

Questions? EMAIL ME as soon as your problems start [jake.zweig@gmail.com](mailto:jake.zweig@gmail.com)



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## ARMY SOF / MARINE CORP SOF PT TEST Training Schedule

- **WE ARE NOT TRAINING TO GET TO RASP OR SFAS... WE ARE TRAINING TO GRADUATE.**
- **YOU NEED TO BE IN SHAPE BEFORE YOU START THIS PLAN.**
- **YOU SHOULD ALREADY BE RUNNING AT LEAST 20-25 miles a week.**
- **Added start plan at end for people with no running experiences.**

FROM MY GREEN BERET's and RANGER's:

- GRIP STRENGTH is huge work it everyday with the grippers, anything else dealing with grip strength and get two ammo cans full of sand and carry those on 1 of your weekly RUCKs.
- BOOTS get 2 pairs of the boots you will be using for selection make sure you break them in and alternate them.
- Foot care, google it. <https://darntough.com/collections/tactical-socks> do your research and figure out what works best for your feet. Women's nylons as the first sock then darn tough over them. These socks are expensive so I would have at least 2 pair leading up to Basic and then I would buy 6 – 10 pair for all of selection. Longer the selection the more socks you will need. Understand this you will be getting a ton of information after basic. Practice your foot care on every RUCK.
- Blister management, google it and understand what you have to do.

Working up to 45-55 miles a week for a couple of weeks.

This is an 8-week cycle.

Every 8 weeks take a “rest week” = 7 weeks of training + 1 or 2 easy weeks (1 easy swim a day and 1 easy run or ruck a day.)

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Chart every time in a logbook:

- Swim lap times
- Speed Tree distances
- 400m times
- Meals eaten and times

Your times should go down gradually. If they are not, email me.

While you're walking around during the day, start holding your breath. See how long you can hold it. NEVER IN THE POOL you will DIE.

## NUTRITION

Eat a pound of regular pasta a day (16 oz box pre cooked). Eat at least 2 cups after every workout.

Figure out what helps your body recover — chicken or beef. Eat it every day.

You must figure what gives you energy to train. Google it if the above is not working!

## LOGBOOK

Here's what you'll keep track of:

- Every meal you eat
- Every workout with the time and distance
- Lap times on swims, first and last lap

When you have a great workout go back and look at what you ate the 24 hours prior.

Then try to eat like that and see if it makes the workouts better.

We are going to dial in getting fast and what foods give you energy.

You have to have this because when you contact me, the first thing we're going to do is go through your logbook!

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## SUPPLEMENTS

**YOU HAVE TO TAKE THESE TO PREVENT INJURIES AND BONE PROBLEMS like shin splints, and stress fractures.**

**Take these in the morning:**

- 1 x Multivitamin
- 1 x Calcium
- 2 x Glucosamine with Chondroitin



**[Click Here For My Shin Splint Prevention Playlist](#)**

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## SWIMMING

**Mon-Fri:** YOU HAVE TO SWIM 5 DAYS IN A ROW TO GET FASTER

### **Every morning AM swim:**

- 10 x 100 freestyle intervals.
- If this is too much start with 10 x 50.
- Yards or meters depends on your pool

### **How to set your interval time:**

- Swim one 100 as fast as you can, add 30 seconds of rest and that is your interval time.
- If you are starting on 50m then swim 50 as fast as you can and add 30s for your interval time.
- Example: You swim 1:45, add 30 seconds and you get a 2:15 interval time.
- Set your interval on the 5s. So 2:00 not 2:02, 1:55 not 1:54.

[CLICK HERE: For a better understanding of swim Interval Training](#)

**Every week take off 5 seconds.**

**Want to get down to 1:45 intervals**

**The goal is to swim sub 1:15 100m**

**Everyday do 30 minutes of Abs**

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## RUNNING

**\*\*\*\*\* BUY NEW SHOES EVERY 6 WEEKS \*\*\*\*\***

DO NOT CHANGE BRANDS IN THE MIDDLE!!!! BUY THE SAME SHOES!!!!

I go to the Nike Outlet and sign up for the email list. Every couple of months they have a special: spend \$100 get \$30 free. If you spend \$200 you can get 5 pairs of shoes.

These are the one I run in: Nike Pegasus \$54 at the outlets



You do not need these exact shoes, these are old versions just an example.

**For days with two runs, try to separate them by about 12 hours (run once at 7am, then at 7pm)**

### Monday & Wednesday:

AM

- Speed Tree run workout (see Speed Tree section below)

PM

- 3-mile ruck FAST after a month move up to 4 miles BOOTS
- Pushups: google push up workouts there are tons of them
- Pullups: Pyramid sets to 7
  - Reps for each set: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 6 – 5 – 4 – 3 – 2 – 1

### Tuesday

AM

- 5 mile run at talking pace.
- After a month on the program add a mile to 6 miles

### Thursday

AM

- 5 mile RUCK FAST BOOTS
- After a month on the program add a mile to 6 miles

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### Friday:

AM

- **Week 1:** 3 x 800m (400m sprint, 400m jog)
- **Week 2:** 4 x 800m (400m sprint, 400m jog)
- **Week 3:** 5 x 800m (400m sprint, 400m jog)
- **Week 4:** 6 x 800m (400m sprint, 400m jog)
- **Week 5:** 7 x 800m (400m sprint, 400m jog)
- **Week 6:** 8 x 800m (400m sprint, 400m jog)
- Pre CONTRACT stay at 8 reps
- Post CONTRACT / PHYSICAL TEST
- **Week 7:** 9 x 800m (400m sprint, 400m jog)
- **Week 8:** 10 x 800m (400m sprint, 400m jog)
- **Week 9:** 11 x 800m (400m sprint, 400m jog)
- **Week 12:** 12 x 800m (400m sprint, 400m jog)

PM

- 3-mile run at talking pace.
- 4 sets x Pushups (any reps)
- 4 sets x Pullups (any reps)

### Saturday:

- Run in the morning (increase by 1 mile every week until 12 miles)
- Every other week is going to be a RUCK BOOTs with the same distance.
- Example 8 mile Saturday Run, Following Saturday 8 mile RUCK and so one.
- Once you get to 12 miles running continue to add 1 mile to the ruck until you hit 15 miles.
- Start with 1 mile more than you've been running. If you your longest run the week before this Saturday was 6 miles then this run is 7 miles.
- After the run 2 HUGE MEALS of pasta and meat to help with recovery.

### Sunday:

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- Rest
- 3 HUGE MEALS of pasta and meat to help with recovery.

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## **Speed Tree Workout**

5-minute jog warm up

Start your distance tracker (GPS watch or phone) we have to know how far you travel in the time tree.

1. Sprint 1 min, Jog 1 min
2. Sprint 2 min, Jog 2 min
3. Sprint 3 min, Jog 3 min
4. Sprint 3 min, Jog 2 min
5. Sprint 2 min, Jog 1 min
6. Sprint 1 min

That's 6 sprints.

Stop your distance tracker.

Try to get at least 3 miles. Increasing distance every week shows speed development.

**[CLICK HERE: Do Stride Length development every day](#)**

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## BEGINNER RUNNING PLAN FROM ZERO miles a week

Just focus on running and once you get to 25 miles a week then add the swimming.

- Then add the rest of the program after a couple of months of swimming.
- Sunday is always a rest day

**New shoes at the start and every 6 weeks**

Week	Miles per week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-2	2	Walk .5 mi		Walk .5 mi		Walk .5 mi	Walk .5 mi
2-3	3	Walk .5 mi	Walk .5 mi	Walk .5 mi	Walk .5 mi	Walk .5 mi	Walk .5 mi
4-5	4.5	Run .5 mi	Walk 1 mi	Run .5 mi	Walk 1 mi	Run .5 mi	Walk 1mi
6-7	5 <b>New shoes</b>	Run 1 mi	Run .5 mi Walk 1 mi	Run 1 mi	Run .5 mi Walk 1 mi	Run 1 mi	Run 1.5 mi
7-8	9	Run 1 mi	Run 1.5 mi Walk 1.5 mi	Run 1 mi	Run 1.5 mi Walk 1.5 mi	Run 1 mi	Run 3 mi
9-10	16	Run 2 mi	Run 3 mi	Run 2 mi	Run 3 mi	Run 2 mi	Run 4 mi
11-12	22 <b>New shoes</b>	Run 3 mi	Run 4 mi	Run 3 mi	Run 4 mi	Run 3 mi	Run 5 mi
13-14	25	Run 3 mi	Run 5 mi	Run 3 mi	Run 5 mi	Run 3 mi	Run 6 mi
15	26	Run 3 mi	Run 5 mi	Run 3 mi	Run 5 mi	Run 3 mi	Run 7 mi
16	27	Run 3 mi	Run 5 mi	Run 3 mi	Run 5 mi	Run 3 mi	Run 8 mi
17	28	Run 3 mi	Run 5 mi	Run 3 mi	Run 5 mi	Run 3 mi	Run 9 mi

**When you get to 28 miles per week on Week 15, hold this for a couple of months to let your body get adjusted before you start the full running program.**

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## **TAPERING FOR THE PST (Physical Screening Test)**

**3 days before the test:** Work out for only 20 minutes - light swim, light run.

**2 days before the test:** Do nothing, just rest.

**1 day before the test:** Hard 5 minute workout - 2 mins of swimming, 3 mins of HARD running.

**Day of the test:** Wake up early, go for a 500 yard jog 3 hours before the test. Hydrate and have a yogurt or something light.

This whole time you are going to be carb-loading. You can google it... eat twice as much pasta as you normally do and get a bunch of sleep.

## **PROBLEMS**

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# **IT IS GOING TO BE HARD!**

Every one of my guys has used this system to crush the test and SEAL training.

**\*\*\*\*\* DON'T CONTACT ME SAYING IT'S NOT WORKING IF YOU ARE NOT DOING EVERYTHING ON THIS PAPER. \*\*\*\*\***

**Training under lockdown:**

**[Battle Ropes and Schwinn Airdyne Bike are a substitute for swimming if pools are closed.](#)**

**DO NOT SHIP IF YOU ARE NOT READY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

**Running a 12:30 minute 2 mile 37 minute 5 mile**

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