

NAVY SEALS CATEGORY I WORKOUT

Running Schedule I

Week	Exercise	Total Miles Per Week
1 & 2	2 miles/M/W/F 8:30 pace	6 miles
3	No running. High risk of stress fractures	0 miles
4	3 miles/M/W/F	9 miles
5 & 6	2/3/4/2 miles /M/W/Th/F	11 miles
7, 8 & 9	4/4/5/3 miles /M/W/Th/F	16 miles

Your goal is to work up to 16 miles per week of running. After you've achieved this goal, move on to the Category II workout and build up to 30 miles per week.

Physical Training Schedule I (Monday/Wednesday/Friday)

Week	Sets of Repetitions
1	4x15 push ups 4x20 sit ups 3x3 pull ups
2	5x20 push ups 5x20 sit ups 3x3 pull ups
3 & 4	5x25 push ups 5x25 sit ups 3x4 pull ups
5 & 6	6x25 push ups 6x25 sit ups 2x8 pull ups
7 & 8	6x30 push ups 6x30 sit ups 2x10 pull ups
9	6x30 push ups 6x30 sit ups 3x10 pull ups

Swimming Schedule I (sidestroke with no fins 4-5 days/week)

Week	Workout
1 & 2	Swim continuously for 15 minutes
3 & 4	Swim continuously for 20 minutes
5 & 6	Swim continuously for 25 minutes
7 & 8	Swim continuously for 30 minutes
9	Swim continuously for 35 minutes

If you don't have access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim every day that's available.

Your goal is to work up to 200 meters each session, four to five times a week. In addition, be sure to develop your sidestroke on both the left and right side. Try to swim 50 meters in one minute or less.