



8 SEALFIT
FORGING MENTAL TOUGHNESS

8 Weeks to SEALFIT!

Mark Divine, Founder SEALFIT



Table of Contents

Welcome to SEAL FIT	4
Our Stand	5
Our Values	6
Objectives of SEALFIT.....	7
Standards.....	9
Training Guidelines	14
Primary Strength Exercises:.....	17
Supplemental Strength Exercises:.....	18
Training Work Capacity.....	19
Training Endurance	22
Training Durability	24
Training Mental Toughness.....	26
Training Teamwork and Leadership	30
Nutrition.....	35
Body Weight Only 5 week program	38
Week 1	39
Week 2	46
Week 3	54
Week 4	60
Week 5	67
Eight Weeks to SEALFIT Program	76
Week 1	76
Week 2	83
Week 3	90
Week 4	98
Week 5	105
Week 6	113
Week 7	121
Week 8	128
Bonus Week.....	136
Personal Record “PR” chart.	144
Strength Standards.....	147
CrossFit Total Rankings	158
Strength Standards Categories Defined.....	160
Bodyweight WOD Companion.....	161



Kokoro Camp Preparation Program.....	174
Week 1	174
Week 2	174
Week 3	175
Week 4	175
Week 5	175
Week 6	176
Week 7	176
Acronyms and Abbreviations	178
Coach Divine’s Reading List	180
SEALFIT: 3 Tips to Build Mental Toughness.....	183
Mental Toughness.....	184
Self-Awareness	185
Full Spectrum Functional Fitness	186
SEAL FIT Founder & Head Coach	188
The Programmer	189
Dan Cerrillo	190
Director of Training, SEALFIT	190
Physical Training “PT”	192
Coach Certification	192
Certification Pre-requisites:	192
Certification process:	192
Camps & Seminars	193
Online Training.....	194
Online PERSONAL COACHING:.....	195

Thanks to Coach Cerrillo, Director of Training, for his terrific programming and coaching.



*OUT of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.*

*In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeoning of chance
My head is bloody, but unbowed.*

*Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.*

*It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.*

--William Henley - Invictus

“By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.” - - Confucius



Welcome to SEAL FIT

Being **SEAL FIT** 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 SEAL FIT is to embody character traits like honor, courage, discipline, integrity, responsibility and leadership. Our mission at SEAL FIT is to provide you with some extremely effective training and coaching, giving you the tools to succeed and excel as warrior athletes.

SEAL FIT was developed for the unique and specialized needs of the industrial athlete. These athletes 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. We want everyone to share in this knowledge, which is why we have opened the program up to all who seek to take their bodies and minds to new levels.

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*

Our 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

Our 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.

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



Objectives of SEALFIT

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 SEAL FIT 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-based 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:”** SEAL FIT seeks to build strong unit cohesiveness and leadership skills. SEAL FIT 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 SEAL FIT 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



Standards

Functional Strength: Getting strong is a crucial aspect of getting SEAL FIT. 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.

SEAL FIT 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 SEAL FIT 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 SEAL FIT 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 SEAL FIT. 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 SEAL FIT strong endurance is almost as important as strength. Training in LSD has been written about extensively.

The focus of SEAL FIT 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. SEAL FIT 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 SEAL FIT 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



Training Guidelines

Training 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 SEAL FIT 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 Exercises:

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 Exercises:

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



Training 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 SEAL FIT. 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 SEAL FIT. 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 SEAL FIT because we think it is unsustainable over the long-term and could lead to burn-out and stop-watch fatigue.

SEAL FIT 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 SEAL FIT.

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 SEAL FIT. 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 SEAL FIT. 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*



Training Endurance

Endurance training is well known to those who come to SEAL FIT. 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 under-pinning 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



Training 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 SEAL FIT 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.



Training 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 SEAL FIT 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 SEAL FIT 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.



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

- Think like a survivor. Author Laurence Gonzales studied survival, and interestingly his analysis looks a lot like what our view of mental toughness is, to wit:
 1. Perceive your situation accurately (ie: not in denial) and believe that you can survive.
 2. Stay calm. Use your anger to focus your energy. Manage your pain.
 3. Analyze and plan. Get organized, set a routine and be disciplined.
 4. Be decisive in action. Don't freeze and wait for someone else to solve your dilemma.
 5. Find small successes to cheer you up
 6. Believe – have faith
 7. Surrender to the reality of the situation and work within it. Forget about rescue, focus on survival.
 8. Find some way to enjoy the survival journey: singing, playing mind games, mantras, etc.
 9. Take your eyes off yourself and help the other person, if there is one.
 10. Be open to and observe the sublime beauty of nature
 11. Do whatever is necessary (Aron Ralston)
 12. Never give up. (Apollo 13)



Training 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 SEAL FIT.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 SEAL FIT 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 SEAL FIT 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 SEAL FIT 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 SEAL FIT. 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 SEAL FIT 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 PT 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 PT 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



Nutrition

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

SEAL FIT focuses 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



Body Weight Only 5 week program

The Body Weight Only 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.

As always the SEALFIT.com Blog and Forum are your place to get your questions answered about any of the movements and WODs you find in this book. Good luck and safe training!

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



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.

http://media.crossfit.com/cf-video/CrossFit_AirSquats.wmv

Journal:



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.

Here is a video to help you out. <http://media.crossfit.com/cf-video/burpee-race.wmv>

Journal:



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!

Journal:



Day 4 - Rest day

1-mile walk and long stretch.

Journal:



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.

Journal:



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:



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.

Journal:



Week 2

Day 8 - Rest day

1-mile walk and long stretch

Journal:



Day 9 - Intro to Box Jumps

<http://media.crossfit.com/cf-video/boxjump.wmv>

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.

Journal:



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 too 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're a bad mofo and attack this workout. DO NOT HOLD BACK!!!!!!!!!!!!

Journal:



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.

Journal:



Day 12- Rest day

1-mile walk and long stretch

Journal:



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.



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:



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:



Day 16 -Rest day

1-mile walk and long stretch

Journal:



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:



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 your running switch between the two techniques, yours and POSE.

Journal:



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. Lets 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.

Journal:



Day 20 - Rest day

Journal:



Week 4

Day 21

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:



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:



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 store.**

<http://shop.navyseals.com> (Fitness)

Journal:



Day 24

Rest day you know the routine.

Journal:



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 online store.**

<http://shop.navyseals.com> (Fitness)

Journal:



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:

Journal:



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.

Journal:



Week 5

Day 28 - Rest day

1-mile walk and stretch

Journal:



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:



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:



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:



Day 32

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

Journal:



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 cant swim is stupid, you cant swim because you don't swim. Get in the water and learn how to survive!

Journal:



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: Who cares if it looks ridiculous, look in the mirror at your body and ask yourself if you are happy with what you see.

Journal:



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:



Day 36

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

Journal:



Eight Weeks to SEALFIT Program

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.

Journal:



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.

Journal:



Day 3

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

Journal:



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.

Journal:



Day 5

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

Journal:



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.

Journal:



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.

Journal:



Week 2

Day 8

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

Tomorrow prepare for a swim as part of the workout. If no pool is available or not an option, a run will be displayed as an alternative.

Journal:



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.

Journal:



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.

Journal:



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!

Journal:



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. Post workout hydrate, stretch, roll out and ice if necessary.

Journal:



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. Post workout- hydrate, stretch, roll out and ice if necessary.

Journal:



Day 14

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

Journal:



Week 3

Day 15

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

Journal:



Day16

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.

Post workout- hydrate, stretch, roll out and ice if necessary.

Journal:



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.

1st Sprint the first 25 meters

2nd Sprint the second 25 meters

3rd Sprint the third 25 meters

4th Sprint the fourth 25 meters

5th Sprint the first and third 25 meters

6th Sprint the second and fourth 25 meters

7th Sprint the first and second 25 meters

8th Sprint the second and third 25 meters

9th Sprint the third and fourth 25 meters

10th 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:



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. Post workout- hydrate, stretch, roll out and ice if necessary.

Journal:



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.

Journal:



Day 20

“Erin:“ Five rounds for time of:40 pound Dumbbells split clean, 15 reps, 21 Pull-ups

Dumbbell split clean - video [[wmv](#)] [[mov](#)]



Canadian Army Master Corporal Erin Doyle, 32, was killed in a firefight August 11th, 2008 in the Panjwaii District, Kandahar Province, Afghanistan. He is survived by his wife Nicole and his daughter Zarine.

Journal:



Day 21

Rest Day

Journal:



Week 4

Day 22

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:



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. Post workout- hydrate, stretch, roll out and ice if necessary.

Journal:



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.

Journal:



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 unweighted. 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. Post max weights with successful repetitions to logsitall.

Endurance: 30 ON 30 OFF

For 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:



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. Post workout hydrate, stretch, roll out and ice if necessary.

Journal:



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. Post workout-hydrate, stretch, roll out and ice if necessary.

Journal:



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 page is a great place to start. Post workout- hydrate, stretch, roll out and ice if necessary.

Journal:



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 iliotibial 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, you guys earned a rest day after this.

Journal:



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.

Journal:



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. Post workout- hydrate, stretch, roll out and ice if necessary. Now get to it.



Journal:



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 Deadlifts 315 lbs
21 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.

Journal:



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.

Post time to logsitall and mark if it is weighted or unweighted.

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

Journal:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.

Journal:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.

Journal:



Week 6

Day 36

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

Journal:



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. Lighter day today, take the time and enjoy it. Tomorrow is going to be a beast. Prepare for a swim.

Journal:



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:



Day 39

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

Journal:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.

Journal:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.



Journal:



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:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.



Journal:



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 sit-ups.

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. Heavy day today, post workout- Rest, hydrate, stretch, ice and roll out as needed.

Journal:



Day 45

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

Journal:



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. Post workout- Rest, hydrate, stretch, ice and roll out as needed.

Journal:



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:



Day 49

Warm-up: Shoulder rotations, 10 push-ups, 15 sit-ups 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. Post workout- rest, hydrate, stretch, ice and roll out as needed. Prepare for a swim tomorrow.

Journal:



Week 8

Day 50

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

Journal:



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. Post workout- rest, hydrate, stretch, ice and roll out as needed.

Journal:



Day 51

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 and Yesterday, great numbers everyone. Between the regular workouts with pre-BUD/s added in it's a ton of volume. Monitor and track your performance to watch for overtraining. Rest, hydrate, stretch, ice and roll out as needed.

<http://www.marksdailyapple.com/how-to-deal-with-overtraining/>

Journal:



Day 52

Benchmark:

“Lynne”

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.

Journal:



Day 53

Help remember some of the warriors who've made the long walk before us. Make them proud and pour a little of your soul into the workout today.

"Badger"

Complete three rounds for time of:

95 pound Squat clean, 30 reps

30 Pull-ups

Run 800 meters

Journal:



Day 54

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:



Day 55

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. Post workout- rest, hydrate, stretch, ice and roll out as needed.

Journal:



Day 56

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. Post workout- rest, hydrate, stretch, ice and roll out as needed.

Journal:



Bonus Week

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:



Day 2

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

Stamina: Rest day today. Tomorrow's a heavy one for you. Do what you need to so that you're ready.

Journal:



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. Earn that rest and knock out the workouts today folks. Pay attention to your bodies and post questions, comments and times to



the blog. Post workout- rest, hydrate, stretch, ice and roll out as needed.

Journal:



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. Post workout- rest, hydrate, stretch, ice and roll out as needed.

Journal:



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

Journal:



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 “Zombie Helen”- 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. Rest between the strengths workouts and endurance/pre-BUD/s. There was a lot of volume yesterday if you’re one of the lighter guys or gals following the program. Make sure to stretch and work on that active recovery today. Remember to ice, stretch, roll and take care of yourselves. Cut down on that time for your body to recover by resting, eating right and taking care of yourself!

Journal:



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: "Annie on steroids" 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. Post workout- you know what to do. Rest, ice, roll, stretch, eat well and sleep.

Journal:



Personal Record "PR" chart.

Record your benchmarks and Stats

"Baseline"	500m row, 40 squats, 30 sit-ups, 20 pushups, 10 pull-ups					
Date:						
Time:						
Notes:						
CROSSFIT GIRLS:						
"Angie"	100 pull ups, 100 push ups, 100 sit ups, 100 squats					
Date:						
Time:						
Notes:						
"Annie"	50-40-30-20-10 double unders, sit ups					
Date:						
Time:						
Notes:						
"Barbara"	5 rounds: 20 pull ups, 30 push ups, 40 sit ups, 50 squats, 3 min rest between each round					
Date:						
Time:						
Notes:						
"Cindy"	AMRAP in 20 min: 5 pull ups, 10 push ups, 15 squats					
Date:						
Score:						
Notes:						
"Chelsea"	5 pull ups, 10 push ups, 15 squats, every minute on the minute for 30 min					
Date:						
Time:						
Notes:						
"Diane"	21-15-9 dead lifts (men: 225#, women: 155#), hand stand push ups					
Date:						
Time:						
Notes:						
"Elizabeth"	21-15-9 cleans (men: 135#, women: 95#), ring dips					
Date:						
Time:						
Notes:						
"Fran"	21-15-9 thrusters (men: 95#, women: 65#), pull ups					



Date:						
Time:						
Notes:						
"Grace"	30 reps of clean and jerk (men: 135#, women: 95#)					
Date:						
Time:						
Notes:						
"Helen"	3 rounds: 400m run, 21 k-bell swing (men: 24kg, women: 16kg), 12 pull ups					
Date:						
Time:						
Notes:						
"Isabel"	30 reps of snatch (men: 135#, women: 95#)					
Date:						
Time:						
Notes:						
"Jackie"	1000m row, 50 thrusters (45#), 30 pull ups					
Date:						
Time:						
Notes:						
"Karen"	150 wall ball (men: 20#, women: 12#)					
Date:						
Time:						
Notes:						
"Kelly"	5 rounds: 400m run, 30 box jumps (men: 24", women: 20"), 30 wall ball (men: 20#, women: 12#)					
Date:						
Time:						
Notes:						
"Linda"	10-9-8-7-6-5-4-3-2-1 reps of cleans (3/4 BW), bench press (BW), dead lift (1.5x BW)					
Date:						
Score:						
Notes:						
"Lynne"	5 rounds for max reps: bench press (men: BW, women: 1/2 BW), pull ups					
Date:						
Time:						
Notes:						
"Mary"	AMRAP in 20 min: 5 hand stand push ups, 10 1-legged squats, 15 pull ups					
Date:						
Score:						
Notes:						
"Nancy"	5 rounds: 400m run, 15 overhead squats (men: 95#, women: 65#)					



Date:						
Time:						
Notes:						
"Nicole"	AMRAP in 20 min: 400m run, max reps pull ups					
Date:						
Score:						
Notes:						
"Tabata This"	8 round of 20 secs work, 10 secs rest of each exercise: row, squat, pull ups, push ups, sit ups					
Date:						
Time:						
Notes:						
"Fight Gone Bad"	5x 1 min each, 1 min rest between rounds: wall ball (men: 20#, women: 14#), sumo dead lift high pull (men: 75#, women: 55#), box jump (20"), push press (men: 75#, women: 55#), row					
Date:						
Score:						
Notes:						
HEROES:						
"Badger"	3 rounds: 30 squat cleans (men: 95#, women: 65#), 30 pull ups, 800m run					
Date:						
Time:						
Notes:						
"Daniel"	50 pull ups, 400m run, 21 thrusters (men: 95#, women: 65#), 800m run, 21 thrusters, 400m run, 50 pull ups					
Date:						
Time:						
Notes:						
"Jason"	100 squats, 5 muscle ups, 75 squats, 10 muscle ups, 50 squats, 15 muscle ups, 25 squats, 20 muscle ups					
Date:						
Time:						
Notes:						
"Josh"	21 OH squats (men: 95#, women: 65#), 42 pull ups, 15 OH squats, 30 pull ups, 9 OH squats, 18 pull ups					
Date:						
Time:						
Notes:						
"Joshie"	3 rounds: 21 d-bell snatch (right - 40#), 21 L-pull ups, 21 d-bell snatch (left), 21 L-pull ups					
Date:						
Time:						
Notes:						
"JT"	21-15-9 hand stand push ups, ring dips, push ups					
Date:						
Time:						



Notes:						
"Michael"	3 rounds: 800m run, 50 back extensions, 50 sit ups					
Date:						
Time:						
Notes:						
"Murph"	1 mile run, 100 pull ups, 200 push ups, 300 squats, 1 mile run					
Date:						
"Nate"	AMRAP in 20 min: 2 muscle ups, 4 hand stand push ups, 8 k-bell swings (32 kg)					
Date:						
Time:						
Notes:						
"Randy"	75 reps power snatch (men: 75#, women: 55#)					
Date:						
Time:						
Notes:						

Strength Standards

Press - Adult Men					
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	53	72	90	107	129
123	57	78	98	116	141
132	61	84	105	125	151
148	69	94	119	140	169
165	75	102	129	153	186
181	81	110	138	164	218
198	85	116	146	173	234
220	89	122	155	183	255
242	93	127	159	189	264
275	96	131	164	194	272



319	98	133	167	199	278
320+	100	136	171	203	284



Press - Adult Women					
Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	31	42	50	66	85
105	33	46	53	71	91
114	36	49	58	76	97
123	38	52	61	81	104
132	40	55	65	85	110
148	44	60	72	94	121
165	48	65	77	102	134
181	51	70	83	110	140
198	55	75	83	117	151
199+	58	79	93	123	159



Squat - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	78	144	174	240	320
123	84	155	190	259	346
132	91	168	205	278	369
148	101	188	230	313	410
165	110	204	250	342	445
181	119	220	269	367	479
198	125	232	285	387	504
220	132	244	301	409	532
242	137	255	311	423	551
275	141	261	319	435	567
319	144	267	326	445	580
320+	147	272	332	454	593



Squat - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	46	84	98	129	163
105	49	91	106	140	174
114	53	98	114	150	187
123	56	103	121	160	199
132	59	110	127	168	211
148	65	121	141	185	232
165	70	130	151	200	256
181	75	139	164	215	268
198	81	150	174	229	288
199+	85	158	184	242	303



[Deadlift](#) - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	97	179	204	299	387
123	105	194	222	320	414
132	113	209	239	342	438
148	126	234	269	380	482
165	137	254	293	411	518
181	148	274	315	438	548
198	156	289	333	457	567
220	164	305	351	479	586
242	172	318	363	490	596
275	176	326	373	499	602
319	180	333	381	506	608
320+	183	340	388	512	617



Deadlift - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	57	105	122	175	232
105	61	114	132	189	242
114	66	122	142	200	253
123	70	129	151	211	263
132	74	137	159	220	273
148	81	151	176	241	295
165	88	162	189	258	319
181	94	174	204	273	329
198	101	187	217	284	349
199+	107	197	229	297	364



Power Clean - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	56	103	125	173	207
123	60	112	137	186	224
132	65	121	148	200	239
148	73	135	166	225	266
165	79	147	180	246	288
181	85	158	194	264	310
198	90	167	205	279	327
220	95	176	217	294	345
242	99	183	224	305	357
275	102	188	230	313	367
319	104	192	235	320	376
320+	106	196	239	327	384



Power Clean - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	33	61	70	93	117
105	35	66	76	101	125
114	38	70	82	108	135
123	40	74	87	115	143
132	43	79	92	121	152
148	47	87	101	133	167
165	50	93	109	144	184
181	54	100	118	155	193
198	58	108	125	165	207
199+	61	114	132	174	218



Bench Press - Adult Men

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
114	84	107	130	179	222
123	91	116	142	194	242
132	98	125	153	208	260
148	109	140	172	234	291
165	119	152	187	255	319
181	128	164	201	275	343
198	135	173	213	289	362
220	142	183	225	306	381
242	149	190	232	316	395
275	153	196	239	325	407
319	156	199	244	333	416
320+	159	204	248	340	425



Bench Press - Adult Women

Body Weight	Un-trained	Novice	Intermediate	Advanced	Elite
97	49	63	73	94	116
105	53	68	79	102	124
114	57	73	85	109	133
123	60	77	90	116	142
132	64	82	95	122	150
148	70	90	105	135	165
165	76	97	113	146	183
181	81	104	122	158	192
198	88	112	130	167	205
199+	92	118	137	177	217



CrossFit Total Rankings

based on tables by Kilgore, Rippetoe, et al.
(Aasgaard Co, 2006)

Men's Class Rankings					
Bwt	Untrained	Novice	Intermediate	Advanced	Elite
114	228	395	468	646	836
123	246	427	510	695	901
132	265	461	546	745	848
148	296	516	618	833	1061
165	322	560	672	906	1149
181	348	604	722	969	1245
198	366	637	764	1017	1305
220	385	671	807	1071	1373
242	402	700	833	1102	1411
275	413	718	856	1128	1441
319	422	733	874	1150	1466
320+	430	748	891	1169	1494
Women's Class Rankings					
Bwt	Untrained	Novice	Intermediate	Advanced	Elite
97	134	231	270	370	480
105	143	251	291	400	507
114	155	269	314	426	537
123	164	284	333	452	566
132	173	302	351	473	594
148	190	332	389	520	648
165	206	357	417	560	709



181	220	383	451	598	737
198	237	412	474	630	788
199+	250	434	506	662	826



Strength Standards Categories Defined

Untrained

Expected level of strength in a healthy individual who has not trained on the exercise before but can performed correctly. This represents the minimum level of strength required to maintain a reasonable quality of life in a sedentary individual.

Novice

A person training regularly for a period of 3-9 months. This strength level supports the demands of vigorous recreational activities.

Intermediate

A person who has engaged in regular training for up to two years. The intermediate level indicates some degree of specialization in the exercises and a high level of performance at the recreational level.

Advanced

An individual with multi-year training experience with definite goals in the higher levels of competitive athletics.

Elite



Bodyweight WOD Companion

(All workouts require nothing more than a pull-up bar, rings, or a jump-rope.)

1. Death by Pull-ups

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

120 pull-ups and 120 dips for time

2. GI Jane

100 burpee-pullups for time

As many rounds as possible in 20 minutes

15 pull-ups

30 pushups

45 squats

Walking lunge 400m for time

3. 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 push-

ups, the third 8 intervals are sit

ups, and finally, the last 8 intervals are squats. There is no rest between exercises.

5040302010 reps for time:

Pull-ups

Ring Dips

150 burpees for time

4. For Time do:

50 Setupss

50 Doubleunders

50 Sit-ups



Walking Lunge, 50 steps
50 Sit-ups
50 Burpees
50 Sit-ups

5. 7 rounds for time of:

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

6. Four rounds for time of:

Run 400 ms
50 Squats
5 rounds for time of:
15 LPullups
30 Pushups
45 Sit-ups

7. 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 pull-ups. Run 400m. Repeat ladder for kipping pull-ups. Run 400m.

8. 3 rounds for time of:

50 Pushups
50 Sit-ups
50 Squats
For time:
100 squats
100 Pull-ups
200 Pushups
300 Squats
100 lunges



9. Bodyweight Fran

21, 15, 9 reps of:

Pull-ups

Burpees

10. Segmented Bodyweight Fran

21, 15, 9 reps of:

Pull-ups

Pushups

Squat jumps to 12" above max reach

11. 50, 35, 20 rep rounds of:

Handstand pushups

Pull-ups

12. Repeat for 15 minutes:

20 seconds of pull-ups

20 seconds of sit-ups

20 seconds of squats

13. For time:

100 Pull-ups

200 Pushups

300 Squats

14. Complete as many rounds in 20 minutes 25 Pull-ups

50 Pushups

75 Squats

15. Complete as many rounds in 20 minutes

25 handstand pushups

50 One legged squats, alternating

75 Pull-ups

16. Complete as many rounds in twenty minutes

10 L pull-ups

20 Squats

17. 100, 75, 50, 25 reps:



Sit-ups

Flutterkicks (4 count)

Leg levers

Cumulative Active Hold 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.

19. for time:

100 sit-ups

100 flutter kicks (4 count)

100 leg levers

20. With a continuously running clock

do one Handstand pushup the first minute, two pull-ups

the second minute, three Handstand push-

ups 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.

21. Handstand pushups 5x5

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

22. Running Tabata Something Else

For time:

Tabata pull-ups, 1 round

Run 1 mile

Tabata pushups, 1 round

Run 1 mile

Tabata sit-ups, 1 round

Run 1 mile

Tabata squats, 1 round

Run 1 mile

23. 10, 20, 30 reps of:

Squat



Handstand pushups
Squat
Pull-ups

24. Running with Angie

100 pull-ups
Run 1 mile
100 pushups
Run 1 mile
100 sit-ups
Run 1 mile
100 squats
Run 1 mile

25. With a continuously running clock

do 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.

26. Murph Tribute

Run 1 mile
50 pull-ups
100 pushups
150 sit-ups
200 squats
Run 1 mile
50 pull-ups
100 pushups
150 sit-ups
200 squats
Run 1 mile

27. For time:

50 Ring dips
100 Squats
50 Ring dips
100 Squats
50 Ring dips



21159 for time of:
Handstand pushups
Inverted Pull-ups

28. Five rounds for time of:

50 walking lunges
15 Handstand pushups

29. Deck of Cards (core centric)

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, 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 Sit-ups
Jokers Run 400m

30. Deck of Cards (original)

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued.
Flip each card and perform the movement and the number of reps specified. Cycle whole deck.

Hearts Pushups
Diamonds Pull-ups
Spades Sit-ups
Clubs Squats
Jokers Run 1 mile

31. Five rounds for time of:

21 pull-ups
21 Ring dips

32. 21, 15, 9 reps of:

Ring Pushups
Ring dips



Five rounds for time of:
30 Handstand pushups
30 Pull-ups

33. 5 rounds:

Max ring dips in 1:00
Rest 1:00
Max ring pushups in 1:00
Rest 1:00

34. For time:

100 squats
20 Handstand pushups
30 pull-ups

35. For time:

100 squats
9 Handstand pushups
200 squats
15 Handstand pushups
100 squats
21 Handstand pushups

36. Seven rounds of:

Max reps Dips
Max reps Pull-ups
100 LPullups for time

37. For time:

100 Squats
40 Pull-ups
80 Squats
32 Pull-ups
60 Squats
24 Pull-ups
40 Squats
16 Pull-ups
20 Squats
8 Pull-ups



38. For time:

80 squats
10 Handstand pushups
60 squats
20 Handstand pushups
40 squats
30 Handstand pushups
20 squats

39. Ten rounds for time of:

10 Pull-ups
20 Pushups
30 Squats

40. Four rounds for time of:

50 Squats
5 Muscleups

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

7 Handstand pushups
12 LPullups

42. For time:

50 Squats
50 pull-ups
50 steps Walking Lunge
50 Knees to elbows
5 Handstand pushups
50 sit-ups
5 Handstand pushups
50 squats
50 pull-ups

43. Four rounds for time of:

25 Lunges
50 Squats

44. Five rounds for time of:



10 dips
15 Pull-ups
20 Handstand pushups

45. Five rounds for time of:

100 squats
20 Lunges
35 pushups

46. Five rounds for time of:

50 squats
15 ring pushups

47. 5 rounds for time of:

9 Handstand pushups
9 Pull-ups

48. AMRAP in 20 minutes:

10 False grip ring pull-ups (rings to chest)
10 Ring dips (go as deep as possible)

49. 20 pieces of Angie

20 rounds:
5 pull-ups
5 pushups
5 sit-ups
5 squats

50. 3 rounds for time of:

100 squats
50 ring dips

51. 50, 40, 30, 20, 10 reps

Pull-ups
Squat jumps

51. for Time:

50 burpees
75 flutter kicks (4count)



100 pushups
150 sit-ups

52. Max reps:

Max Pushups 2:00
Max Sit-ups 2:00
Max flutter kicks 2:00
Max squats 2:00

53. Filthy Fifty Body Weight - for time:

50 Squats
50 Jumping pull-ups
50 steps Walking Lunge
50 Knees to elbows
50 Handstand Pushups
50 Sit-ups
50 Dips
50 Squats
50 Pushups

54. 4 rounds for time:

50 walking lunges
50 squats
Run 400m

55. 5 rounds for time:

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

56. 100 bodyblasters for time:

burpee-pullup-skneestoelbows

57. 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

58. Fractured Runny Angie

Run 400 meters
25 Pull-ups
25 Pushups
25 Sit-ups
25 Squats

59.

Run 5k for time, but every 5:00 do 50 pushups and 50 squats.

60. for time:

50 flutter kicks
50 sit-ups
Run 400m
100 flutter kicks
100 sit-ups
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

61.1 round Tabata uphill sprints (20:10 x 8) or on treadmill 12% grade

62. Four rounds:

5:00 max distance
3:00 recovery

63. Run 3 x 5k with 10:00 & 15:00 recoveries



64. Hill Run:

1200m uphill sprint

Rest 1:00

1200m downhill jog

Rest 1:00

Repeat

65. 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

66. Medium distance sprints

10x100m with 2:00 rests

8x200m with 2:00 rests

4x400m with 5:00 rests

67. 8 rounds of:

80 seconds sprint / 40 seconds recovery

68. 3 rounds:

1:00 sprint / 1:00 recovery

2:00 sprint / 2:00 recovery

3:00 sprint / 3:00 recovery

69. 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



70. 800's: 4x800m with 2:00 rests

71.10k for time. Run second half faster than first

72. 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

73. 3 rounds of:

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

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

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

74. 10 rounds of:

1:00 sprint / 1:00 recovery

75. 8 rounds of:

10 seconds sprint / 5 seconds recovery

76. 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 Preparation Program

Week 1

SEAL FIT 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

SEAL FIT 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...)



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:** Sit-up 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 pushups 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



Coach Divine's 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 Myomato 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)

Starting Strength, by Mark Rippetoe

SEAL FIT Training Guide, by Mark Divine

Natural Hormonal Enhancement, by Rob Fagen (our nutrition bible)



The Paleo Solution, by Robb Wolf

Fixing Your Feet 4th 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



SEALFIT: 3 Tips to Build Mental Toughness

By John Rarity
Active.com

As an endurance athlete, I'm sometimes asked where I find the most challenge during an event. Is it the swim portion, elbowing for room through a pandemonium of competitors? Is it the bike as I strive to maintain my pace through a series of hills, or is it the run, the final stretch?

Without hesitation, I always answer the mental game is where I find the most challenge and reward.

I have experimented with focused breathing exercises to relax my mind before an event. I've used some of these [techniques to relax my body](#) and limber before the starting line, as well as urge a shot of energy the moment my body wants to back down.

Yet, as an amateur athlete who's gone from a complete newbie to placing in the top three in my age group, I've been unable to maintain gains beyond certain strength and stamina thresholds.

From consulting numerous nutritionists to incorporating a variety of strength training programs, these barriers have persisted. Had I reached certain impassable thresholds in my physiology, or were they perceived? Was there no way around them, or did I simply lack the key?

Six months ago I came across a camp designed specifically to challenge and enhance the physiology of mind and body. The Kokoro Camp (Japanese for warrior) put on by [SEALFIT](#) of Encinitas, California, has in a relatively short period of time become the world's premiere camp for forging mental toughness.



Founded by former Navy SEAL Commander, Mark Divine, along with his core group of ex-Navy SEAL instructors, Kokoro is based off of the famous Navy SEALs Hell Week concept with an emphasis on teaching through experience, rather than a focus on attrition. Each camp participant is provided with the tools via field and classroom instruction to push the body and the mind way beyond previously perceived limits.

In my particular case, it set those limits on a hard cement floor and crushed them into powder beneath the weight of 50 hours of intense physical training.

The concept behind the camp can be broken down into three main components:

- Mental toughness
- Full spectrum functional fitness
- Self awareness

Mental Toughness

This means precisely what it says, lessons and practical advice on teaching how to toughen your mind. Does this mean push-ups and sit-ups for the mind? Yes and no. Yes, in that physical exercise is the vehicle used for forging this type of toughness. No, in that you can't literally have your mind do push-ups...

So how does it work? Simple. One step at a time. Have you ever been in a workout or race and found yourself completely, 100%, without a doubt out of gas? Of course you have. So what did you do? Most of us probably eased off the throttle, while others stopped and took a breather completely.

Don't focus on what's left in your race... just focus on the next step.



Assuming you're not training with any injuries and it's the mental component we're dealing with, this is where mental training proves extremely valuable. Don't focus on what's left in your race or workout, don't even focus on those around you, just focus on the next step. One foot, one rep, one stroke after another. Incorporate focused breathing to relax and invigorate your body—then carry on.

Self-Awareness

One key lesson learned after participating in the Kokoro Camp is the fact that our bodies are capable of more—way more—than we give them credit. As a matter of fact, on the third day of this camp, I actually felt my pushups, running and squats getting stronger! But ask me to sit down, or get up from a chair—and I was moving at the speed of a centenarian.

Can you be pushed too far? I don't know, let's see. At one point, I was asked to hold the ready push-up position with my feet on a log. Fine. Then I was told to hold this position while raising my right leg in the air... fine. Then I was told to hold this position while a crew of six men crawled between me and the ground.

No longer able to hold my right foot in the air, it simply collapsed on top of my left. I glanced at my teammates and noticed most had done the same. When the body is maxed, it's maxed. And the instructors at Kokoro, as with most elite training programs, understand that.

It isn't your time or total reps that ultimately count—it is the fact that you put in 100%. You weren't holding back. No plans for the future or memory of the past. You simply put out for the moment and found you had enough to take you the distance.

Instead of my mind being in charge and “teaching” my body a new exercise, my body taught my mind a few things. One of these was the fact that it is capable of much more, if my mind will simply let it do what it needs to do to take care of that moment. Rather than



waste energy on what happened or will happen, the body will take care of what needs to happen now.

Full Spectrum Functional Fitness

At Kokoro Camp, emphasis is placed on the following key fitness components:

Strength. Aside from endless amounts of push-ups and squats, there was the functional aspect of strength development through bear crawls, duck walks, and running on the beach with a 25 pound rucksack strapped to your back.

Stamina. Each day challenged us to continue at a high rate, race after race and rep after rep for several hours at a time.

Work capacity. Your work capacity never diminishes. We finished doing the same intensity and number of exercises the last minute of the camp as we did the first minute.

Endurance. It seems to go hand in hand with stamina, and often did. Yet, it was distinctly tested during particular “evolutions,” as the varying events were called, that lasted for several hours at a time.

Durability. This extended to our physical and mental (don’t forget the two go hand-in-hand) durability. From jumping into 60 degree ocean water and performing flutter kicks on our backs to over an hour of pushups on a cement floor carrying 25 pound rucksacks. How did we rest between sets? Kneeling down.

And finally, there is little in your life you will find as rewarding and enduring as making it through a mentally and physically challenging experience that pushes you to new limits—akin to challenging one of the world’s tallest peaks or traversing a vast ocean or desert.

When you come out the other side and take a glance at who you once were, you understand. You know in the deepest corner of your being that you have reached new heights, surpassed self-



imposed limits and are now a much better athlete, family member, co-worker and overall person.



The Author

Mark Divine

SEAL FIT 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



The Programmer

Dan Cerrillo

Director of Training, SEALFIT



Dan Cerrillo is Senior Coach for SEAL FIT, and owner of CrossFit Bellevue in Bellevue, WA. Dan is a former Navy SEAL (BUD/S class 194) with more than 13 years experience in the SEAL teams.

While on active duty, Dan completed six overseas deployments, including over a hundred combat operations during Operation Enduring Freedom (Afghanistan) and Operation Iraqi Freedom. Dan was also a Master Trainer at the Navy SEAL training school, BUD/s.

After leaving the SEALs Dan focused his energy on coaching athletes, Special Operations candidates and professionals in CrossFit and SEAL FIT. Dan thrives on forging mental toughness and bringing the best out in his trainees.

Certifications, experience, honors:

SEAL FIT Level II certified
CrossFit Certified Level 2
Trainer
CrossFit Level 1 Olympic
Lifting

Nationally Registered Wilderness
Emergency Medical Technician Level-I
United States Navy Master Trainer
Basic Underwater Demolition / SEAL
Training Instructor



CrossFit Level 1 Nutrition
certification
CrossFit Kids certification
CrossFit Level-1
Gymnastics

Nationally Registered EMT-B

Little-known Fact:

Dan began his athletic career as a collegiate wrestler and football player at Charleston Southern University.



Physical Training “PT”

Coach Certification

Certification Pre-requisites:

- CrossFit Level 2 or Level 1 with minimum 1 year coaching experience
- Completion of SEALFIT Kokoro Camp or SEALFIT Academy with Kokoro Camp

Certification process:

- Enroll in Certification course and supply HQ with proof of pre-requisites
- Successfully complete 3 day Level I course with 80% or better grade on written and practical tests
- Submit your SEALFIT training program within 30 days of course end
- Once your training program is approved you will be certified to coach SEALFIT for 5 years. Every 5 years you will be required to re-certify.

Please contact us at info@sealfit.com if you are interested.



Camps & Seminars

[Pre-Requisites for training events - click here](#)

Designed by [Mark Divine](#)—a former Navy SEAL, CrossFit affiliate owner, competitive triathlete and martial artist ...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.

SEALFIT is an integral functional fitness program that covers the full-spectrum of fitness and self-awareness skills, SEALFIT trains the mind, body, and spirit in the warrior-athlete tradition. Integrating strength, stamina, endurance, mental toughness, awareness, and durability training, SEALFIT meets the needs of serious athletes and professionals who must work at or near peak capacity for extended periods of time.

[Academy \(intermediate to advanced\) \(click to enroll\)](#)

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 full 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 \(Advanced\) \(click to enroll\)](#)

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.



If you have questions, then email us at info@sealfit.com or call us at (760) 634-1833.

Online Training

[ENROLL NOW - CLICK HERE](#)

ONLINE Training is a scalable, functional training program accessible online designed by the SEALFIT coaching staff. Best suited for beginners to intermediate trainees who want to train in SEALFIT but need some support to get going.

- Dramatically increase your athletic performance
- Build lean muscle mass and an athletic body
- Achieve a level of fitness and mental toughness you once only dreamed of
- Use the same training that elite Navy SEALs and other special operations units now use
- Exclusive training methods used by elite trainers from CrossFit, SEAL FIT, Military Athlete and at BUD/s.
- Train using functional exercises not found in traditional gyms



- Build core stability, Durability, Endurance, Strength, Stamina and tremendous Work Capacity
- Prepare for the unknown, and get fit across a broad spectrum of skills
- Reduce injuries
- Develop mental toughness and self confidence!

Included in the program:

- Access to our Online Training Platform and Online Journal
- Access to 90 day Pre-Training program, and our Basic Training program daily workouts
- Direct Access to SEALFIT coaches, all Level 2 CrossFit, SEALFIT certified, and former SEALs
- Warm up, work out of the day (WODs), a strength building, endurance and flexibility component.
- Specific information on equipment for each workout.
- Videos describing techniques and proper form for all lifts and movements.
- Access to the members-only SEALFIT blog and forum to communicate with other SEALFIT trainees

[ENROLL NOW - CLICK HERE](#) Price: \$29.95 per month

Questions about equipment? Check out the "Equipment Starter Kit" tab to the left. You can work your way up to acquiring all the equipment or can buy it all at once! If you don't have access to all this equipment, don't let that disable you from doing the program. There are ways around it. Email Dan@sealfit.com for more questions on how.

What are SEAL FIT Trainees saying about the program? **[READ OUR TESTIMONIALS!!](#)**

Online PERSONAL COACHING:

Are you having a hard time training productively on your own?
Want more personal attention on your quest?



[ENROLL NOW](#) in Online Personal Coaching

We **are** now **offering** personalized training programs that will guide you through your journey. We will take you through a highly successful 8-week Pre-Training program **designed especially** for you and **tailored specifically to your physical abilities, present level of fitness and the workout equipment you have access to**. This program will build you up from any fitness level to the level of fitness it takes to start training to be SealFit. **You will be built up slowly using a proven scientific approach to fitness that is currently used by the elite Navy SEAL teams**. We will push you farther, faster, and longer than you thought possible. With hard work and dedication you will watch as your body changes rapidly **over the course of the eight week program** and **with a lot of hard work** the end result will be nothing more than spectacular. You will not have to starve yourself on a diet, you only need to provide the effort and we will provide the stimuli.

At the completion of the eight week program we will once again build another six month program **designed specifically for you to get you ready to meet your challenges** whether it be a race, training, or fight ready.

There **are** no limits to what your body is capable of achieving **and** our program is **designed to significantly increase your strength in a fully functional capacity thereby minimizing any unwanted muscle weight gain**. **Our program is designed to dramatically increase core strength and will provide you with an increased level of endurance that will enable you to perform hour after hour and day after day**. **During this six month program we will provide you with all of your daily training schedules which will include and integrate strength, conditioning, endurance, swimming, biking and heavy hiking**.

This program is built for you and you will be given access to our world class training staff and video archives. The fee for this outstanding program is \$299.00 per month. There is no other program in world that rivals this personal training program.



[ENROLL NOW!](#)