

## NAVAL SPECIAL WARFARE PHYSICAL TRAINING GUIDE

**T**he Naval Special Warfare Physical Training Guide is designed to assist anyone who wants to improve his fitness in order to take and pass the Physical Screening Test (PST) and succeed at Basic Underwater Demolition/SEAL (BUD/BS).

This guide provides information about the type of training required to properly prepare for the rigors of BUD/BS, and it offers a tailorable 26-week training plan that should help a person with average fitness prepare for training and avoid injury.

Set-ups as they are necessary for success at BUD/BS. Cross-training such as cycling, rowing and hiking is useful to rehabilitate an injury, to add variety or to supplement your basic training.

Work to improve your weakest areas. If you are a

# Naval Special Warfare Physical Training Guide

**Sabine Zange**



## **Naval Special Warfare Physical Training Guide:**

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