

Stew Smith's Military Workout Series



Coast Guard Rescue Swimmer Training Workout Program

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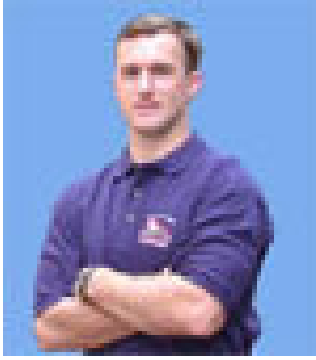
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About the Author



Former Navy Lieutenant Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for BUD/S since 1991, which are still in use today by SEAL recruiters - **The BUD/S Warning Order** and the books "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness.**"

Stew Smith loves to write about fitness and acing physical fitness tests. The following list is the six published books he has written and the eBooks to his credit as well. All books and eBooks are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

Stew Smith's Published Books

The Complete Guide to Navy SEAL Fitness -

The Swat Workout – New March 2006

Maximum Fitness – The Complete Guide to Navy SEAL Cross-training

Common Sense Self Defense

The Special Operations Workout

The TV Watchers Workout

The Complete List of Stew Smith's eBooks:

The Military Physical Fitness Workouts

Navy SEAL Workout Phase 1 – Beginner Weeks 1-6
Navy SEAL Workout Phase 2 - Intermediate Weeks 1-6
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Navy SWCC Workout
Coast Guard Helicopter Rescue Swimmer / Navy SAR Workout
Navy OCS Workout
The Service Academy Workout (West Point, Navy, Air Force Academy)
The Navy, Air Force, Marine Corp Bootcamp Workout
The Army PFT Workout
The Army Air Assault School Workout
The Army Airborne Workout
The Army Special Forces / Ranger Workout – Phase 1 & 2
USMC RECON Workout
USMC OCS / TBS Workout
Air Force PJ / CCT Workout
Advanced Combat Conditioning Workout

The Law Enforcement Physical Fitness Test Workouts

The FBI Academy Workout
The DEA Workout
The FLETC Workout – Ace the PEB / Border Patrol / ATF Agent
- Us Marshals, Secret Service, ICE, and other Federal Officers
The State / Local Police Academy Workout
The Public Safety Diver Workout

General Fitness and Nutritional Guides for Everyone

The 45 Day Beginner Guide to Fitness
The 45 Day Intermediate Guide to Fitness
The Diabetic Prevention Workout / Diet
The Teenaged Athlete Workout
The Six Week Advanced Weight Training Routine

Stew Smith's eBooks are sold on the following sites:

www.stewsmith.com
www.heroesoftomorrow.org
www.military.com
www.navyseals.com
www.sealstrike.com

And his published books can be found at local book retailers
as well as www.amazon.com
www.bn.com
www.getfitnow.com

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Prepare for Helicopter Rescue Swimmer School / Navy SAR too

If you were glued to your television during the Hurricane Katrina rescue operations concerned for your fellow citizens in New Orleans and other Gulf Coast states, you would have seen some of the fittest, highly trained, and motivated people in our military. The Helicopter Rescue Swimmers of the Coast Guard, Navy SAR, and Air Force PJ were saving thousands of people stuck in the flooded areas of New Orleans. If it were not for these brave pilots and Rescue swimmers several thousand people would have died.

This program is a tribute to the sailors and airmen of the Navy, Coast Guard, and Air Force who risked their lives everyday to save others by hanging from a helicopter and plucking hurricane victims from certain death. If you have ever thought about becoming a Coast Guard Helicopter Rescue Swimmer or SAR swimmer, this book will help make the physical demands of that training not so challenging. You will be better focused on the job at hand – Learning to save lives! Regardless, if you choose this job for your profession – be prepared because it is tough - the training is some of the most grueling in our military.

When you arrive at Navy SAR (Search and Rescue Swimmer or USCG Helicopter Rescue Swimmer School, you will be placed in a stressful environment and expected to excel in military education, close quarter living, teamwork, and physical fitness tests (PFT).

According to the SAR Swimmer course syllabus, rescue swimmers must have flexibility, strength, endurance, and be able to function for 30 minutes in heavy seas.

However, the operations manual includes lessons in eight different water deployment procedures; 11 ways to approach, carry and release a survivor; seven ways to release equipment for Navy and Air Force flyers; and ways to detangle the services' different parachutes and backpacks.

See www.stewsmithptclub.com/hrssmanual.pdf for complete details of the Coast Guard Helicopter Rescue Swimmer Program.

Rescue swimmers also must have the skills to provide basic pre-hospital life support for rescued individuals. And as part of their training, candidates must complete an emergency medical training course. This is not an ordinary EMT – if you are exposed to high seas, rough terrain and other dangers and ordinary EMT will not survive. The training you are seeking is hardcore physical and mental training that will challenge you to your core. In fact, SAR swimmer School boasts more than a 50% attrition rate – so it

is crucial you go to the training scoring high in your PFT, but more importantly – be confident in the water. Not cocky! You must have a deep respect for the power of the sea, but know that your training will help save your life and the lives of the ocean's victims.

One of the main things we are looking for is comfort in the water under stressful circumstances. Most people, if they grow up swimming, become proficient at swimming, but when they are tasked with water duties, many will break down and begin to panic. You must be calm and relaxed and train accordingly. The swim drills will help you gain confidence in the water.

While you are going through the swimming and classroom phase of SAR training, you also must attend classes to learn about the aircraft you will serve on. Finally, before graduating, you are required to pass a test involving multiple rescue scenarios. Adding even more pressure during training, instructors treat candidates with a "drill sergeant type in your face" mentality.

The required monthly physical training test includes wide-arm push-ups, situps, pull-ups, chin-ups, 12-minute crawl swim (500-yard minimum), 25-yard underwater swim and a 200-yard buddy tow. I recommend the following scores to better succeed with the training course:

Pushups – 100+ in 2:00
Situps – 100+ in 2:00
Pullups – 15-20+
12:00 Swim – swim at least 750yd
1.5 mile run – sub 9:00
25 yd underwater swim – complete four times
200 yd Buddy tow – complete

Most of the training is spent in the pool so preparing by swimming at least 4-5 times a week is recommended. Running is the other challenging cardio exercise done nearly on an equal intensity level as swimming. Fitness is your life when attempting this school – so good luck and try this program a few times.

The Stretching Program

Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help to break up the soreness especially if you are doing a new exercise. This is because stretching aids in significantly reducing the amount of lactic acid that remains in your muscles after working out.

Follow the stretching chart before and after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Neck stretch (yes/no)
Neck/Shoulder Stretch.
Shoulder Shrugs
Arm/Shoulder Stretch
Forearm Stretch
Tricep/Lat Stretch (half moon)
Chest / Bicep Stretch
Stomach Stretch
Lowerback Stretch
ITB / Hip
Hip flexor stretch
Hamstring Stretch
Thigh Stretch - standing of laying on floor
Calf Stretch

Stretching and Warming Up and Cooling Down

Stretching is only part of warming up and cooling down. Before and after working out, the best way to reduce muscle fatigue and soreness is to perform a light warm-up or cool-down and stretch. The warm-up and cool-down should consist of the following phases:

Brief cardiovascular activity like biking, running or swimming. Usually 5-10 minutes of this activity is a good warm-up or warm down.

Static stretching: Hold these stretches for 15-20 seconds. Do not bounce when performing these stretches, but inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Jumping jacks – This is a grinder PT favorite warmup exercise. You will normally do 50-100 (4 Count) jumping jacks before anything. This sets the tone for the rest of the workout. Count loud and stay together as a class and you will enjoy your workout much more and perhaps remain dry.

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Shoulder Shrugs - Rotate your shoulders slowly up and down, keeping your arms relaxed by your side. Your shoulders should rotate in small circles and move up and down in slow distinct movements.



Chest Stretch – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



Forearm Stretch – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



Arm / Shoulder Stretch - Drop your shoulder and pull your arm across your chest. With the opposite arm, gently pull your arm across your chest and hold for 15 seconds. Repeat with the other arm.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



Hip flexor Stretch – Sit on your shins and knees. Do NOT relax and sit your butt on your heels (bad for the knees). Lean back and lift your butt up – feel the stretch in your hip flexors and upper thigh. This is an important hip stretch for swimming with fins and flutterkicks.



Lower back Hamstring stretch #2 – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



Hurdler Stretch - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.

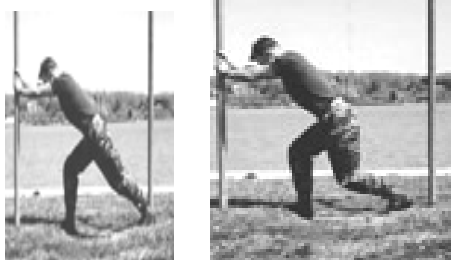


ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Note: *Before and after running you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.*

Calf Stretch / Soleus Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Descriptions of the PT exercises

Regular Push-ups - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push yourself up by straightening your arms and keeping your back stiff. Look forward as you perform this exercise. This exercise will build and firm your shoulders, arms, and chest.



Wide Push-ups - From the same position as the previous push-up, place your hands about six to twelve inches away from your chest. Your hands should be greater than shoulder width apart. The slight change of the arm distance changes the focus of what muscle are exercised. Now, you are building the chest more than your arms and shoulders.



Triceps Push-ups - From the same position as the regular push-up, place your hands under your chest about 1-2 inches away from each other. Spread your legs in order to help with balance. This exercise will concentrate more on the triceps of the arm than the chest.



Dive bomber Pushups



Get into the pike pushup position as in pic#1, lower yourself to the position of pic#2 as if you were a plane dive bombing, straighten your arms in order to finish as in pic #3. Repeat in reverse order to get back to pic#1.

- Note – Pushups are a great punishment exercise. Several days in a row you will be required to perform pushups. This goes against every physiology rule of good training, but that is the nature of the beast in these types of military training environments. You will also be required to remain in the **leaning rest** for many minutes at a time. It is smart to shake out your shoulders occasionally and stretch after a long “rest”.



8 Count body builder pushups -



Pos 1

Pos 2

Pos 3

Pos 4



Pos 5

Pos 6

Pos 7

pos 8

Pull-ups (regular grip) - Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Chin-ups (reverse grip) - Grab the pull-up bar with your hands placed about 2-3 inches apart with your palms facing you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Close grip-Grab the pull-up bar with your hands placed about an inch apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Wide grip - Grab the pull-up bar with your hands placed wider than shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Mountain climber grip- Grab the pull-up bar with your hands placed about an inch apart and one palm facing away from you and the other facing you. Pull yourself upward until your shoulder touches the bar. Repeat each side for a total of two pull-ups - one per shoulder.



Pull-ups (negatives) - If you cannot do any pull-ups, you should try "negatives". Negatives are half pull-ups. All you have to do is get your chin over the bar by standing on something or having spotter push you over the bar. Then, you slowly lower yourself all the way down - let your arms hang grasping the bar fully stretched. Keep your feet up and fight gravity for a count of 5 seconds.

Parallel Bar dips - Grab the bars with your hands and put all of your weight on your arms and shoulders. Do not do these exercises with added weight, if you are a beginner, or if you have had a previous shoulder injury. **To complete the exercise, bring yourself down so your elbows form a 90 degree angle (no less of an angle) and back to the up position.**



Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion...just like riding a horse.



Frog hops or jumping squats – Squat down and explode forward as far as you can. These are simply broad jumps repeated several times. You will see these exercise if you fail a run and are visiting the “goon squad”.



Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Standup on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



Stationary Lunge - Take a big stride forward. Bend both knee as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Jumping lunge – This is also another goon squad favorite if you fail a run. You start off in the lunge position with your left leg forward and do a full lunge, then jump in the air and land with your right leg forward and do a right legged lunge – repeat until the instructors get tired.



Heel Raise (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



Bent Knee Heel Raise - Lift your heel off the floor, this time bend your knees slightly. This will isolate the soleus, which is responsible for jumping higher and starting your sprints. (Calve Exercises)

The Light Weight Shoulder Workout

This should routine is for post rotator cuff shoulder surgery physical therapy patients. You will find it to be one of the toughest shoulder workouts ever – until you get used to it.

LATERAL RAISE - Over 5 pound dumbbells is not recommended for this exercise. Keep your knees slightly bent, shoulders back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground. Follow the next 6 exercises without stopping.



THUMBS UP - After performing 10 regular lateral raises, do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.



THUMBS UP / DOWN - Continue with side lateral raises. As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn your hands and make your thumbs point toward the floor. Repeat for 10 times, always leading in the up and down direction with your thumbs.

FRONT RAISE (THUMBS UP) - Now, for 10 more repetitions, time to work your front deltoids. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.



CROSS OVERS - With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.



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Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the mega-shoulder pump workout.. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).



Abdominals

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily.

Hanging knee-ups –Sometime during pullup PT you will be told to hang on the bar and do hanging knee ups for abs. Bring your knees as high as you can as shown.



Advanced Crunch - (Legs up) - Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by

flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



Reverse Crunch - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not do if you have previous lower back injury)



Double Crunch – Add the regular and reverse crunch together in one motion...You will feel this one twice as fast...



Right Elbow to Left Knee - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



Left Elbow to Right Knee – Same as above just switch sides. Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.

Lower Back Exercise - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same

time and repeat for specified number of repetitions. Switch arms/legs and repeat.

Lower Back Exercise - Swimmers - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.



Upperback exercise #1 (Arm Haulers) - Lie on your belly with your feet on the floor. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



Upperback exercise #2 - (reverse pushups) - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upperback muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



Upperback exercise #3 – (Birds) Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Neck exercise – Lie on your back and lift your head up and down as if you were saying yes. Part two of this exercise is to bend your head left and right taking your ear toward your shoulders. Do this slowly and do not go beyond the stretch point of your neck in any direction.



Advanced Abdominal Exercises:

Do not do if you are a beginner! These exercises are not healthy for weak or injured backs. If you cannot do the swimmer exercises for 1:00 – do not attempt these exercises.

Tips to reduce strain on the lower back. 1) Lift your butt off the ground about an inch and place your hands underneath your butt bone. Lay one hand on top of the other to get a higher lift of the butt, thus taking some of the strain off the lowerback. Keep your knees straight and do these exercises at a full range of motion of your hips (legs 6 inches of the floor to vertical)

Situps - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



Half Situps – With your hands on your hips, lift your torso off the ground higher than a crunch but not as high as a full situp. Your middle/lower back will be on the floor still at the up position.



Cross situps – (or L/R Situps) Lie on your back with your knees bent and feet flat on the floor. Raise your upperbody off the floor but add a slight twist and touch your left elbow to your right knee and return your back to the floor. Alternate and touch your right elbow to your left knee and repeat the sequence.



Flutterkicks - Place your hands under your hips. Lift your legs 6 inches off the floor and begin walking, raising each leg approximately 36 inches off the ground. Keep your legs straight and moving. This is a four count exercise.



Leg levers - Lift your feet 6 inches off the floor. Raising both legs approximately 36 inches off the ground, keep your legs straight and off the floor until specified number of repetitions are complete.



Scissors - Lay on your back. Lift your feet 6 inches off the floor. Open and close both legs approximately 36 inches apart, keep your legs straight and off the floor until specified number of repetitions are complete.



Atomic situps - Lift your feet 6 inches off the floor as if you were doing a leg lever. Pull your knees toward your chest while simultaneously lifting your upper body off the floor. This is a mix between the situp and the leg lever.



V-Ups – Lay flat on the ground with your legs up as in the leg lever position. Bring your legs and upperbody up together as if you were forming a “v” with your legs and torso.



Hip Rolls – Lay flat on your back with your knees in the air as in the middle picture below. Keep your shoulders on the floor, rotate your hips and legs to the left and right as shown below.



Donkey Kicks – In the all fours position, lift right leg as high as you can and bring the knee back to the floor. Repeat as required.



(great for hip stretch and pelvic girdle development / fin swimming)

Dirty Dogs – In the all fours position again, lift your right leg from the hip as if you were a male animal relieving himself on a bush.



(great for hip development and fin swimming)

Bear Crawls – Walk like a bear on all fours. This gets tough after a couple hundred yards.



PT Workouts Explained

Rest Day / Stretch

These are days to relax and stretch. Your body needs rest from rigorous exercise. In fact, it is the only way you will grow and get stronger. You should exercise 5 to 6 times per week and rest 1- 2 days per week.

The Pyramid Workouts:

If you take a look at one of the pyramids, you will notice that it is numbered on both sides. It goes from 1-5 on one side, with the number 6 on the top, and then 5-1 on the other side. Each number represents a step in the pyramid. Your goal is to climb the pyramid all the way up, and all the way back down. So you can consider each step a "set" of your workout.

At the bottom, you will find "pullups x 1, pushups x 2, situps x 3". What this means is that at each "set" or step of the pyramid, you perform 1 pullup for every step you are on, 2 pushups for each step, and 3 situps for each step.

You start at the bottom of the pyramid, at number one. For each set, you times that set number by 1 and that tells you how many pullups to do. You multiply it by 2 to get your pushups, and multiply by 3 for situps. So you keep progressing until you get to the top of the pyramid, or your MAX. At step ten you perform 10 pullups/ 20 pushups/30 situps. Now you start working your way back down the other side. So the next set you do will be at step 9 on the way back down. So, you'll do 9 pullups/18 pushups/27 situps. Keep going until you worked all the way back down to one. So here is a number summary of the pyramid:

Go up the pyramid: (or half pyramid workout)

Set/Step 1: 1 pullups/2 pushups/3 situps

Set/Step 2: 2 pullups/4 pushups/6 situps

Set/Step 3: 3 pullups/6 pushups/9 situps

Set/Step 4: 4 pullups/8 pushups/12 situps

Set/Step 5: 5 pullups/10 pushups/15 situps (Your first set sets are basically a warmup)

Set/Step 6: 6 pullups/12 pushups/18 situps

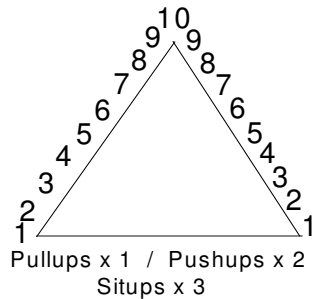
Set/Step 7: 7 pullups/14 pushups/21 situps

Set/Step 8: 8 pullups/16 pushups/24 situps

Set/Step 9: 9 pullups/18 pushups/27 situps

Set/Step 10: 10 pullups/20 pushups/30 situps (Here is where you should fail / max out)

Go down the pyramid: (or reverse order pyramid = toughest to easiest number of reps)



The Pullup Pyramid: You will want to rest in between pull-up sets for no longer than one minute. Continue the pull-ups until you cannot perform any more - THEN resort to negatives for the remainder of the workout. In between sets, instead of resting and doing nothing, try to do at least 25 abdominal exercises of your choice.

2) **50 Pullup Workout** - The object of the 50 or 100 pullup workout is to do as many pullups in as few sets as possible. Make your own goals, but shoot for 2-3 sets for the 50 pullups workout and maybe 6-8 for the 100 pullup workout. In certain weeks you may have to repeat 50 pullups again. Take a break in between these sets by doing stomach exercises or run 100yds or bike for two-three minutes.

Assisted Pullups - This is the first step to being able to perform pullups. Do pullups on a lower bar that is about 3-4 feet high off the ground or a pullup and dip machine using the dip bars as pullup bars. Your feet remain on the floor allowing for less weight to be on your arms, so you can get the needed repetitions. These are also great to do after you can no longer perform anymore dead-hang pullups. **This is a good replacement for the Lat Pulldown machine as well.**

Negatives - Negatives should be done if you cannot do pull-ups. Many men and women cannot perform any pull-ups. So, for the majority of you who have not done pull-ups in years or have never done pull-ups, this workout will challenge you. This is step two to doing pullups. After you can easily do the required reps with the assisted pullup routines, try a negative. A negative simply takes you through half of a pullup. Get yourself over the bar, either by standing on something or having someone lift you. Once

your chin is above the bar, slowly let yourself down counting for 5 seconds. This will get your arms used to supporting your weight.

You can build up your strength and within a few months of this workout, you will have your first pullup in years - maybe ever!! Most people have a goal of achieving a pullup when they start working out again with this type of program.

You will see there are several different grips to use while doing pullups. This is to equally exercise every angle of the back, arms and forearms.

Pushup/Crunch Superset:

This is a great way to achieve extraordinary repetitions of pushups and crunches! Each set of six exercises should be completed within a two minute period. For example,

Set #1:	10 regular pushups
	10 regular crunches
	10 wide pushups
	10 reverse crunches
	10 triceps pushups
	10 -1/2 sit-ups

Do the above circuit within a two minute time period. You should finish this with at least 30-45 seconds remaining. Use this time to stretch, drink some water etc... You will repeat this particular workout 5 times. Total time should only be 10 minutes, BUT you will achieve 150 pushups and 150 abdominal exercises in that time!!

Rest: There is no rest time while on the 2 minute clock. Do your set as quickly as possible, but watch your form. Do not jeopardize your form for a faster superset time. This is a great time saver workout if you are too busy to take 30-45 minutes to exercise. Take 10-20 minutes and be amazed at yourself performing 100-200 pushups and crunches in that time. Say you finish your superset in 1 minute and 30 seconds, you get 30 seconds rest before you have to begin the next set.

Circuit Workouts - You will see several different circuit routines in this workout program. Basically, a circuit workout is designed to move you as quickly through a workout as possible. There are no rest periods in a circuit until the end. Moving from one exercise to the other is the only rest you will get, but you will rarely be using the same muscle group two times in a row. So there is actually rest built into the workout

PT with the clock - This type of workout is designed to help students ace a physical fitness test of pullups, pushups, and situps. By performing as many reps as you can of each exercise in a certain time limit, you will be

learning the pace required to achieve 100 pushups and 100 situps in two minutes. By using the clock as your training guide, you will become accustomed to doing maximum reps in a time period which will further increase your scores as you continue to practice this type of training.

10,15,20 increasing reps sets:

You will see this number after certain weighted exercise such as bench press and other dumbbells exercises. These numbers mean you choose a heavy weight you can do 10 times, then decrease the weight and do it 15 times, and decrease it again and do it 20 times...for a total of 45 reps in one set non-stop...You can also do it in reverse order and start at 20 reps and increase the weight but decrease the reps 15,10,5 etc...

Swimming Workouts Explained (from USNA Triathlon Team Training)

The Importance of Relaxation

Relaxation is the most commonly neglected principle in swimming, not only with novices, but also even with world-ranked athletes. Four principles to decrease water resistance;

- Relax on recovery
- Stretch your stroke out front
- Elbow out to use your whole arm for power
- Power out the back end of the stroke.

If you can keep your forearms, wrists and hands completely relaxed on recovery, you should be able to integrate these principles into your strokes quickly, eventually with more distance per stroke and much less fatigue.

Count Strokes (Relax)

Decreasing number of strokes to allow for greater efficiency.

Technique:

- Count number of strokes per length (25 meters). Left arm 1, right arm 2, left arm 3, right arm 4 etc....

Goals:

- Each person should only be taking 14-18 strokes per 25 meters. If you decrease your stroke count from 20 to 18, you can increase your efficiency by 8 percent.
- Counting strokes regularly will make you more aware of efficiency-robbing sloppiness in your style and allow you to correct it immediately.

Catch-up (Stretch / Power Finish)

Delaying the start of your stroke to allow for full range of motion.

Technique:

- Start with both hands extended out front.

- One arm is stationary as the other arm completes one full stroke.
- When working hand returns to the forward position to “catch-up” with the other hand, repeat stroke with other arm.

Goals:

- Isolate one arm, to practice a long stroke and a long body position.
- Places more power out the back end of your stroke.

Under-water Swimming / Wave Swimming (Elbow out)

Swim Freestyle recovering your hands under the water. (Not doggy paddle) Technique:

- Stretch both hands as far out in front of your head.
- Pull one arm back and with a lot of power push as much water as possible to your feet.
- As you push your arm back, slightly tilt your body to the same side as your stroke.
- Hold that position for one second. (One hand is out front and the other is down at your thigh.)
- During the recovery phase of your stroke keep your hand and arm underwater with full extension in front of your head.

Note: As your hand starts to recover back to its original position, start moving your other hand back.

Goals:

- Emphasize the synchronization of both hands. It is important that both hands meet at face level.
- Stretch your hands as far ahead and as far behind to grasp as much water as you can.
- Learn how to put power into your stroke as a wave hits your hand/arm.

6-Beat Roll Over (Relax)

Develop body control with proper rolling motion. Find a nice rhythm and balance.

Technique:

- Start with both arms extended out front
- Pull with right arm until hand meets your thigh (rest your hand on your thigh)
- The left-side of your body should be facing the bottom
- Kick six times while on your side
- Recover arm out front and repeat with other arm

Goals:

- Find balance in your stroke.
- Control your movement through the water.
- Relax

Swim PT - is a great way to squeeze in swimming and upperbody PT into the same workout. Since it will be your job to lift heavy objects and people

in the water – this workout is one of the best anaerobic training methods for a Rescue Swimmer. Simply swim the specified distances (usually 100 yards or meters), get out of the pool and do pushups, abdominal exercises and pullouts. Repeat this sequence for at least 10 times.

Swim sprints

When the workout says sprints under swimming, that means swim as fast as you can for the specified distance for the specified number of times. Try to limit your rest to no greater than 20-30 seconds. For instance: 200m x 3 means swim a 200m sprint, rest for 20-30 seconds and do it again two more times for a total of three times. Freestyle is the preferred stroke but you are free to choose the stroke you wish to use. Swim Sprints with leg PT and upperbody PT can also be incorporated into a hardcore swim/PT workout. If you mix leg PT with swimming try doing more flutterkicks and breaststroke kick swimming just to work the legs a little more as in the workout.

Run - Swim - Run

This one is as simple as the title on paper, but you will find the second run is a little more challenging, especially if you are swimming in fins. Try to do the run –swim –run in one workout period. It is not meant to be broken into 2 or 3 workouts. If that is your only way to do this workout then it is naturally OK to break up the workout to fit it in your schedule

- 1) Run - 2 miles
- 2) Swim-1000m
- 3) Run -2 miles

Hypoxic Swimming and Anaerobic Training Methods

DO NOT DO THESE WORKOUTS BY YOURSELF. IN FACT, NEVER SWIM UNDERWATER ALONE OR WITHOUT A LIFEGUARD.

Hypoxic pyramids (stroke per breath) This workout makes ordinary swimming seem easy and actually will help make swimming, running, and your overall endurance stronger.

This particular workout gets increasingly more difficult after each 100m you swim. By adding 2 strokes to your breathing pattern every 100m, you will find the need to breathe more demanding. Simply climb the pyramid making each set of 100m a step. Each step you will add two more strokes per breath. You will be breathing less per length on every step up the pyramid until you reach the maximum of 10 strokes per breath. A stroke is each arm pull, so the count would be this for a 4 strokes per breath step on the pyramid: 1,2,3,4, breathe - this translates to Left, right, left, right arm pull, breathe.

I find that if I hold my breath for at least half of the stroke count and then start exhaling slowly that I can make it through the pyramid with little difficulty. It does take time before you can do this workout with no rest at

all. So, when you do this workout for the first few times, take about 20-30 seconds rest if you need to in between steps of the pyramid.

Strokes per Length hypoxic - Another hypoxic workout requires you to swim a known distance with a certain number of breaths. For instance, you will swim 50 meters only breathing 4 times, then 3 times, then 2 times, then only 1 time, for a total of 200 meters. Try this workout several more times for a total of 1000 meters.

Over / Unders (25 yards) - The over/under is a term used to describe the way you swim to the other side of the pool. "Over" means to swim on top of the water either using the freestyle or COMBAT SWIMMER STROKE. "Under" means swimming either underwater or freestyle but taking no breaths. This is extremely challenging and potentially dangerous. You can blackout very easily when you do not breathe regularly while exerting yourself. NEVER HYPERVENTILATE PRIOR TO SWIMMING UNDERWATER. TAKE ONE BIG INHALE – ONE BIG EXHALE, THEN ONE LAST BIG INHALE AND START YOUR SWIM. Exhale a little of the CO2 about $\frac{3}{4}$ of the swim to reduce the feeling like you need to breathe.

Swim Drills for SAR Swimmers: - These drills are for you to practice prior to getting to training. The below drill is taught at SEAL training but it is a good way to practice getting comfortable in the water. Do not tie your hands and feet.

Tread water – using arms and legs relax and tread water. Try it without your hands, lifting your hands out of the pool for 5 minutes

Bottom bounce – with hands behind you and feet together – bounce off the bottom 20 times

Float – Keep hands and feet in same position and bend 90 degrees at the waist and float for 10-20 breaths.

Swim 50-100 yards with feet and hands in the same position as above. Use the dolphin kick.

Front and back wards flips in the water with hands and feet as above.

Pick up goggles or face mask with your teeth at the bottom of the pool

Snorkel buddy breathe – practice taking a snorkel in and out of your mouth while breathing near the surface. This is a challenging test at PJ school. Sequence of events for Swim Drills – 10:00 of time

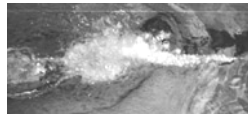
- Tread water – 5:00
- Bottom bounce 1:00

Swim PT - is a great way to squeeze in swimming and upperbody PT into the same workout. Simply swim the specified distances (usually 100 yards or meters), get out of the pool and do pushups, abdominal exercises and pullouts. Repeat this sequence for at least 10 times.

Side Stroke with Fins

This is one of the best leg workouts available. Your hamstrings, hip flexors, and ankles will become strong and ripped after a few months of swimming with fins. It is similar to the side stroke without fins with only the following differences:

1) **Constant flutterkicks** - With fins on your feet, your biggest source of power will naturally be your legs, so kick constantly in order to be propelled through the water.



- 1) Constant flutterkicks and glide position. Breathe as the bottom arm pulls toward your body.
- 2) Recover both arms over your head together with a forceful kick and hold for 2-3 seconds as you glide in the streamlined position.

2) **Open water - Swimming in straight line** - Every five or so strokes, it is important to look forward in order to check if you are swimming in a straight line or not. This does not need to be done in the swimming pool, however, it is important in the open ocean to have a visual reference when surface swimming to check accuracy.

Sample workout with fins: Swim with fins - 500 yards with fins and 500 without fins using the stroke of your choice.

Combat Swimmer Stroke (CSS)

The CSS is a relaxing and super efficient swim stroke that is an updated version of the traditional sidestroke. Whether you are a beginning swimmer or an aspiring Navy SEAL, this stroke can really help you efficiently move through the water.

When you find yourself in deep water with a lot of distance to cover, the CSS will serve you well especially when you are wearing fins. You will tire less quickly if you learn to perform this stroke properly.

The object to the CSS and side stroke is efficiency - you should try to get across a 25m pool in as few strokes as possible. If you are doing more than 10 strokes per length you are working too hard. In fact, the fastest and best swimmers get across a 25m pool in 3-5 strokes.



Kick off the Wall

The Start: In a big squat position against the wall - push off and stay as streamlined as possible as you glide at least 5-10 yards off the wall. Place your hands on top of each other, place your bicep on your ears, and lock out your arms - streamlined positioning like a rocket.

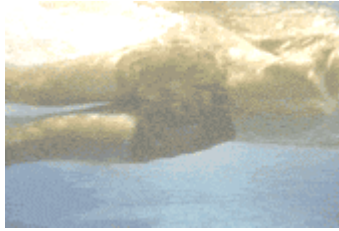
The Glide: With a big double arm pull, add the other 3-5 yards to your glide by pulling with your back, biceps and pushing water with your arms using your triceps.

The Glide



Arm Motion

The Arm Movement: First with a freestyle stroke – pull the TOP arm to your hip. At the same time as the bottom arm pull, it is time to breathe - twist and breathe. Notice both arms recover together forward, but the top arm pulls from overhead all the way to your hips (similar to freestyle stroke). Then the bottom arm pulls a half stroke (similar to breast stroke) and both arms recover together. Breathe as the top arm completes its pull and the bottom arm begins its pull.



The Kick: Use the scissor kick and time your kicks so your top leg always goes forward (no matter what side you are on). You should kick just after both arms have pulled and are recovering - adding more glide to each stroke.

Scissor Kick

See above animated gifs at
www.stewsmith.com/linkpages/css.htm

The following pages are the meat and potatoes of this book – The Training Plan. This plan has been used by many students preparing to attend either Helicopter Rescue Swimming Training or Navy Search and Rescue Swimmer School. Both are similar training programs that challenge students to be comfortable in any water environment, run daily, and PT all the time.

Enjoy the workout. If you have any questions, feel free to contact me at www.stewsmith.com.

Monday

5:00 warmup
stretch

Pushups-max in
2:00

Rest 2:00

Situps-max in 2:00

Rest 2:00

Pullups – max

Chinups - max

12:00

swim: _____m

25yd u/w swim

200 yd buddy tow

(if possible)

Run 1.5 mile

sprint

**Bike 20-30:00
cooldown bike**

**Pool drills – 10-
15:00**

Tuesday

5:00 warmup
stretch

Lowerbody

Day

(bike or run)

Repeat 4 x's

Bike 5:00 or

sprint 1 mile

Max squats in

1:00

Max calves in

1:00

Lunges- 25 / leg

Max situps -1:00

Lightweight

shoulder

workout 5 lbs

Wednesday

5:00 warmup
stretch

Swim test day

750yd d
freestyle

2:00each

max pushups

max situps

max pull-ups

max

flutterkicks

and

Run 1.5 mile

Thursday

Rest day

warmup /

Stretch

technique day
in the pool:

5:00 of each

treading no

hands (1:00)

bobbing

floating

buddy

breathing with

snorkel

underwater

swims – DO

NOT DO

ALONE...25m

– repeat 5

times – rest

2:00

Friday

5:00 warmup
stretch

Run

1.5 mile
timed run

Swim

500 yd free
timed x 2

Swim

1000m swim
with fins

Saturday

5:00 warmup
stretch

PayDay PT!

max pushups 2:00

max situps in 2:00

max pullups

Pyramid to failure!

Pullups 1-max -1

Pushups 3 -max -3

Abs 5- max- 5

Dips 3-max-3

**1.5 mile timed
run**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup	5:00 warmup stretch
PT pullups - 100 pushups - 200 situps – 300 flutterkicks - 200 any way you can ie) break it up into pyramids, supersets, circuits etc...	500 CSS w/fins 1000 yard hypoxic pyramid - free 2,4,6,8,10,10,8,6,4,2 strokes per breath x 100 yds	pullups – 50-100 in as few sets as possible...rest only 2:00 max in between first three sets – then only 1:00 in between remaining sets Swim with fins - 500m Swim w/o fins - 500m - timed	BIKE <u>Life cycle workout</u> 25:00 manual mode every minute increase/decrease level in pyramid fashion: 1,2,3,4,5,6,7,8,9,10,11,12,13,12,11,10,9,8,7,6,5,4,3,2,1 if resistance is tough on knees do not go past level 7	Pullups - 1,2,3,4, 5...until failure...repeat in reverse order to 1. Rest with abs of choice x 5 the number of pull-ups done. swim 1 mile timed	1.5 mile test 2000m freestyle - every 100m: 20 pushups 20 crunches
Over / unders 1000 yds of : 25 yds any stroke over and 25 yds 0 breath hypoxic / underwater back. DO NOT DO ALONE!!	<u>Repeat 4 times</u> crunches - 100 flutterkicks - 100 leg levers - 100 8 count body builders – 25	Swim / PT <u>repeat 10 times</u> 100 sprint - side 20 pushups 30 crunches	Run – 1.5 mile test Lightweight shoulder workout 5 lbs	<u>repeat 4 times</u> 5 breaths / 50m <u>repeat 4 times</u> 4 breaths per 50m repeat 4x's 3 breaths / 50m <u>repeat 3 times</u> 2 breaths / 50m Swim 500yd timed	Thursday Life cycles workout 25:00 Lightweight shoulder workout 5 lbs
Pool drills 10:00	See Thursday Life Cycle workout Do it... Run 1.5 mile test	Pool Drills 10:00			

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 warmup stretch	5:00 warmup	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch
run,swim,run,swim, run: (timed events)	<u>Spartan run</u> run 1.5 mile (timed) 100 pushups 100 abs of choice max pullups	swim 1 mile crawl (3 x 500yd swims – time each)	PT pyramid (alternate) 1 - MAX - 1pullups 3- max - 3 pushups 5 - max - 5 situps	run 30:00 swim with or without fins 30:00 run 30:00	<u>Spartan run</u> run 6:00 mile 100 squats 100 abs of choice max pullups
run 1.5 miles swim 500 yds run 1.5 miles swim 500 yds run 1.5 miles	run 1 mile sprint 100 pushups 100 abs of choice max pullups run ½ mile sprint	Repeat 4 times Run 5:00 fast Squats - 1:00 Lunges - 1:00 calves 1:00	should get over 10 on pullups, 30 on pushups and 50 on situps on top set	NICE PACE - SEE IF YOU CAN SWIM A 2000yds IN 30:00 CSS	run 7:00 mile 75 lunges total 100 abs of choice max pullups run 8:00 mile 50 ½ squats
500yd timed crawl stroke swim @45-50 second pace per lap(50yd)	100 pushups max pull-ups 100 flutterkicks 100 leg levers	Lightweight shoulder workout 5 lbs	total 1-10-1 pyramid = 100 pullups 300 pushups 500 abs of choice	Pool drills tread water – 10:00 with no hands 100 flutterkicks w/mask snorkel buddy breathe 5:00	run 8:00 mile 100 abs of choice max pull-ups 100 flutterkicks 100 leg levers
Lightweight shoulder workout 5 lbs	Mix some 8 count body builders into the pushup section too Swim techniques: 500 with fins tread water – 10:00			Lightweight shoulder workout 5 lbs	<u>Repeat 10 times</u> 20 jumping jacks 20- pushups stretch
	Pool drills – 10:00				Swim 1 mile timed

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch
<u>Upperbody PT</u> **10 Supersets**	<u>Spartan run</u> run 15:00	<u>Repeat 4 times</u> Run 5:00	PT day off:	<u>Repeat 20 times</u> 20 jumping jacks	<u>Spartan run</u> run 15:00
Pullups max	100 pushups	Squats - 1:00	Run -30:00 doing mile repeats for 30:00	20- pushups stretch	100 squats
Abs of choice 50	100 abs of choice	Lunges - 1:00			100 abs of choice
Dips 20	run 15:00	calves 1:00			run 15:00
Flutterkicks 50	100 pushups		Bike 30:00	Shoulder workout (5lb, 3 lb,0 lb) (Max Fitness)	75 lunges total
Swim 500m fins	200 abs of choice	PT pyramid			75 abs of choice
swim 1000m free - hypoxic pyramids 2,4,6,8,10 x 200m	run 15:00	pullups 1-10-1	and		run 15:00
	100 pushups	pushups - 2-20-2			50 ½ squats
	300 abs of choice				50 abs of choice
no fins this week	Mix some 8 count body builders into the pushup section too	OR	Swim 500yd - freestyle 500yd sidestroke	<u>ABS Superset x 2</u> Same as Monday	freestyle swimming - 1 mile timed
2 mile run - sprint		<u>PT SUPERSETS</u> <u>Repeat 10 times</u>		Hypoxics freestyle	
		10 pullups	100 breaststroke		
		20 pushups	200yd just kicking	2,4,6,8,10,10,8,6,4 ,2 x 200m = 2000m	mix in: treading, mask clearing , snorkel buddy breathe, (dolphin kick)
Lightweight shoulder workout 5 lbs	15:00 life cycle workout level 5,6,7,8,9,10,11,12, 11,10,9,8,7,6,5	repeat Monday Abs workout	200 yds just arms treading – 5:00 floating – 5:00 bouncing 5:00	Lightweight shoulder workout 5 lbs	
	1.5 mile run	Lightweight shoulder workout 5 lbs			

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 warmup stretch	5:00 warmup stretch	5:00 warmup	5:00 warmup stretch	5:00 warmup stretch	5:00 warmup stretch
Rescue Swimmer PFT	run swim run	Pullups 2,4,6,8,10,8,6,4,2	LEG PT Repeat 4 times	bike or run	Repeat Thursday
12:00 swim 25 yd underwater pushup max in 2:00 situps max in 2:00 pullup max Chinup max	3 mile run 2000m swim 3 mile run	1) reg 2) reverse 3) close 4) wide 5) mountain climbers = 250 pullups!!!	run ½ mile in 3:00 squats - 1:00 lunges 1:00 heel raises 1:00	30:00	plus 2000m swim
1.5 mile run	1000m with fins 1000m w/o fins (freestyle)	pushups- max 2:00 situps max 2:00 decrease by 10 pushups and situps each set until you are at 0 pushup and 0 situps	swim 200m warmup 500m freestyle 500m - freestyle hypoxic (50m 2,4,6,8,10,12,14,16 ,18,20 stroke per length) - breath at walls. 500m with fins 200 m cool down	rest stretch	1000m with fins 1000m w/o fins (freestyle)
Pullup pyramid regular 2,4,6,8,10,12,14 reverse 2,4,6,8,10,12,14 50 abs of choice in between each set of pullups abs = 600+ pullups - 100+	Tread water – no hands – 5:00 Buddy breathe with snorkel – 5:00 Lightweight shoulder workout 5 lbs	Example pushups 100,90,80,70,60,50 ,40,30,20,10 alternate with Situps 100,90,80,70 60,50,40,30,20,10	Lightweight shoulder workout 5 lbs		<u>Repeat 10 times</u> 40 pushups 100 abs of choice total 400 pushups 1000 abs Lightweight shoulder workout 5 lbs

Monday

5:00 warmup

Repeat until you get
100 pullups, 200
pushups and 300
situps in as few sets
as possible

Pullups – max reps
Pushups – 2:00
Situps – 2:00

**Repeat abs 3x's
Abs / lowerback -**

Flutterkicks - 50
Reg crunches - 50
Reverse crunch-50
Left crunches - 50
Right crunches -50
**L/R crunches with
bicycle of legs – 50
each**
swimmers - 20

Run 4 miles

Tuesday

5:00 warmup
stretch

Run - swim - run

Run 3 miles
Swim - 20:00 sprint
(swim 1000m at
least)

Pool work –
Treading, buddy
breathing, floating,
drownproof
swimming

Run 1.5 miles

Lightweight shoulder
workout 5 lbs

Wednesday

5:00 warmup
stretch

Upperbody Pull

Repeat 3 times

max pullups
wide pulldowns
10,15,20
reg. pulldowns
10,15,20
rev. pulldowns
10,15,20

Choose heavy
weight first,
decrease weight with
each change of grip
- no rest

Swim
2000m hypoxic
pyramid - your
choice 20 x 100yd or
10 x 200yd
Pool work – 15:00

Thursday

5:00 warmup
stretch

Easy Day
Upperbody Push

ABS

Repeat 5x's
Dips - 20
Flutterkicks - 50
Situps - 50
Pushups - 50
Crunches - 50
Rev Crunches -50
Adv Crunches - 50

Bike or Run 30:00

Friday

5:00 warmup
stretch

Run - swim - run

run 4 miles or
bike 30:00

swim 2000m
Hypoxic -
200m x 2,4,6,8,10,
10,8,6,4,2

Pool work 15:00

Run 1.5 miles
(timed)

or bike 15:00

Lightweight shoulder
workout 5 lbs

Saturday

1 mile warmup jog

Running / Leg PT

Sprint-1/4 mile
Squats - 40
Lunges - 20 /leg
Jog - 1/4 mile 2:00
Sprint-1/4 mile
Squats - 40
Lunges - 20 /leg
Jog - 1/4 mile 2:00
Sprint - 1/8 mile
Squats - 40
Lunges - 20 /leg
Jog - 1/8 mile 1:00
Sprint - 1/8 mile

swim PT - 10 times

hypoxic 100m swim
4,6,8,10,12,14,12,
10,8,6 stroke/breath
20 pushups
25 flutterkicks

Nutrition Section

Additional Reading – Learning about calories to lose weight and gain weight:

On average, when people stop exercising and no longer care about what they eat, they can gain five to ten pounds a year. That is why in five short years, people step on a scale and cannot believe they are nearly FIFTY pounds overweight. Weight has a way of sneaking up on you over time. You do not get overweight overnight and you do not lose the weight overnight either. Both take time, but fortunately losing weight can be faster if you follow a strict nutritional and exercise plan. Both take only minutes a day.

Here are a few eating tips and some ideas on quick exercises routines to try when time is limited:

Lay off the fast food – Before you go on a trip or a long day at work, try to eat before you leave and pack a lunch. Foods high in protein mixed with a natural carbohydrate are great energy meals. Try a lean turkey or chicken sandwich with vegetables like lettuce and tomato. Watch out for the mayo – too many calories and fat grams. Try mustard instead. Fruits are great quick snacks too. Try apples, oranges, bananas for natural sources of energy. For more ideas see www.stewsmith.com/linkpages/dietplan.htm

Wake up and burn some calories – As busy days pile up with more and more obligations, the scheduled 5:00pm workout can easily get bumped! Make thirty minutes of exercise fit into your mornings and do some type of workout.

- Try biking, walking, or running for 30 minutes
- Go to your gym for a quick circuit routine

- Try calisthenics like jumping jacks / pushups / crunch routine and jumping jacks / squats / lunges / crunches
- Try using dumbbells for arms and shoulders
- Another Tip – if you do not schedule a workout – it does not exist!!

Don't wait – Start NOW! – Why wait? When you can, you should try to eat at regularly scheduled times during the day. Healthy snacks and meals will carry you through your stressful days much better than skipping meals or binge eating. You will find that if you keep a good schedule, you will lose weight and inches. Add exercise to the plan and you will also get fit and feel better than you have in years.

Try an eating schedule of the following recommended times:

0630 – breakfast
0930 – morning snack
1230 – lunch
1530 – afternoon snack
1830 – dinner

If your days are longer than 15-18 hours you should try another light snack at 2100 of foods like yogurt, grapes, milk. Other snacks during the day can be salads, fruits, lean meats, small sandwiches, boiled eggs and others. See chart on next page for better ideas on what to eat during the day and before and after exercise sessions.

Walk more – When safety is not an issue, try to walk farther than normal when going about your normal day. Burning a few more calories by walking is one of the easiest ways to walk off that extra weight. Just twenty minutes of brisk walking can burn over 100-150 calories.

Keep working the abdominal region – Not with food but with exercises like crunches, situps, and lower back stretches. Check out the articles on Washboard Abs and Lose those Love Handles for ideas. When you do these exercises for just 5-10 minutes daily, it is easier to remember to watch your food intake and stop yourself from gorging.

Overall, it is important to keep up the habit of moving more and eating better foods for you. These tips can help you prevent unneeded weight gain. See Fundamentals of Nutrition Chart below and on the next page:

The Fundamentals of Nutrition		
Morning Meal (Serving = fist size) Eat 2-3 servings of any *minimal fat - 1 qt water	Proteins – boiled egg whites, yogurt, milk, lean meats, protein shake, vege beef stew...	Carb/Protein mix – some fruits like grapes, bananas, blueberries – cereal with milk...
Mid Morning Meal Eat 1 serving	Slimfast meal bar, boiled egg, Go-Gurt, Tuna...	Fruit salad, apple, orange, banana etc...
Lunch 1 qt water	Chicken, tuna, fish, lean meat sandwich on wheat bread, no mayo – mix meat with salad →	Mixed salads with variety of vegetables – green leafy lettuce, broccoli, carrots, tomatoes, onion
Mid Afternoon Meal 1 qt water	Optional – peanuts, almonds = high calories	Optional – juice, fruit, vegetable – small salad
Evening Meal 1 qt water	Lean chicken, fish, meat, broiled NOT FRIED	Large Salad – above eggplant

Pre – Post Workout Meals	
Before Your Cardio Workout	Before Your Lifting or PT Workout
Carbohydrates – 75 – 100%	Carbohydrates 75% & Protein 25%
Prior to running, swimming, biking etc...at medium to high intensity levels for 30-40 minutes, it is best to eat a small snack to boost sugar levels in your body especially if your workout is before your morning meal. After a night of sleeping and not eating for over 10-12 hours, you need a boost to help you get through the workout. Fruit or fruit juice is fine 20	1-2 hours prior to lifting eat protein foods and carbohydrates so the protein is there for you after the workout. Lifting weights and doing high repetition calisthenics will break down your muscles and require protein immediately after your workout – within 30 minutes. Foods high in carbohydrates to replace the loss of glycogen stores are needed within this

<p>minutes prior to workout and during is fine. Foods with small amounts of protein can be eaten pre-workout and will help post workout requirements of protein too. Sample Ideas for pre-workout snack are:</p>	<p>time too.</p> <p>For a great rule of thumb – after you workout eat protein, carbohydrates and minimize fatty foods. Foods that should be considered are:</p>
<p>Bananas, apples, oranges, carrots, juice, Gatorade, (any fruit of choice really).</p> <p>Before workouts longer than 30-40 minute, add some protein to stabilize absorption rates so you can last longer:</p> <p>Eat the following about 1-2 hours prior to exercise: Yogurt, protein drink*, milk, boiled egg, slice of meat or cheese, Slimfast meal replacement bar Sip water and carbohydrate drink throughout the workout</p> <p>*Met-rx powder is highly recommended – I like to take ½ of recommended amount.</p>	<p>Pre-workout ideas for lifters / PTers: Bananas, berries, boiled eggs, tuna fish, Met-rx Drink / bar.</p> <p>Protein or carb replacement drinks are great if post workout occurs mid-day or early morning. See above meal options for protein and carbohydrates sources and these below:</p> <p>Tuna, chicken, boiled eggs, and green leafy salads with tomatoes, broccoli, cucumber, carrots, onions, and light dressing or oil.</p>
<p>Post Workout Meals</p>	
<p>The key is to replace <u>carbohydrates and electrolytes</u> lost during the workout – drink Powerade / Gatorade immediately after workout Another important factor is to <u>add protein</u> to help rebuild muscles – see above meal / snack ideas within 30 minutes of workouts</p>	

Can you lose weight and lift weights?

Absolutely, losing weight is the same science as gaining weight except in reverse. As long as your cardio and weight lifting routine burns more calories than you eat, YOU WILL LOSE WEIGHT! It is that simple. It is never a good idea to starve yourself, especially if you are trying to exercise - you will need the energy provided in your food. The tricky thing is to watch the calorie intake and try to keep the calories down to 1500-1800 calories a day. That means more salads, water, and lean meats. Lay off the high carbohydrate foods like breads, pastas, and potatoes –AND JUNK FOODS!!! Below is a list of foods you want to eat to lose weight:

Foods that will assist with losing weight:

	1% or skim milk	
Light Salad dressing		Lean Burgers (no cheese)
Bran Cereal		Yogurt
Small dinner roll		Turkey sandwich
Ham Sandwich		Pretzels
Broth based soup		Lean Tenderloin Steak
Ice Milk		No skin Chicken
Lean Ham Steak		Fish
Green leafy lettuce		Tomatoes
Onions		Cucumbers
WATER		WATER

These are a few foods that can be eaten often and in large quantities. In order to lose weight the body will need water and oxygen (cardiovascular exercise) in order to burn fat as an energy source. Keeping your caloric intake low will enable the exercise to really kick in and create the caloric deficiency you need to lose weight.

Most people who decide to lead a healthier lifestyle go on traditional diets. The truth is, however, that 95% of those who go on such diets fail; what's worse, they often end up in worse shape than when they started.

Diets are both ineffective and potentially harmful; long-term health-oriented programs should replace them.

Low calorie diets, result in muscle loss, in preference to fat so that the most useful tissue is preserved for times of starvation. Fat produces 9 cal of energy per gram compared with only 4 cal per gram produced by your muscle tissue.

However, muscle determines the overall metabolic rate of the body, so if muscle is lost, the metabolic rate will be reduced. This means that when the dieter returns to a normal pattern of eating again, the lower metabolic rate will result in rapid weight gain.

The other problem with having a low level of lean muscle tissue is the feeling of fatigue, when doing simple exercise tasks. The muscles and the liver both store energy supplies, in the form of glycogen.

This situation has developed simply because many people are looking for an easy way to lose weight that delivers quick results. No such approach exists, yet the slimming industry continues to misguide people into believing that fast weight loss can be achieved with minimum effort.

Achieving target weight requires lifestyle changes. These changes include regular exercise, a sensible approach to healthy eating and the right mental attitude.

Why Dieting can make you FATTER

The conventional approach to dieting is a disaster. The first mistake is to call a program a “weight loss program”. There are many weight reduction programs, which if followed can produce rapid weight loss.

However, this weight loss is neither sustainable nor healthy as it involves dehydration and loss of muscle tissue.

When you are ill and bed bound similar results are produced in only 48 hours, especially if you have a complaint like food poisoning. How much weight do you think is lost in the form of excess unhealthy adipose fat tissue?

DEHYDRATION

70% of the body is made up of water. It is easy to design a dehydration diet that results in losing 10 lb. of water within several days. Many naive people are encouraged by these rapid results. Simply dehydration by 2-3 % of body weight can result in a 7% drop in physical performance.

LOSS OF MUSCLE TISSUE

If you lose weight too quickly, much of the weight loss will be muscle tissue. It is estimated that when people lose over 2lbs of weight a week, 30-40% of the weight lost will be muscle.

This is a disaster for keeping the weight off in the long term because muscle is five times more active metabolically than fat tissue. UNLESS – you are several retaining water, then once you increase water intake you will lose the water being retained. This can be as much as 10 -20 pounds.

Exercise and Healthy Eating the First Priority

The aim of an exercise program is to lose fat without losing muscle and without reducing metabolic rate. The exercise needs to be customized to fitness level and to specific goal of fat loss.

Together aerobic exercise and resistance training are the ideal combination of exercise to achieve fat loss and it should be part of your lifestyle.

Aerobic Exercise

Aerobic exercise metabolizes calories and raises the metabolic rate. The heart rate needs to be raised to a comfortable level for 20 - 30 minutes at least 3 times per week. By exercising aerobically, calories will be burnt at a rate of 300 + per hour depending on your weight and fitness level.

If you consider that just 1 pound of body fat has approx. 4,100 calories, then you can get a rough idea, of just how long it will take to shed those extra pounds permanently. Look again at how long it took to put them on, normally years or a complete lifetime of your own bodily abuse.

The debate of how hard to work: Personally I recommend that you work at a level that you know that you can maintain for a minimum of 20 to 30 minutes.

The debate comes in, when various fitness bodies suggest training at a high heart rate 75/90 % of max, for short periods or 55/80 % of maximum heart rate for easier longer periods.

I'm no scientist, but I have tried both methods on a number of clients, and have found like most things in life, it may work for one person but not necessary for another.

In short try both methods, unless you are a complete beginner to fitness, in which case I would recommend training at a steady pace for as long as comfortably possible.

Aerobic exercise will also raise the metabolic rate for approx. 24 hours after you have finished training. This helps to burn up extra calories and prevents the metabolic rate declining.

Resistance (or weight) Training

Look in the section on this web site dealing with weight training for guidelines, or speak to a qualified trainer to aid you in both the correct exercises and techniques for yourself.

Inactive people lose about 10 % of their muscle mass every 10 years after the age of 25. However with regular resistance training it is possible to regain this muscle mass.

Resistance training should be carried out 2-3 times per week for approx. 30 minutes. Although not generally effective as aerobic training for burning calories, resistance training will still burn about 250-500 calories per hour and will raise metabolic rate.

Don't feel that by doing weight training that you will develop a body that resembles a body builders, as these men and women spend a great deal of their

time as well as strict diets and grueling weight sessions to achieve the physiques that they have.

Another important point is that muscle will not turn into fat, if you stop training. The muscle tissue will naturally break down and shrink in size.

Important point because lean muscle tissue weighs more than body fat, your actual body weight may stay the same, during the early stages of your new lifestyle regime.

Don't be alarmed, the weight will come off, however if it does not, your overall ratio of body fat compared to lean muscle tissue, will certainly be in a healthier ratio.

Try and avoid using the scales, unless they can monitor your body fat as well, instead measure your body at various points e.g. your hips, chest, stomach and thighs. Using an item of clothing is also a good way to measure yourself, as with a bit of time and dedication, you will find that the clothing fits you properly.

Healthy Eating

Good nutrition is very important for fat loss, and focusing on health and health promoting foods is far more productive than focusing on fat loss and denial of favorite foods.

Adopting a whole food diet, avoiding salt, fat, sugar, additives, preservatives, processed and refined foods, needs to become part of a life style change.

By increasing natural foods with a high fiber and water content (fruit and vegetables) more food can be eaten to appease the appetite without gaining weight.

A whole food diet also has a much higher vitamin and mineral content than a typical diet containing processed and refined foods. Dieting is such a negative term – I like to think of it as “eating to lose weight.”

The following charts compare the caloric value and expenditure values of different foods and activities respectively. It is important to realize just how much work is required to burn off certain foods. For instance, to burn the amount of calories in a chocolate chip cookie, it requires a person to walk vigorously for over 20 minutes. A cookie has a caloric value of 110 calories. A person must walk for a 20 minute time period to burn off that one cookie.

Articles to assist you with your training from StewSmith.com

Depleting your body of water will create a loss of weight, but it is ONLY water weight. This weight will come back as soon as you drink or eat again. We used to

do this when I was on the wrestling team, and it worked for a few pounds to cut to competing weight, BUT I would never recommend anyone to do this type of desperate weight loss.

Here is what happens when you start sweating out all the water in your body. Dehydration in your body results in several ways – sweating profusely, excessive excretion from diuretics and laxatives are the few you named. Your body is over 75% water and needs this percentage to remain close to that amount in order to function properly.

Sweat is not only water, but salt and electrolytes. These compounds help regulate nerve and muscular function. Without them entire systems start to break down and this can be fatal. Also, once you stop sweating, there is no mechanism in your body to regulate body temperature and you could overheat and die from heat stroke.

Removing additional water from your digestive system by diuretics and laxatives causes the kidneys to overwork and eventually stop functioning. When this occurs the liver assists the body in excretion waste products (if it can) and it stops with its primary mission of metabolizing fat as an energy source. So in a nutshell, you shut down your entire metabolism and your body tries desperately to cling onto any remaining water and fat. This actually can cause the opposite desired affect – your body now is retaining water and fat just to survive.

This process is a vicious cycle. The true way to burn fat and lose weight for the long term is to actually drink water plus exercise. I usually drink over a gallon of water a day but I exercise for more than two hours a day usually. I would recommend 2-3 quarts for women and 3-4 quarts for men per day of water to see huge results in weight loss. The equation looks like this:

$$\text{Fat loss} = \text{water} + \text{oxygen (from cardio vascular exercise)}$$

Typical and safe weight loss amounts range from 2-3 pounds per week from using this formula. Any weight loss more than that and you are losing water weight – which will come back as quickly as it left.

<http://www.stewsmith.com/stewsmithlinks.htm>

Frequently asked questions

Run Faster?

A few requested workouts for their two or three mile PFT runs (Army / Marine Corps respectively) and several were runners who compete in 5K and 10K races on the weekends. These distances use relatively the same training philosophy - short distance, faster pace.

The Four mile track workout has worked for many military and short distance runners for years. This workout is basically interval training. Interval training means you run at a certain pace for a particular distance then increase the pace for a certain distance. The Four mile track workout is broken into 1/4 mile sprints and jogs and 1/8 mile sprints and jogs for a total of four miles. The workout goes as follows:

4 Mile Track Work

Jog - 1 mile in 7:00 - 8:00

Three sets of:

Sprint-1/4 mile in

Jog - 1/4 mile in 1:45

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile 1:00

Do this workout without walking to rest. The only rest you will receive is during your slower jogging pace. Try to catch your breath while you jog. Have fun with this one - it is tough.

Another good speed workout is called REPEATS. Simply run a certain distance as fast as you can a specified number of times. This time you get to walk to recover and catch your breath before the next sprint. You can try one of the following distances for a challenging workout:

MILE REPEATS - 1 mile x 4

1/2 MILE REPEATS - 1/2 mile x 6

1/4 MILE REPEATS - 1/4 mile repeats x 12

1/8 MILE REPEATS - 1/8 mile repeat x 16

(Walk half the distance you run as rest)

Finally, if you have not had enough, you can try mixing shorter jogs and sprints together for a longer period of time. This type of training is great for building the speed and endurance needed for any of the PFTs or 5 or 10K races. I call them SPRINT / JOGS. Simply run about 50 yards as fast as you can then jog 50 yards fairly slow in order to catch your breath. I like doing this one where

telephone poles line the road so I can just sprint form one telephone pole then jog to the next.

Sprint / Jogs
50 yd sprint / 50 yd jog
for 10, 20 , 30 minutes

All of these workouts are fantastic ways to get faster but build the needed endurance which most sprinters lack.

Frequently Asked Questions

I want to ace my next physical fitness test - can you help me?

Every six months military personnel line up to take their physical fitness tests (PFT). Though each service differs in testing exercises and measuring criteria, most military personnel labor over this event for several weeks prior. But for those who properly prepare themselves, the PFT can be just another workout.

Here are the exercises of all the service's PFTs and helpful tips to increase your overall score on test day:

Test yourself - The anxiety felt by most service members is largely due to performing within a time limit. The more your workouts are timed the better you are at "pacing" yourself, thus eliminating most anxiety.

Pullups - During the pullup and pushup test, you want to perform these as fast as possible while adhering to the proper form and technique. Also, look straight up at the sky in order to use your back muscles more for pullups.

Recommended workout - pyramid workout. Start off with just one pullup for the first set, two pullups for the second set and continue up the pyramid by adding one pullup for every set possible. When you can no longer continue, repeat in reverse order until you are back to just one pullup. (ex. 1,2,3,4,5,6,5,4,3,2,1)

Pushups - Placing your hands in the wrong position can seriously effect your maximum score. A perfect location for your hands is just outside shoulder width. This position enables the chest, shoulders and triceps to be equally taxed. Keep hands at shoulder height when in the up position. Your pushups will be weakened if your hands are too low, wide, close or high. Also, only exert yourself on the UP part of the pushup, allowing gravity to take you to the DOWN position.

Recommended workout - Try 5 sets of maximum pushups in five 1:00 periods.

Curl-ups (situps) - This is an exercise you need to pace. Most people burn out in the first 30 seconds with 30 curl-ups accomplished, only able to perform another 20 or so curlups within the next 1:30. By setting a pace at, for instance, 20 situps every 30 seconds, you can turn your score of 50-60 to 80 with

very little effort. Also, only exert yourself on the UP part of the situp, allowing gravity to take you to the DOWN position.

Recommended workout - Try timing yourself with 5 sets of 30 seconds, setting your pace to your goal. A good pace is 20 situps in 30 seconds - totaling 80 in two minutes.

Timed run - PACE - The most important thing is to not start off too fast. Learn your pace and set your goal by pacing yourself to the finish. For instance, if your goal is to run the 2 mile run in 14:00, you must run a 7:00 mile or a 1:45 - 1/4 mile. Focus on breathing: I like to take three steps INHALE and three steps EXHALE. This allows for all the CO2 to exit your lungs and the O2 to go to your lungs and legs. Relax your upperbody while you run as well.

Recommended workout - You can decrease your run time by simply running 1/4 mile runs at your desired goal pace. Run 1/4 mile repeats with 30-45 seconds rest periods for the distance of your PFT.

Remember to take big deep breaths, relax your upperbody and slightly bend your arms. Do not run flat footed. Run with your heel contacting the ground first then roll across your foot to your toe. (heel -toe contact)

Performing Pullups

The pull-up is one of the most challenging exercises. If you are 10 to 20 pounds overweight, it can seriously affect your ability to do any pull-ups. But there is good news: I have several clients of both genders and all ages who, with just a few months of training, have gone from not being able to do a single pull-up to doing 10 perfect dead hang pull-ups!

The common denominator between men and women who can do pull-ups is that they practice them regularly. The best way to train to increase the number of pull-ups you can do is simply to do pull-ups until you are exhausted every other day. If you want to get started doing pull-ups or work your way up to doing more, here are some methods to try:



-- **Assisted pull-up.** This is a pull-up I learned at Army Airborne School, where they had a lower bar about 4 feet from the ground for soldiers who couldn't do a pull-up. Soldiers sit on the ground, extend their arms to the bar and pull their chin over the bar leaving their feet on the ground. This method reduces the weight being pulled up by 40 to 50 percent. It's tougher than it sounds, but it can be your first step to doing a real pull-up. You can also do this with a pullup / dip bar machine using the dip bars as your assisted pullup bars.



-- **Lat pull-downs.** This exercise is basically the same as a pullup except it is done with a machine that you can find in most weight rooms. Simply sit under a hanging bar attached to a stack of weights and pull the bar just below your chin. It is best to choose a weight that is roughly 40 to 50 percent of your body weight. Do as many repetitions as you can for at least three sets.

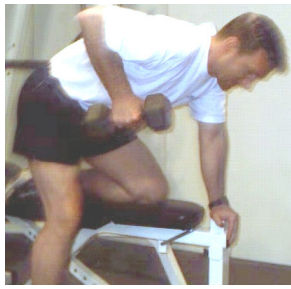


Negative pull-ups. This is the last step in accomplishing your first pull-up -- or doubling your present maximum. It is also the way to build your endurance for the FLEXED ARM HANG. Hold your self in the flexed arm hang position for 10 seconds, then you must fight gravity and slowly lower yourself down to the count of five seconds.



-- **Biceps curl.** - Get two dumbbells weighing 10 to 30 pounds. Keeping your elbows stationary and your palms facing away from you, bend your elbows so your hands move from your hips to your shoulders. Repeat for three sets of 10 to 15 repetitions.

--**Bent over rows.** This dumbbell routine will help develop your biceps and your upper back muscles required for performing pull-ups. Repeat for three sets of 10 to 15 repetitions.



Only do pull-ups a maximum of three times a week -- not every day. Every other day is recommended. This will help you rest your back and arm muscles properly and prevent over-training.

Supplemental Running Plan - OPTIONAL

I developed a Six Week Running Program you can download for free to help you with achieving your running goal whether it is to run a faster 5-10km run or ace a PFT run in the military or in law enforcement.

It never fails – unless you are a cross-country runner or track star in high school or college – you will probably have a problem with running a timed run at an above average pace. The reasons for this can range from being a little heavier and stronger in the upper body to never having run timed runs. And if you were a football player or basketball you may consider long distance running anything in the 1 mile range.

The truth is anyone can be a faster runner – it takes time, hard speed work, flexibility, and in some cases weight loss will help more than anything. I developed a six week running program you can download for free at (www.stewsmith.com/6weekrunningplan.pdf). This eBook running program supplement is designed to assist with increasing speed, endurance, and flexibility. The program is also designed to be added as a supplement to your current workout program which can either replace the running in your program all together or you add this program to your present workout regimen increasing the mileage per week to a higher level. Naturally, that choice is yours and I would recommend adding this program to your present program ONLY if you have been running at least 15-20 miles a week.

This workout is created to help people go from a 9:00 mile pace to a 6-7 minute mile pace so you can score better on the 2 mile timed run of the Army, the 3 mile

timed run of the Marine Corps, or the 1.5 mile timed run of the Navy, Air Force, Coast Guard, and nearly one-half of the States Law Enforcement Academies.

When running daily or several times a week – you must follow all stretches thoroughly and do each of them for at least 15 seconds each. This should take only 5:00-10:00 but it is very important not to miss stretching before and after running workout.

Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. Good luck with the plan and if you need help with any fitness related questions please feel free to email me at stew@stewsmith.com.

Testing week can be a difficult week. Deciding to train hard all week or to rest and recover for the upcoming test is always a touch choice. But you will be better off if you follow the final chart of this book. It is designed to keep you flexible, well hydrated and fully energized so you perform at your highest level on PFT day.

For more info read the PFT related articles on
www.stewsmith.com/sitemap.htm

Some to read are:

PFT Anxiety

Ace the PFT

PFT - Prepare for the Transition

PFT in one Week

PFT in One Month

Drop your run pace by 2:00/mile

Mastering Military Swimming tests

And many more...

Testing Week Plan
Monday

Treadmill or track
work:

Repeat 6 times
Run ¼ mile in 90
seconds
Walk 1:00

Tuesday

5:00 warmup
stretch

Repeat 10 times

Jumping jacks - 20
Pushups – 10
Situps – 20
Chinups - 5
stretch

*Use knee pushups
when you fail to get
10 x 10 pushups and
crunches when you
fail on situps

Wednesday

Warmup – stretch 5:00 prior to test

500 yd swim freestyle
1.5 mile timed run

stretch legs and arms before and after run -

Weekday prep work:

All week drink at least a gallon of water
everyday

Eat low fat foods / no junk

Thursday night – pasta, lean proteins,
complex carbs like green leafy salads,
spinach etc...water

Friday AM – small breakfast of fruit / little
protein like yogurt. I personally like to eat
an apple, carrot (raw), and a banana prior to
testing..1 hour prior..

Lay off water last hour..but sip Gatorade
throughout event

Relax!! Breathe deep use the adrenalin to
your advantage.

www.stewsmith.com/linkpages/pftanxiety.htm

Thursday

Day off

fullbody stretch

Super hydrate – 1
gallon of water at
least

Friday

5:00 warmup
stretch

TEST DAY Good
luck

Pushups – 2:00

Rest 2:00

Situps 2:00

Rest 2:00

Pullups – max reps

Chinups – max reps

500yd Swim

25yd U/W swim x 4

200yd buddy tow

Run 1.5 miles timed

Saturday

5 mile timed run

1000m hypoxic
pyramid 10 x 100m

□

