effort unless otherwise noted]

Pick a distance for time: 1.5mi, 2 mi, 5k,  
8k, 10k, 15k, 13.1 mi

Pick a time for max distance: 20min, 30min, 40min, 60min, 90min

## **69.1 round Tabata uphill sprints**

(20:10 x 8) or on treadmill 12% grade



## **70. Four rounds:**

5:00 max distance

3:00 recovery

## **71. Run 3 x 5k**

10:00 & 15:00 recoveries

## **72. Hill Run:**

1200m uphill sprint

Rest 1:00

1200m downhill jog

Rest 1:00

Repeat

## **73. Short Sprints:**

1:00 sprint / 1:00 rest

1:00 sprint / 0:50 rest

1:00 sprint / 0:40 rest

1:00 sprint / 0:30 rest

1:00 sprint / 0:20 rest

1:00 sprint / 0:10 rest

1:00 sprint / 0:20 rest

1:00 sprint / 0:30 rest

1:00 sprint / 0:40 rest

1:00 sprint / 0:50 rest

1:00 sprint / 1:00 rest



#### **74. Medium distance sprints**

10x100m with 2:00 rests

8x200m with 2:00 rests

4x400m with 5:00 rests

#### **75. 8 rounds of:**

80 seconds sprint / 40 seconds recovery

#### **76. 3 rounds:**

1:00 sprint / 1:00 recovery

2:00 sprint / 2:00 recovery

3:00 sprint / 3:00 recovery

#### **77. more sprints:**

3:00 sprint / 3:00 recovery

2:00 sprint / 2:00 recovery

1:00 sprint / 1:00 recovery

2:00 sprint / 2:00 recovery

3:00 sprint / 3:00 recovery

#### **78. 800's:**

4x800m with 2:00 rests

#### **79. 10k for time.**

Run second half faster than first



### **80. 3 rounds:**

100m sprint / Rest same amount of time you finished the sprint

200m sprint / Rest same amount of time you finished the sprint

300m sprint / Rest same amount of time you finished the sprint

### **81. 3 rounds of:**

200m sprint / Rest same amount of time you finished the sprint

400m sprint / Rest same amount of time you finished the sprint

600m sprint / Rest same amount of time you finished the sprint

### **82. 10 rounds of:**

1:00 sprint / 1:00 recovery

### **83. 8 rounds of:**

10 seconds sprint / 5 seconds recovery





#### **84. short sprints:**

0:45 sprint, 0:45 recover

1:30 sprint, 1:30 recover

3:00 sprint, 3:00 recover

6:00 sprint, 6:00 recover

3:00 sprint, 3:00 recover

1:30 sprint, 1:30 recover

0:45 sprint, 0:45 recover



## **Kokoro Camp Prep Program**

This program was designed by SEALFIT Certified Coach Justin Marcus from Windy City CrossFit in Chicago. He has the most successful track record in training athletes to succeed in the demanding SEALFIT Kokoro Camp.

### **Week 1**

#### **SEALFIT screening test: 6:30-7:10**

- max push-up 2 minutes - 60 minimum
- max squat 2 minutes - 60 minimum
- max pull-up (strict) 2 minutes - 10 minimum
- 3 mile timed run - 26 minutes or less

#### **Brief/Line-up: 7:10-7:40**

- introduce the course, what we hope to accomplish
- quote of the day/SEAL code
- swim buddy/boat crews
- goal is to get to 100 of each, as we talk: push-up/flutter kick/leg lever/squat

#### **Sandbag PT: 7:40-9:00**

- races with swim buddy
- sandbag holds, squats, thrusters, presses, etc...
- pays to be a winner



## **Week 2**

### **Brief/Line-up: 6:30-7:00**

- quote of the day/SEAL code
- push-ups, flutter kicks, squats, leg levers, etc...

Murph: 7:00-8:00

Grinder PT: 8:00-9:00

## **Week 3**

### **Brief/Line-up: 6:30-7:00**

- quote of the day/SEAL code
- push-ups, flutter kicks, squats, leg levers, etc...

### **Grinder PT/Pull-up Therapy: 7:00-8:45**

- classic grinder pt - races, relentless, on the move, pays to be a winner
- pull-up session - similar to what Coach Black had us do in Camp 5

2 mile run: 8:45-9:00

## **Week 4**

2.5 mile run to beach: 6:30-7:00

Beach Session/PT: 7:00-8:30



- wet and sandy (sugar cookies)
- races/games
- pays to be a winner

2.5 mile run back to WCCF: 8:30-9:00

## **Week 5**

### **Brief/Line-up: 6:30-7:00**

- quote of the day/SEAL code
- push-ups, flutter kicks, leg levers, squats, etc...

Mutant Angie w/log: 7:00-8:00

- boat crews take the log for either 200m or 400m after each (100 pull-up, 100 push-up, 100 sit-up, 100 squat)

2 mile run w/sandbag or pack (swim buddy and/or boat crews stay together): 8:00-9:00

- pays to be a winner
- group burpees to finish the hour

## **Week 6**

**\*\*Possible extended 4 hour session at beach house in Indiana\*\*** - we're looking into this. If we can make it happen, day would be modeled after Saturday beach day at Kokoro camp



## **Week 7**

### **SEALFIT screening test: 6:30-7:10**

- max push-up 2 minutes - 60 minimum
- max squat 2 minutes - 60 minimum
- max pull-up (strict) 2 minutes - 10 minimum
- 3 mile timed run - 26 minutes or less

### **Brief/Line-up: 7:10-7:30**

- quote of the day/SEAL code
- push-ups, leg levers, flutter kicks, squats, etc...

### **Log PT: 7:30-9:00**

- classic log pt, just like at camp (log burpees, presses, holds, etc...)



## HELL WEEK

An excerpt from “You Want Us to do What?” by Jeff Krause

Jeff Krause is a good friend of mine and I am happy to be able to publish his excellent book “You Want Us to do What?” about his experiences as one of a very few men who have been through Army Special Forces, Army Ranger training AND Navy SEAL BUD/s training. This excerpt is about his SEAL Hell Week experience. I include it here because it is a great read, and captures the lighter side of SEAL training.

### **Excerpt:**

Phase I of Navy SEAL Training is eight weeks long. The first three weeks are meant to tear down an individual physically. The goal is complete physical fatigue. The fourth week, affectionately known as “Hell Week”, is designed to rid the class of any who were on the verge of quitting by the end of the first three weeks. The final four weeks is an attempt to rebuild the individuals who stayed with the program through the first four weeks. Training during the final four weeks is designed to make the class physically stronger and harder.

Phase I for Class 123 began on a Monday in January of 1983. It began at 0400, as it did every day, with PT. This first PT consisted of the SEAL P.T. Qualification Test, again! We had taken that same test during boot camp to qualify for SEALs Training, but more recently we had done it once a week during pre-training. Everyone, with four notable exceptions, was ready for the test.



The four notable exceptions were four students from Kenya, Africa who showed up for that first day of Phase I training. The PT test brought out the fact that two of the Kenyans couldn't swim. There was no way those two could continue in BUD/S training.

The other two, Njenga and Kabui, managed to pass the swim with considerable difficulty, and were marginal, but the Commanding Officer of BUD/S decided to let them continue through training for as long as possible.

Njenga and Kabui would not only be with the class at graduation six months later, but they turned into some of the best swimmers in our class. They were not THE best, but they were solidly in the top half. That's pretty impressive considering their performance on the first PT test.

In Phase I one quickly learns that the instructors are looking for "motivation" both on an individual basis and as a class. We learned to sing all kinds of songs! When the going really got rough and a student started feeling sorry for himself, or his buddy started feeling sorry for himself, he would start singing and the class would join in. We'd sing songs as a class to pick up everyone's spirits. This helped motivate everyone to keep going.

If the instructors saw an unmotivated class feeling sorry for itself they knew how to turn up the pressure to make things twice as bad as they already were. We either started singing or things got very bad in a hurry. We found it to our advantage to act motivated even when we weren't. No matter how bad it got, we learned that things were only half as bad as they could be. That's enough to motivate almost anybody.



For the next six months we would double-time, as a class, everywhere we went. Double-time is a run faster than a trot but not as fast as a sprint. We double-timed to each meal, to each evolution, to everywhere we went.

We would greet every instructor, as a class, with the traditional, “Hoo-yah Instructor So-and-So” (whatever his name). Failure to do so, or a mix up in seniority of instructors, and the class would “get wet.” As I mentioned earlier, every BUD/S class wants to stay dry for as long as possible every day. For winter BUD/S classes, such as Class 123, this is particularly important.

The words, “Sunny Southern California,” go so well together that they conjure up visions of a tropical paradise. Sure, there are palm trees and the climate in San Diego is probably the best in the continental United States, but that does not mean that the air and water remain warm all year round. Of course, it never gets as cold as Michigan in January, but the temperature often is in the thirties or low forties at 0400 hours in January and February. The water temperature stabilizes in the low fifties. The constant ocean breeze, which is heavenly for most of the year, brings on uncontrollable shivers for the cold and wet. Even air temperatures in the fifties could be exceptionally cold when we were wet and the strong breeze blew right through us.

“To get wet,” was to become cold and wet and shiver for as long as it took our clothes to dry out. There were only two possible sets of clothes to get wet in. One was the navy swimming trunks. The other was the fatigue shirt, fatigue trousers, and combat boots. There was NEVER, a time when jackets were allowed.

Cold and wet is a tradition with the winter classes. It is





inevitable. There is no way to avoid it. You WILL be cold and wet during BUD/S training. I expect that summer classes have their own nemesis, but for Class 123 the cold and wet was responsible for more dropouts than any other single condition. Only those who wanted to be SEALs above all else were able to tolerate it.

The regiment during the first three weeks of Phase I followed, more or less, the following routine:

#### 0400-0600      PHYSICAL TRAINING

Dawn is usually the coldest part of the day, so the program is designed to get the blood pumping with two hours of grueling PT and general harassment from the instructors. There was always a garden hose hooked up at the PT site which the instructors would use to hose us down as they walked through the ranks while we did PT. Everyone was thoroughly soaked every morning during PT.

#### 0600-0730      BREAKFAST & CLEANUP

We changed into dry crisp inspection uniforms and spit shined jungle boots and we cleaned the barracks for morning inspection.

#### 0730-0800      UNIFORM INSPECTION & BARRACKS INSPECTION

To flunk either inspection was to “get wet” again and probably stay that way for the rest of the day.

#### 0800-0900      CLASS



First Aid or some other subject. This was a pleasant hour if we weren't wet.

0900-1100      PHYSICAL EVOLUTIONS

1100-1200      LUNCH

1200-1400      PHYSICAL EVOLUTIONS

Physical evolutions could be anything physically stressing. Common evolutions included long distance soft sand runs; a trip or two around the obstacle course; a two mile timed run; a two mile timed swim; surf passage; and, some type of pool training.

1400-1630      PHYSICAL EVOLUTIONS

More of the above. A description of these evolution follows this schedule.

1630-0400      LIBERTY for all non-duty section students.

Those students on duty would spend all night at the BUD/S compound.

A "conditioning hike" was a long-distance soft sand run on the beach in class formation led by an instructor. The class would have to sing constantly to show the instructor that it was motivated. As we ran up and down the sand berm, mile after mile, we sang traditional BUD/S songs:

- want to be a SEAL Tem Ranger:
- Live a life of sex and danger:



- C-130 rolling down strip:
- SEAL team going on a one-way trip;
- Stand-up, hook-up, shuffle to the door;
- Jump right out, and you're off to war.

Everyone was expected to stay in formation and the formation was expected to keep up with the instructor. If an individual failed to keep up with the class formation, the instructors trailing the formation would take him somewhere away from the class to become part of the dreaded “goon squad”.

As a member of the goon squad one would still have to run, but only after getting wet and rolling in the sand, stuffing sand into his pants and down into his crotch, and massaging sand into his scalp to become a “sugar cookie”. The “sugar cookies” would then have to finish their sand run. They would finish well after the rest of the class and would often have no time to get cleaned up before the next evolution. It paid to keep up with the formation. During the first three weeks, there was usually a conditioning hike every day. Sometimes the “hike” was in the morning, sometimes in the afternoon, and sometimes right before we went home in the evening.

The obstacle course consisted of about fifteen different obstacles. We were required to run it as fast as possible. If an instructor thought someone wasn't putting maximum effort into the course, that person would have to get wet and start over.

There was always a timed obstacle course run each week.



The penalty for failing to complete the course in the maximum time allowed was to receive a “deficiency chit.” If an individual received enough deficiency chits, it was cause to be dropped from training.

Each week, each member of the class would be timed on a two-mile soft sand run. The run was made in fatigues and combat boots. Again, failure to complete the run within the specified time limit resulted in a deficiency chit.

Each week each member of the class would be timed on a two-mile ocean swim (with fins). For these swims students were paired for safety. Students were never allowed more than six feet away from their swim buddy at any time. Failure of a swim pair to complete the swim within the maximum allowed time, or if the swim pair separated by more than six feet, both students would receive chits.

Surf passage was an interesting physical evolution. Upon starting Phase I, our class was divided into “boat crews.” Each boat crew consisted of six or seven people and one IBS (Inflatable Boat, Small). The object of surf passage is for each boat crew to paddle out from the shore, through the surf zone, and back again. That sounds easy enough!

During January and February of 1983 the coast of southern California was affected by a severe storm. During the worst of it the surf in some areas reached ten and twelve feet measured on the backside of the waves. The faces of the breaking waves can sometimes be twice the height of the surf. Several piers were destroyed by the pounding surf. The surf at BUD/S averaged six to seven feet. Bulldozers had constructed twelve foot sounds of beach sand between the BUD/S compound and the ocean. The surf was booming! Near the beach the ground would shake when the



huge breakers pounded the beach. Even from where we stood inside the BUD/S compound, we could hear the surf and see the white water splash over the berm. The big breakers were affectionately known as “Kahunas.”

We spent hour after hour, day after day, paddling out through the surf zone. Every day, there were spectacular “wipe outs.” Sometimes boats were thrown onto other boats. Students thrown from their boats would be tumbled around and around in the white water and sometimes wonder if they would ever get back to the surface for a breath of air.

There was a hard and fast rule that during a wipe out each student was to hold onto his paddle. Invariably, someone would lose his during a wipe out. Some students had teeth knocked out, others had large gashes inflicted on their faces or elsewhere from free paddles.

The instructors were quick to capitalize on any situation which could be brought to bear on the psyche. The large surf was one of these situations. They would have the entire class stand silent in the compound for thirty minutes before surf passage so we could listen to the booming sound of the surf pounding the beach. The instructors enjoyed playing with our minds and they were good at it. Members of the class quit rather than face the surf again. Just when the rest of us thought we had mastered our fear of the big kahunas, the time came for class 123 to do “Rock Portage”.

For rock portage we would again paddle out through the surf zone, but this time, instead of coming straight back in to be slammed onto the nice sandy beach behind the BUD/S compound, we would paddle several hundred yards down the beach to a place where there was a large formation or



rocks in lieu of the sand. The idea was to paddle in through the surf, which was still booming, and land on the rocks.

You don't have to be an expert in occupational health and safety matters to recognize that this is a dangerous thing to do. Even the instructors recognized the potential for injury to students. To help avoid unnecessary injury, we were instructed to keep our bodies out from in-between the IBS and the rocks, "for our own safety." They failed to tell us how to do that, however.

During the course of our rock portage, people were slammed into and on top of the rocks. Boats were slammed into and on top of people. The rocks were very slick and the waves breaking onto the rocks or withdrawing off of them tends to wash ones feet from under him. Then, while he is off balance, the next one hits. It's total chaos! Utter confusion! Everyone got pretty cut up and, yes, we lost some people to injuries.

Surf passage and rock portage was just one of the daily evolutions. Pool evolutions were never any fun either. Besides being cold, we were always training. Training included interesting and useful activities like "drown-proofing", breath holding, lifesaving, and panic control. When we did get a break from training the instructors would have us stand under cold showers.

The pool was outside, and so were the showers. We were in our swim trunks and the ever-present cold ocean breeze would blow right through us. The instructors would never let up on the mind games. We were always cold & wet.

During these first three weeks of Phase I, Class 123 lost a few people here and there. The majority of the class was



still around to start Hell Week. The BUD/S Instructors, during these three weeks, were busy identifying which students would probably turn on, or abandon their team or buddy when the going got really tough. They had many ways of doing this of which I will mention one.

During physical training, while the class was doing high repetitions of some grueling exercise for over an hour, everyone would become thoroughly tired to the point of being in pain. In come the instructors with their mind games. They would pick out someone in the formation who was holding up well despite the grueling exercise. They would gather around this individual and start shouting and hollering at him. They would tell the whole class in a loud firm voice that, “because Petty Officer so-an-so isn’t putting out and doing the exercise correctly, we are going to start all over again from the beginning.”

This simple, albeit sadistic, maneuver was very effective at bringing certain unwanted traits out into the light of day. Some guys would totally lose their cool. They would start screaming at the guy telling him they were going to beat his ass, etc. etc. The instructors just observed and made notes. They would increase their harassment of those individuals in the weeks to come and would, in most cases, succeed in getting them to quit. And they made quitting easy and honorable.

It seemed like every day the instructors would ask ten times, “OK, who wants to quit? Come on guys, you don’t have to put up with this shit! Just ring the bell and get back to a normal life.” As simple as this sounds, it was very effective. Hearing that all day, day after day, in the morning, before every evolution, after every evolution, while we were wet and cold and miserable, it took its toll.



Class 123 began Phase I with 86 students and ended the first three weeks with 70 students. Some were injured, some had quit, but there were ten, seven man boat crews ready to start “Hell Week”.

Hell Week” refers to one week of BUD/S training (usually the fourth week of Phase I) when all students were pushed to their breaking points, both mentally and physically. This is a week during which the instructors are given carte blanche to deviate from the schedule as necessary to assure total demoralization of the class. This is a week when the majority of the class will quit or be forced out of training due to injuries. Going into Hell Week, all students are aware that managing to survive hell week does not guarantee graduation; twenty weeks of training remain afterward.

Hell Week begins at midnight on Sunday and ends at sometime on Friday afternoon. A student might get as much as five hours sleep during the whole week if his boat crew finishes a lot of evolutions first. He might not get any sleep if his boat crew continues to finish last during the evolutions. It pays to put out extra effort to win, or to cheat as much as possible without getting caught. Either way, fair and square or by cheating, it pays to come in first.

Everyone eats well during Hell Week. There is breakfast, lunch, supper and a midnight meal. The majority of the meals, though not all, are in the chow hall. This allows the students some time to warm-up a little, drink some hot coffee, drink lots of water to re-hydrate, and consume hot foot. Chow was a very motivating factor during Hell Week. We found ourselves trying to make it from one chow period to the next.

Class 123 began Hell Week in late January during one of the





worst storms to hit southern California coast in many years. The temperature during the days reached the mid-40s. At night and in the early morning hours the temperature was in the high thirties. It rained almost continually day and night and the ocean breeze was blowing hard. It appeared that Class 123 had virtually no hope of staying dry for the next week.

Large Army troop tents had been erected for the Hell Week students on the beach behind the BUD/S compound. Folding cots were assembled inside for “sleeping”. Everyone had been given a packing list of clothing to be brought in his sea-bag. We would live out of that sea-bag for the next week.

As we assembled in the large tents early Sunday evening during a blustery portion of the storm, we came to realize that everyone was thinking alike. We had all waterproofed all our extra clothes in plastic bags and stowed them in easy to get at places in our sea-bag. Without an exception we each had a “pogie-bait”, known as munchies in civilian life, stashed among our clothes. If a chance would come to put on dry clothes or grab some munchies, we’d be ready.

Inside the compound each boat crew’s IBS (Inflatable Boat, Small) was lined up ready to go. During the next week, everywhere we would go, to every evolution, to every meal, everywhere, we would carry our IBS on our heads.

At 1800 hours on Sunday we had a muster (took roll). Afterward we retired to our tents to await the start of Hell Week. Once in our tents we would not be allowed out until it was time to start.

During this waiting period, I went right to sleep. Some of the



others couldn't or didn't want to sleep for anticipation of the dreaded ordeals to come.

If you've been following Class 123 through the first three weeks of training you already know that these instructors will not allow Hell Week to start with a whisper. Mind games would surely be the order of the day.

I remember waking up to a lot of whispering among the guys in my tent. "Someone's moving outside, did you hear it?" "Yeah! There's someone over on this side too!" "What time is it?" "15 minutes before midnight." "Oh God, it's getting ready to start." "I hear instructor Tullas saying something to another instructor." All this in a crescendo of whispers.

Then, just about midnight, all holy hell broke loose. This was the start of Hell Week. The point referred to as "breakout". Breakout came with a bang.

Instructors came into our tents firing M-60 Machine Guns (with blanks of course), throwing grenade simulators and smoke grenades, and yelling and screaming such pleasantries as, "Crawl you dickheads, get on your bellies and crawl into the compound now!! Crawl, "&&%\$! !&\$\$, crawl!!"

Eventually, through the smoke and the noise everyone crawled their way into the compound. We assembled before an instructor standing on the raised PT platform. We were given a few simple rules to follow for the rest of Hell Week. The rules, stated as one, said, "Do what you're told, when you're told, or you'll be history." Very simple, straightforward rules.

Right on cue, as the verbiage ended the rain began. Slowly



at first, then increasing to a steady cold rain. Class 123 lost two students between breakout and the reading of the rules. They were direct victims of the psychological warfare involved in the training.

Upon returning to the tents we discovered that the instructors had gone through each of our sea-bags, pulled our clothes out and destroyed our waterproofed bags. Then we were forced to put all our clothes back into the sea-bag and carry them down to the beach and out neck deep into the pounding surf. It was impossible to maintain one's footing with the white water rushing toward the shore or ripping out to meet the next breaker. It was cold, it was raining, the surf was pounding, everything in the sea-bag was thoroughly soaked, and we had the entire week of fun and games yet to look forward to.

For thirty minutes we were beat by the surf while the instructors complained to us about how cold and miserable it is outside. They were of course dressed in very warm clothing with waterproof coverings. They were sitting on the twelve-foot berm talking down to us in the water.

After a half hour in the cold pounding surf with wet sea-bags, one of the instructors yelled to us, "Hey guys, I'm hungry, I would really like a 3 Musketeers Bar. I know some of you people have buried candy all over this beach from Coronado to Imperial Beach. If I get my candy bar within the next five minutes, I'll consider letting you guys get out of the water."

Fifteen more minutes go by. "Now come-on guys. I'm "&%"\$ing hungry. I want my candy bar and I want it now! You guys will stay in there all "&%"\$ing night! Do I make myself clear"



“How about M&Ms?”, one student yelled.

“Plain or peanuts?”, the instructor asked.

“Plain.”

Long pause, “Okay!”

Out of the water charged a student. With water pouring out of his sea-bag he ran along the berm a little way, stopped, dug into the berm and pulled out two M&M packages. He ran to the instructor, handed him the M&Ms and ran back into the surf with the rest of us.”

“Seeing as how M&Ms weren’t my first choice”, said the instructor with his mouth full of M&Ms, “you guys can just stay in there a while.” A long while passed. How long I don’t know, but, eventually we were allowed out to put our sea-bags on our cots inside the tent so they would be out of the rain. Then we were told to muster with out IBS.

“We are going to do night rock portage. Does anyone want to quit before you rack yourself up on those jagged rocks? Last chance! Okay, Let’s go!”

Behind the compound we did our best to paddle out through the surf zone. Some boat crews were more successful than others. Then we paddled down to a point directly out from the rocks. I remember the paddle over there very well. It may sound dumb since this was not combat, just a rock portage, but one guy in my boat was saying the Lord’s Prayer, and I was as nervous as the rest of the guys with the knowledge that there was a good chance that we were going to be hurt on this evolution. But there was also that excitement that comes with the anticipation of danger.



We reached our start position, but the boat crews were strung out for quite a ways due to some having had more difficulty making it through the surf. On the Instructors' command, white-flashing lights, two boats at a time would attempt a landing.

The instructors didn't wait for the stragglers to catch up. They gave the signal and two boats started for the rocks. As we watched, the first two boats disappeared behind a massive Kahuna. With the darkness, nothing else could be seen. Someone said, "Poor so and sos."

In the meantime, the last of the boat crews arrive. We were all bunched in a boat pool waiting for the signal to send two more boats in. Time passed. Everyone was talking back and forth wondering what had happened to the first two boats. Did they make it? Were they okay? How rough had it been?

More time passed. How much time I don't know but it seemed like a long time. Then, a red star-cluster flare exploded above us. That was the signal to abort the rock portage and land on the sandy beach to the right of the rocks. Everyone was wondering what had happened.

We managed to land, one way or another, on the beach. There we saw a couple of ambulances parked near the rocks with lights flashing. We could see people being loaded into ambulances on stretchers. We were too far away to identify any of the guys but we knew they were some of our classmates.

Eventually we got word that four people were injured and unable to continue BUD/S. Rock portage would be canceled



for the rest of the boat crews for tonight.

This now left two boat crews not totally manned. Since this would happen often, boat crews were shuffled around, an IBS was removed and now nine crews would continue into Hell Week. And this first night was still young.

Later we ended up at the Naval Amphibious Base, at the steel piers. Class 123 got into the water and treaded water while the instructors relaxed and watched us. Eventually, they had us remove our pants and inflate them the way we were taught in boot camp during ocean survival training. Then they relaxed and watched some more. This was not a difficult exercise but one guy lost his grip on his pants and they sank to the bottom. The water was black, oil, sickly looking, and probably 20 feet deep. His pants were gone, forever, and he knew it.

This guy did well. He treaded water until the instructors said it was time to get out of the water. Everyone climbed onto the pier, including the poor guy who was naked from the waist down.

The question eventually was raised. "Where the hell are your pants, son?"

"I lost them, sir."

"You lost them?! You lost them!! You lost them in that shitty looking water?! Everyone back into the water, except for you with the rosy cheeks. You lay right here on this metal pier. And take your shirt off too."

So while this poor kid is laying spread eagle and stark naked on that very, very cold steel pier, the rest of the class was in



the water diving, trying to find the kids pants. Of course we had no luck but we kept trying until an instructor brought another pair of the kid's pants from his sea-bag. Those pants were very wet and cold when they were delivered.

Dawn came. Breakfast came. We started a new day packed with the same kind of physically uncomfortable emotionally draining, and mentally abusive activities. I obviously can't relate all of the experiences during Hell week but there are a few that stand out in my mind as worthy of print.

The first full night, Monday night, was notable for the number of people who quit. We had been doing some swimming back and forth along the shore and were now sitting neck deep in San Diego Bay. Three of the instructors were sitting by their pick-up truck watching us. It was cold! Everyone had uncontrollable shakes. The entire class was lined up sitting side by side and we were chilled to the bone.

I heard one guy say to another, "What rate are you?"

"I'm a yeoman!"

"A yeoman?! What are you doing here? You could be working in a nice warm office: with women!"

"Yeah, you're right."

As I looked at him I could tell he was thinking about it. Then he stood up and went running up to the instructors and quit. There must have been a lot of others thinking about quitting but didn't want to be the first. As soon as this first guy started running up to the instructors, five others got up and followed him.



The instructors were all smiles. They wrapped the guys in warm blankets, got them each a cup of hot coffee, some jelly donuts, and sat them down where all of us could see and envy them. That hot coffee looked good!! It was all mind control now. I can't begin to convey how cold it was in that water. The uncontrollable shakes are an agony in their own right. The instructors knew exactly what they were doing. They let us sit right there.

Twelve more people quit during that cold soak. Not all at once. One or two would go ashore. A little later three or four would get up and wander up to the instructors. Eighteen people during one small part of one evening. The instructors didn't have enough blankets and coffee for everyone. They kept apologizing to the guys who quit, and shuttled them back to BUD/S compound to ring the bell and get a hot shower. The instructors were so happy that we got to stay out of the water for about the next five or six hours.

On another occasion, during one of our boat crew evolutions, my boat crew was supposed to be paddling to a point near North Island Naval Air Station. It was dark so we figured we'd try cheating. We got into shallow water, jumped in, and started pulling out boat along. One of the guys yelled, "Hey, where's Woody?" Woody was our coxswain. We looked up on the beach and saw him running toward the city of Coronado. We thought. "Where the hell is he going?" We thought he might be coming back so we waited a while. Finally we realized he wasn't coming back.

We found out later that he had decided to quit and when we reached that spot on the beach, he was only two blocks from his girlfriend's apartment. So he spent the night in blissful splendor and then drove to BUD/S the following morning and





officially quit. That sure beats coffee and donuts!

One Hell Week evolution is known by several names: Camp Swampy; The Mud Flats; The Sloughs. All these names refer to a place along the Mexico border where the Tijuana River empties into the Pacific. The river has deposited mud and sewage from the city of Tijuana into a perfect playpen for the BUD/S instructors. We would spend most of one day and an entire night at the mud flats.

We started this evolution at the BUD/S compound, then carried our IBS down the beach to the Tijuana River. That is about seven or eight miles of walking. We had a strong head wind that kept trying to blow the IBS off our heads for the entire walk. And, of course, it's a race! The constant wind, and amazing lack of rain, dried our clothes, which was nice. But wrestling with the IBS against the wind while racing through soft sand was not at all pleasant.

Eventually, we reached the mud flats. And of course once the instructors saw that our clothes had dried off we had to go "cool off", or "get a bottom sample." We got wet again.

Finally we got to play in the mud. We had to roll in the mud and stuff mud into each other's clothes. We spent hours that afternoon having various kinds of races through the mud, boat crew against boat crew, or just wallowing in the mud until we were all entirely covered with mud and chilled again to the bone. Again the uncontrollable shakes came upon Class 123 and people began to quit.

Everyone in the class tried to motivate the others. I heard a story about one class who stood in a circle, holding hands and singing that old gospel hymn, We Shall Overcome. That became that class' motivation. Together they would endure.



Night came upon the mud flats. The temperature fell. We were given box lunches to eat. Each box contained a sandwich, bag of chips, fruit, carrots and a canned drink. We were allowed to sit waist deep in the mud to eat our dinner. It is important to note that we were COMPLETELY covered with mud. Our hair, our faces, our hands, every part of our body was covered with mud.

To eat a box lunch under those conditions takes a lot of class. I wiped the mud away from my mouth as well as I could, and got my fingers as clean as was reasonably possible. Then I dug in the only way possible. I placed the food in my mouth, chewed a couple of times, and swallowed. I know I ate a lot of mud that day but some things just can't be helped.

After I had scarfed my meal I took the time to look around at my classmates. Perhaps one had to be there, but I found it funny to watch these guys eat. All I could see of them was the whites of their eyeballs and the whites of their teeth when they opened their mouths.

With our meals we also received our new instructors for the evening. To make the prospects of a fun evening even more promising, Chief Tullas and his group would be our instructors for the night. There are some sets of instructors who are a lot more mellow than others. Tullas on his group were on the other end of the mellow spectrum. And they were keyed up to the max!

To make the evening complete, as night arrived it started raining again. In fact, it started pouring. Visibility was reduced to about 100 feet or so. It was coming down hard. And it was cold!



We played some “stealth movement” games in the mud flats. We would crawl from one side of mud flats to the other, from bush to bush, from ditch to ditch. Since we were right on the border we would occasionally bump into some illegal aliens sneaking into the U.S. by night. We must have looked pretty awful to them because many of them were startled beyond description. It’s probably a wonder that no one has ever been shot!

Tullas and company made sure we spent much time standing neck deep in water. No one could control the shakes any longer and the lack of sleep was having its effects. People had to help others walk to the water. Twenty-year-old kids walked like they were 95+ years old, bent over and barely moving. And it was still raining.

Later, our class was allowed to sit in some small bleachers put there in the flats for our use. The instructors told us that as long as someone from the class could tell them a funny story they would let us stay out of the water. The instructors had a large bonfire going just far enough away from the bleachers so none of the warmth could reach the students. When a student told a story he could stand near the fire to tell it.

When it is cold outside and one’s clothes are wet and he stands near a hot fire, the clothes have a tendency to steam. Now, when the instructors wanted to, they yelled out, “Fire! Fire! Student on Fire! Everyone back into the water!”

At that point the class would walk slowly toward the water. The thought of even touching it sent quivers through my body. We had to go in up to our necks. Everyone helped everyone else in. We tried to say something which would



motivate our buddies while our teeth were in an uncontrollable chatter. Looking around, all that can be seen are heads.

The instructors would call out, “On the count of three, I want to see all the heads disappear for five seconds and if anyone is slow, we’ll do it until we get it right! One! Two! Three!” Everyone submerged, counted to five thousand, and surfaced. But of course we were still playing mind games. The instructor would call out someone’s name for messing up and we would do it again. This could continue for a half hour before we were allowed into the bleachers again.

We had more stories and more fire drills. We had hot soup cooked over the bonfire that night, and more stories and more fire drills. And the rain kept pouring down. And it was cold.

Sometime around two in the morning we were allowed to go to sleep. That is, each boat crew could lay under their IBS, out of the rain. On the ground, which was wet, in our wet clothes, each member of the boat crew lays on top of the other, or huddles “nuts to buns” trying to draw warmth from each other. As cold as we were, it felt good to be out of the rain. But sleep? Not hardly!

One member of each boat crew had to run around our little camp yelling as he ran, “It’s hell week at Camp Swampy and all is well! It’s hell week at Camp Swampy and all is well!”, over and over again. One trip around the camp would take a maximum of one minute. After one trip around, he would have to wake a member of another boat crew. If the instructors saw no one running around yelling, everyone had to get back in the water and take a bottom sample.



Finally, morning came. The rain had stopped. There was frost everywhere. It was COLD. Everyone was praying for the sun to come up fast and hot.

After a few more trips into the mud and a healthy swim in the ocean we were off on our long trip back to the compound. Camp Swampy had claimed some of our classmates! We had a few less boat crews. But for the rest of us, it was one more step toward finishing Hell Week. We were beginning to understand the old SEALs adage. “The only easy day was yesterday.”

During the days and nights to follow, we would spend hours and hours paddling our IBSs from point to point, racing the other boat crews, of course.

Out of my original boat crew of seven, there were only three of us left. We merged with another boat crew which had an ensign for a coxswain.

Our new coxswain had been born and raised in Poland. He spoke with a very strong broken accent. His last name began with an S and had about 27 other letters in it. It was truly one of the classic alphabet soup names of the world. The instructors never called him by his name. They always referred to him as “The Commie.” “Hey, Commie, you and your boat crew come here!”

The commie was the nicest person to talk to in a non-competitive situation, but when competing in an evolution or race, that guy could swear like the entire American navy. I believe he received high marks in “Advanced Vulgarly I” at the University of Warsaw. I don’t want to belabor the point, but this guy was truly remarkable when it came to swearing! And then, the competition was over, he would make a Jeckyl



and Hyde transition back to the nicest guy you would ever want to talk to. The other boat crews used to joke about it. They said they always knew where our boat was just by listening.

Lack of sleep, along with the physical evolutions was taking its toll on everyone. During some of the long evening paddles, guys would begin to hallucinate. They'd see Big Macs and Whoppers on the shore or in the sky. Some would start talking to themselves. Others would be paddling one minute and then just keel over into the water...SPLASH! They would have fallen asleep on the side of the little rubber boat. Some would fall in, wake up, get back in to the boat and then, five minutes later, fall back in again. I can tell you that as cold as we were, they were not doing it on purpose.

Mr. S, the commie, sat in the stern of the boat, steering. He once fell asleep at the rudder. But rather than falling forward, he fell over backward, and all we saw before he disappeared into the water were his feet going backward, up and over.

Our bowel movements were becoming really messed up. Usually, when someone had to go, he'd try to get into the water first. Sometimes, however, a guy would figure he was just going to fart, but out would come the contents of his intestines. Shit all over. We were all so tired that we might laugh a little and then go back to paddling. The guy who had the accident would try to clean himself. This happened more than once. Sometimes it would be a real mess, but no one ever gave it more than a chuckle and then just kept paddling. Somehow it never seemed very important.

Another traditional evolution, toward the end of Hell Week,



takes place at the outdoor pool on the Naval Amphibious Base. Late at night, and during the early morning hours, the Hell Week class holds a water evolution in the pool naked. I mean bar-assed naked.

At the pool, the water was warmer than the air, so everyone wanted into the water. Also the cold wind was blowing very hard on our evening at the pool. Having anything besides our hands out of the water was intolerable.

We played water polo and other games, half the class against the other. First team to 5 wins. The price for losing? A trip to the decontamination station. The losers would have to get out of the water and stand under the outdoor showers for five minutes with only the cold water on. Then back into the water for another game. Believe me, the games got violent!

We were told to bring an IBS into the pool. Only one IBS. Then we had to fit the entire class into the one IBS. At that time we had about 35 people in the class. In packing thirty-five people into an IBS, the guys on the bottom have the worst. That's not because of the weight but because, as the majority of the class gets in, the IBS takes on water. It won't sink, but the guys on the very bottom of the pile soon find their heads underwater. They start kicking and doing whatever it takes to get air. This causes the stack of bodies to go tumbling. Of course, then we had to do it again and again until we could finally do it, for at least a couple of seconds.

One other item of interest about this pool evolution. Every Hell Week class does basically the same thing. Now, the women's barracks is located right next to the pool so that the upper floors look right down into the pool. The girls always



know when a class is going through Hell Week and many of them gather on the upper floor balconies, drinking beer and yelling at the BUD/S students in the pool below.

Knowing that the girls are watching has a tendency to pick up the spirits of some of the guys while others couldn't give a damn. Remember what I said about bowel control? Yes sir! More than one set of intestines had been emptied into that pool. Luckily for our class, the pieces were big enough to be scooped out so the games could continue.

Remember Njenga and Kabui from Kenya, Africa? They were from a tropical climate and the wet and cold was absolutely pure hell for them. Over and over they just kept saying in their broken English, "It doesn't \*%&%ing matter anymore!" Before, during and after each evolution they would say it. There is nothing intrinsically funny about their statement. It was just normal. But to hear them say it in their own way was absolutely hysterical and could always bring a smile to my face.

Our class almost adopted that expression as its class motto. I wish we would have because I'll never forget them saying it covered in mud, neck deep in water, bare assed naked standing under a cold shower, or in any of the other wonderful situations we managed to endure. "It just doesn't \*&%\*ing matter anymore!"

Some other items about Hell week need to be mentioned, so I'll address them here.

One winter class has the nickname "The Class That Never Was" because they graduated only six (6) guys. Their plaque can be seen along with all the others hanging on the quarterdeck at the BUD/S compound. A lot of class pictures





from the fifties and sixties which hang there also show classes that small.

There used to be, until the late 60s or early 70s, a West Coast and an East Coast BUD/S. The West coast BUD/S was in Coronado and the East coast BUD/S was in Norfolk, Virginia. Naturally, Norfolk is much colder than Coronado. Try to imagine being cold and wet there!

I'll relate one story I was told about a winter class in Norfolk. The class was taken to a golf course, to one of the water hazard ponds. It was covered with ice. They had to break holes in the ice and swim down and pick up golf balls from the bottom. Although I cannot verify the story, I can believe it.

One might get the idea from reading this that student safety is not taken into account. I want to assure you that, as a general rule, it is. Almost every evening at BUD/S each student is checked by a full fledge, bonified, medical doctor. He determines whether a student continues Hell Week or not. The doctor decides, not the student!

Also, as I mentioned earlier about guys falling asleep while paddling the IBS, one might suspect that drowning was a probable, or at least possible event. During those evolutions, each student is required to wear a KA-POC life jacket. I do not believe that it would be possible to drown while wearing one of those jackets even if one made a deliberate effort to do so.

Eventually, Friday afternoon rolled around. We were a pretty ragged group by that time. Naturally the instructors were not through with their psychological warfare. They told us that they were disgusted with our attitudes and that they were



going to take advantage of their right to make us continue our Hell Week training until Saturday afternoon for sure and possibly until Sunday evening if our attitudes didn't improve! In the background I could hear, "It just doesn't \*&\$\$ing matter anymore!"

Our scalps hurt like hell to touch from carrying our IBS on our heads all week long. For a week after Hell Week, every time we combed our hair or touched our scalp, dead skin would fall off, sometimes in very large patches and the scalp remained painful to the touch. The thoughts of having to place the IBS on it again, to move it another foot, was horrible. But everyone was prepared to do it if we had to. Perhaps that's the one overriding lesson in Hell Week, that you can always do a lot more than you ever thought possible.

Then, with everyone preparing himself mentally for another day or two of this misery, the instructors announced, "Class 123, you are secured from Hell Week!"

We didn't have to carry the boat any farther than the BUD/S compound to put it away. Everyone was all smiles, patting each other on the back, knowing that it was all over now. And it had stopped raining too.

Class 123 started Hell Week with seventy guys. Thirty-three would continue SEALs Training. Total sleep for my boat crew was five hours, and that's because Mr. S, the commie, and we won a lot of races which allowed us a little time to sleep before the other crews arrived.

After stowing our IBS and picking up our sea-bags we were allowed to get cleaned up, and get one more medical check-up, and receive instructions for the weekend, (medical



instructions), and then go home for the weekend. Sweet - home until Monday morning. It was really over!

## **PHASE I, WEEKS 5 THROUGH 8: A PERSONAL ACCOUNT**

As I mentioned earlier, the weeks leading up to and including Hell Week were designed to tear the students down physically. The weeks following Hell Week, through graduation, were designed to build the students up. The worst was over but we were all aware that any one of us could be taken out of training for failing to perform during the remainder of Phase I.

For the next four weeks we continued to have regular four mile time runs, two mile timed swims, timed obstacle course runs and daily 'conditioning hikes'. Cold and wet remained a daily constant. We spent more time in pool training evolutions during this period which included life saving and drown proofing. In these we received both instruction and practical exercise.

On the compound we received classroom instruction on such topics as Red Cross first aid, hydrographic surveys and atmosphere (look it up). The term "classroom instruction" conjures up the picture of a nice warm dry classroom environment. Our classroom instruction could easily have taken place in such an environment if the instructors had so desired. But this was BUD/S training.

Before class we would have to take a bottom sample so that we would be nice and wet in the classroom. All windows and doors were opened to allow the cold ocean breeze to blow in. We would try to take written notes but everything would become a soggy mess very quickly. They managed



to make even classroom instruction very miserable. Nobody complained. It was just life at BUD/S.

Occasionally, during class, someone would fall asleep. Each instructor had his own methods of punishment. The most creative, and I believe the most effective, was this: The guy asleep is allowed to sleep undisturbed while the rest of the class takes a bottom sample. In this way the guy responsible for the punishment is the only one not punished by the instructors. Peer pressure usually catches up with the offender and tends to keep others awake.

I have been surprised by all the stories I've heard from people about "drown proofing" at BUD/S training. Usually, I've discovered that the person telling the story has heard it from a friend who heard it from a friend who had a friend who knew someone who went through BUD/S training and didn't quite make it through to graduation. Needless to say the stories were usually blown way out of proportion.

For example, one story went like this: "Yeah, I hear that in SEAL Training they take you fifteen miles out in the ocean, drop off the class, and come back two days later to pick them up. In the mean time they must tread water and fight off sharks." Give me a break!!! This may only be untrue because the instructors can't get permission to do it, but it is nonetheless untrue!

Drown proofing at BUD/S can be very difficult for someone who doesn't have a strong swimming background, but for the average college or high school surfer type individual, the evolution is relatively easy. It all boils down to how much experience one has in the water and how relaxed he is in the water.



Drown proofing at BUD/S consists of swimming three simple laps across the pool and back. During the first lab, your hands are tied behind your back. During the second lap, your feet are tied together and your hands are free. For the third lap, both your hands and feet are bound, but before you are allowed to begin your lap, you are placed in the deep end of the pool where you are required to “bob” a minimum of fifteen times. Only when the instructor gives the signal can you start your lap.

“Bobbing” is a maneuver where you get a bite of air at the surface and then allow your body to submerge. With a slight kick you surface just long enough to get another quick bite of air and submerge again. A student would fail if he panics at anytime or if he would stay on the surface to breath before re-submerging. A “bite of air” is actually quite a descriptive term in this context.

We were taught techniques of drown-proofing during the prior weeks of pool evolutions. We were also given time to practice and encouraged to practice on our own time during the weekends. We knew that when it came time to be tested the pressure would be on because the tests were graded PASS/FAIL and there were no retests.

Regardless of how well a student had mastered bobbing and drown-proofing prior to the test, only one performance would determine whether he continued in the program. He could not allow himself to mess up. To panic was to be dismissed from training. If an instructor thinks he sees any signs of panic in the student’s movements, he can keep him bobbing for as long as he wants. Fifteen bobs is simply the minimum. If the instructors don’t like a student and he is a little weak in the water, this is one evolution where they can cut him out of the program.



There were a number of other PASS/FAIL tests at the end of Phase I of which I will mention only a few. Each student is required to pass a Red Cross life saving course given by the instructors. This may seem like a relatively simple evolution if one forgets that we are talking about BUD/S training. The joke around BUD/S is that the “life-Saving” refers to saving your own life during the course. This is somewhat exaggerated of course, but, depending on ones water experience, this could be easy or an exit from the program.

During life saving testing, the pool was divided into four sections to accommodate four different tests being administered at the same time. I remember standing in line waiting for my turn to take one of the tests. At this station, a student was required to tread water while looking straight ahead. No peaking around was allowed. An instructor would swim up behind the student, put a chokehold on him and pull him to the bottom of the pool. The student was supposed to escape using a specific method practiced previously. Usually, however, the biggest and strongest instructors were chosen to apply the chokes.

I was in line waiting my turn with one student ahead of me. All the instructors disliked this particular student because of his “big mouth” and his “attitude”. Instructor Tullas walked up to him just before his turn chewing on a big wad of tobacco. Tullas looked him straight in the eyes and with a big smile said, “Son, how’s it feel to know you’re going to drown in the next couple of minutes?”

After the kid got into the water Tullas stood next to me and said, “Krause, let me tell you the secret of this maneuver. Keep your chin down to your chest. Don’t let that big “&%&!!\$& get a bear paw around your neck. Oh! Look at



that! Didn't keep his chin down! Oh, well. Heh, heh." Then Tullas walked off.

I watched the instructor bring the kid to the surface and hand him like a limp noodle to the men above. They pumped his stomach on the side of the pool. The kid had sure swallowed a lot of pool water. Now it was my turn. I got into the pool, turned my back to the instructors and started treading water. I remember glancing up at the other guys standing in line waiting their turn. I thought I could almost tell by their expressions what might be going on behind me.

Then, bam! I hadn't kept my chin down. Worse than that, I was exhaling when he took me under. We were on the bottom. I tried "the move" but he was solid on my neck. I tried instinctively to flip him. No way. Time was running out. I looked in front of me and to both sides and spotted the nearest wall of the pool and swam for it. I reached it and pulled my head out of the water. The instructor was still on my back, still choking me. I tried for a breath of air but the instructor just choked harder so I was more gagging than breathing.

The class was yelling encouragement. "Take him down to the bottom Krause and put it to him.", and, "Take him down Krause!"

I was thinking to myself, "If you think I'm going to let go of this wall you're crazy." Then the instructor whispered in my ear, "Go ahead, take me back down. I'll let you work "the move" on me!" There was nothing else to do but trust him, so I did. He let me work it and bring him to the surface. For that, I silently thanked God.

One student from Hawaii was a big surfer and was excellent



in the water. He let the instructor take him to the bottom and then he just sat there. He knew he could hold his breath longer than the instructor, so he just waited. Finally he could feel the instructor's grip loosen around his throat so he worked his move and ever so slowly brought the struggling instructor to the surface. He made sure the instructor would be gagging and choking when he reached the surface. The class loved it!

During one of the other tests, one of the instructors somehow ended up sitting on the shoulders of one of the students. The kid's head was about two feet underwater and he was struggling for air. But the instructor sitting on his shoulders wasn't about to get off. He was riding this kid like a bronco with one arm waving in the air and yelling, "Yea ha! Ride 'em cowboy!"

Inspector Tullas said, "Lookie there! Miller's got himself a real live one. Ride him, Miller. Don't let him get away."  
"Yee Ha!"

I couldn't help but feel sorry for the poor kid but I couldn't help but laugh. The sight of the instructor riding around the pool in circles yelling, "Yee ha!" was quite hilarious at the time. I think they had to pump that kid's stomach too.

One of the final tests during this time was the underwater breath-hold. You start on one side of the pool. On the instructor's command, you do a forward flip into the water, swim underwater to touch the far wall and then swim back again without surfacing. This is usually not a problem for anyone.

One kid, upon flipping into the pool, lost his UDT swimming trunks. He swam the evolution and climbed out of the pool,





as required, stark naked. The instructors got a big kick out of that. They told him that he had cheated because he was required to do the swim with trunks on. They made him do it again, with trunks on, which was more of a joke than to see if he could do it.



## Acronyms and Abbreviations

- **AMRAP:** As Many Reps (sometimes Rounds)as Possible
- **ATG:** Ass to Grass
- **BBPlex:** Bar-Bell Complex (see forums for routine)
- **BP:** Bench press
- **BS:** Back squat
- **BW (or BWT):** Body weight
- **CFT:** CrossFit Total - consisting of max squat, press, and deadlift.
- **WU:** Warm-up
- **CLN:** Clean
- **C&J:** Clean and jerk
- **C2:** Concept II rowing machine
- **DL:** Deadlift
- **FS:** Front squat
- **GHD Back or Hip Extension:** Glute ham raise (developer). Posterior chain exercise, like a back extension.
- **GHD Situp:** Situp done on the Glute Ham Developer bench.
- **GPP:** General physical preparedness, aka "fitness."
- **GTG:** Grease the Groove, a protocol of doing many sub-maximal sets of an exercise throughout the day
- **H2H:** Hand to hand; refers to Jeff Martone's kettlebell "juggling" techniques (or to combat).
- **HSPU:** Hand stand push up. Kick up into a handstand (use wall for balance, if needed) bend arms until nose touches floor and push back up.
- **HSQ:** Hang squat (clean or snatch). Start with bar "at the hang," about knee height. Initiate pull. As the bar rises drop into a full squat and catch the bar in the



racked position. From there, rise to a standing position

- **IF:** Intermittent Fasting
- **KB:** Kettlebell
- **KTE:** Knees to elbows. Similar to TTBs described below.
- **MetCon:** Metabolic Conditioning workout
- **MP:** Military press
- **MU:** Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.
- **OHS:** Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above (and usually behind) the head.
- **PC:** Power clean
- **Pd:** Pood, weight measure for kettlebells
- **PR:** Personal record
- **PP:** Push press
- **PSN:** Power snatch
- **PU:** Pull-ups, possibly push ups depending on the context
- **Rep:** Repetition. One performance of an exercise.
- **RFT:** Rounds for Time
- **Rx'd; as Rx'd:** As prescribed; as written. WOD done without any adjustments.
- **RM:** Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
- **SBGU:** Sand Bag Get Up (like Turkish Get Up but with Sand Bag)
- **SDHP:** Sumo deadlift high pull (see exercise section)
- **Set:** A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3x10, means do 10 reps, rest, repeat, rest, repeat.



- **SPP**: Specific physical preparedness, aka skill training.
- **SN**: Snatch
- **SQ**: Squat
- **SS**: Starting Strength; Mark Rippetoe's great book on strength training basics. Available [right here.](#)
- **Subbed**: Substituted. The **CORRECT** use of "subbed," as in "substituted," is, "I subbed an exercise I can do for one I can't," For example, if you can't do HSPU, you subbed regular pushups.
- **TGU**: Turkish get-up (See exercise section)
- **TTB**: Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.
- **WO, sometimes W/O**: Workout
- **WOD**: Workout of the day



## Reading List

### **Success / Philosophy / Kokoro (Warrior) Spirit:**

A Brief History of Everything, by Ken Wilbur

Integral Spirituality, by Ken Wilbur

Essential Spirituality, by Roger Walsh

Man's Search for Meaning, by Viktor Frankl

Think and Grow Rich, by Napoleon Hill

Being Peace, by Thich Hhat Hanh

Yoga Sutras, by Patanjali

Ashtanga Yoga, First Series, by David Swenson

Light on Yoga, K. S. Iyengar

Zen Mind, Beginners Mind, by Shunryu Suzuki

Three Pillars of Zen, by Phillip Kapleau

As a Man Thinketh, by James Allen

The Power of Now, by Eckhart Tolle

Grandfather, by Tom Brown, Jr.

The Search, by Tom Brown



Tracker, by Tom Brown

Intuitive Warrior, by Mike Jaco

Living the Martial Way, by Forrest E. Morgan

In Search of the Warrior Spirit, by Richard Strozzi-Heckler

Unleash the Warrior, by Richard J. Machowicz

Thoughts of a Philosophical Fighter Pilot, by Jim Stockdale

On Killing, by Dr. Grossman

Book of Five Rings, by Miyamoto Musashi

The Art of War, by Sun Tzu

Warrior Soul, by Chuck Pfarrer

## **Fitness and Nutrition:**

Crossfit Journal articles “What is Fitness” and “What is CrossFit” by Coach Greg Glassman (online at [journal.crossfit.com](http://journal.crossfit.com))

Starting Strength, by Mark Rippetoe

SEALFIT Training Guide, by Mark Divine

Natural Hormonal Enhancement, by Rob Fagen (our nutrition bible)



The Paleo Solution, by Robb Wolf

Fixing Your Feet 4<sup>th</sup> Edition, by John Vonhof

### **SEAL / SOF / Military History:**

Lone Survivor, by Marcus Luttrell

The Warrior Elite, by Dick Couch

Down Range, Navy SEALs in the War on Terrorism by Dick Couch

The Finishing School, by Dick Couch

Suffer in Silence, by David Reid

You Want Me To Do What? by Jeff Kraus

One Bullet Away, by Nathaniel Fick

Band of Brothers: E Company, 506th Regiment, 101st Airborne

Blackhawk Down: A Story of Modern War by Mark Bowden

Killing Rommell, by Steven Pressfield

Generation Kill, by Evan Wright

Gates of Fire, by Steven Pressfield

The Virtues of War, by Steven Pressfield



The Afghan Campaign by Steven Pressfield

SEAL of Honor, by Gary Williams

Robert's Ridge, Malcom MacPherson





# Mark Divine

SEALFIT Founder & Head Coach



**Mark Divine** is founder and CEO of US Tactical, inc. which operates SEALFIT, NavySEALs.com and US CrossFit. He started his athletic career as a collegiate swimmer and rower, then competitive triathlete and martial artist before joining the Navy in 1990 as an officer. He graduated honor-man of his SEAL training class and served on active duty for nine years. Mark retired as a Commander from the Navy Reserves in 2011.

At NavySEALs.com and now SEALFIT, CDR Divine has trained and mentored thousands of Navy SEAL and other Special Ops candidates to succeed in the most demanding military training programs in the world. His success rate with SEALFIT in preparing candidates is unrivaled.

Mark's insights into elite fitness, elite teams, leadership, mental toughness and warrior spirit development were developed over his 20 years as a SEAL and business leader, 25 years as a martial artist and 15 years as yoga practitioner. The integration of these Western and Eastern



training practices is what makes SEALFIT such an effective training program for serious athletes and leaders. SEALFIT trainees are people seeking a higher level of training, thinking and leading - one that encompasses the full spectrum of human experience – Body, Mind and Spirit in Self, Team and Organization. Mark's certifications and honors include:

### **Certifications, experience, honors:**

BUD/s class 170 Honor man  
SEAL TEAM 3 Platoon CDR  
Commanding Officer, NR SEAL  
TEAM 1  
Commander, US Navy Reserves  
Colonel, Kentucky Order of  
Colonels  
Ambassador, SEAL (NSW)  
Foundation  
Adjunct Prof of Leadership, USD  
CrossFit certified and affiliate  
owner  
CrossFit Olympic Lifting certified

Ashtanga Yoga Instructor  
training  
Combat Defense Master  
Trainer  
S.C.A.R.S. Military H2H  
instructor  
Seido Karate: black belt  
Goju Ryu Karate: black belt  
Saito Ninjutsu: brown belt  
CPA, New York State  
MBA, NYU Stern School of  
Business  
BA, Economics, Colgate  
University

### **Lesser-known Fact:**

Mark founded the always-packed Coronado Brewing Company, and was nicknamed Cyborg in the SEALs



## HQ Training

SEALFIT training programs develop mental toughness, unbeatable spirit, confidence to prevail against all odds...and will shatter your perceived limits and catapult your training to the next level.

### **Academy**

SEALFIT ACADEMY has a reputation as the world's leading live-in sport's academy for serious special operations candidates and other athletes seeking the ultimate experience to sharpen the blade of their performance. Offered in a 1 week or 3 week immersion experience that includes elite fitness, leadership, teambuilding, mental toughness, eastern awareness and sports psychology training, warrior yoga, combat defense, running, swimming and rucking. SEALFIT Kokoro camp is your graduation exercise. Please read the FAQ to see what pre-requisites may apply to your choice.

### **Kokoro Camp**

SEALFIT Kokoro Camp is the world's premier training camp for forging mental toughness and the warrior spirit. The



camp is an intense crucible experience based off of the famous Navy SEAL Hell Week concept, but with a focus on teaching through experience, rather than making you quit. Our mission is to develop mental toughness and promote your spiritual growth in this one of a kind training. Leadership, Building Elite Teams, Self Mastery, Character and Kokoro (unconquerable spirit) are trained and tested through 50 hours of intense physical and internal work.

## **Online COACHING**

Are you having difficulty training on your own?

Online coaching is a personalized training program developed by a SEALFIT Coach that will guide you through your journey. The program follows the protocol outlined in this book, but with the personal customization and support you may need if you have physical or equipment issues.

Visit [www.SEALFIT.com](http://www.SEALFIT.com) or call (760) 634-1833 to enroll or for more information on any of our programs.

### **Testimonials for 8 Weeks to SEALFIT:**

"I've been doing SEALFIT for a few months now and just recently bought Coach Divine's book the "8 Weeks to SEALFIT."

I honestly recommend it to anyone starting SEALFIT without a CrossFit background. Even if you do have a CrossFit background there is still a ton of good information and it is all-encompassing and really taught me about the SEALFIT methodology. I feel as though it prepared me for the work on this site as Rx."



-- Jeff Allen, April 2011