

Service Career Center

SOF PREP MANUAL

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r/MilitaryPrep

CORE BELIEFS:

1. Fancy doesn't work.
2. Bad reps don't count.
3. Give it your all or don't bother showing up.

DISCLAIMER:

SELECTION IS GOING TO BREAK YOU DOWN. THIS IS NOT SELECTION. YOU WILL BE SORE BUT YOU SHOULD NOT GET INJURED. IF YOU ARE INJURED, STOP AND RECOVER.

THESE WORKOUTS ARE NOT SELECTION WORKOUTS. THESE ARE PST WORKOUTS. THESE WORKOUTS ARE TESTED AND PROVEN TO WORK. MANY CANDIDATES HAVE USED THESE WORKOUTS TO PREPARE FOR THE PST AND CRUSHED IT.

WE CAN GIVE YOU THE WORKOUTS, BUT CANNOT DO THEM FOR YOU. INTEGRITY. EVERY REP IS ON YOU. YOU'RE ONLY CHEATING YOURSELF. THESE WORKOUTS WILL NOT LAST ALL DAY SO KEEP YOUR DAY JOB FOR NOW. ITS ALL ABOUT QUALITY NOT QUANTITY.

THINGS TO KNOW:

-BEFORE EVERY WORKOUT, DO A DYNAMIC WARM-UP. AFTER EVERY WORKOUT, DO A STATIC STRETCH.

-TRACK WORKOUT:

FOR EVERY REP, AIM TO FINISH ON THE EXACT TIME STATED AND FULLY RECOVER BETWEEN EACH REP. THIS WILL TEACH YOU WHAT A 6:00 PACE FEELS LIKE.

WARM-UP

2 X 200 @ 1:30 PACE

2X400 @ 3:00 PACE

2X 200 @ SPRINT (AIM FOR 1:00)

-RUNS:

MOST RUNS WILL BE INTERVAL RUNS. 3 MI MEDIUM PACE W/ 4X100 YD SPRINTS MEANS THAT THE OVERALL RUN WILL BE 3 MILES AT A MEDIUM PACE. DURING THAT RUN, DO FOUR 100 YARD SPRINTS WITHOUT STOPPING. IDEALLY YOU WILL BE GOING FROM A MEDIUM PACE TO AN ALL OUT SPRINT AND BACK TO A MEDIUM PACE. THAT MEDIUM PACE IS USED AS YOUR REST. YOUR MEDIUM PACE WILL GET FASTER VERY QUICKLY. RECORD YOUR OVERALL TIME.

THERE IS NO REASON TO RUN MORE THAN 20-25 MI A WEEK MAX. REMEMBER, QUALITY NOT QUANTITY. IF YOU ARE RUNNING LESS THAN 20-25MI A WEEK, ONLY INCREASE MILEAGE BY 2 MI A WEEK. UNTIL YOU WORK UP TO 20-25 MI A WEEK, REPLACE A RUN OR 2 A WEEK WITH A SWIM.

EXAMPLE: WEEK 1= 10 MI

WEEK 2= 12 MI

SWIMS:

ITS ALL TECHNIQUE. DO YOURSELF A FAVOR AND BE SMOOTH IN THE WATER. WORK SMARTER NOT HARDER. IT WE HIGHLY ENCOURAGE YOU TO ATTEND A POOL DAY TO WORK ON YOUR TECHNIQUE. SWIMS WILL FOLLOW THE SAME PATTERN AS INTERVAL RUNNING. 500M WILL SEEM LIKE A SHORT SWIM IN NO TIME.

MAX REP WORKOUTS:

MAX REP WORKOUTS ARE AS MANY REPS THAT YOU CAN DO WITHOUT A TIME LIMIT. IF IT'S PUSHUPS, GO UNTIL YOU CANNOT HOLD YOURSELF UP ANYMORE. THESE ARE USUALLY 10 SETS. RIGHT DOWN HOW MANY REPS THAT YOU GOT ON THE FIRST SET AND TRY TO BEAT IT ON THE NEXT SET. SPREAD THE 10 SETS THROUGHOUT THE DAY. THE REST OF THE WORKOUT CAN BE DONE AT THE SAME TIME IN A CIRCUIT FORMAT BUT ONLY AS FAST AS YOU CAN DO PERFECT REPS.

4 Pillars of Mental Toughness

The 4 pillars of mental toughness are an absolute necessity to helping you excel mentally in your physical tests. You may already be using several of these Pillars without even knowing it, but the real advantages come when you combine all of them together.

1. Goal Setting

-Set clear, tangible short and long term goals. Example: Make it to breakfast, make it to lunch etc. On a long hike it could be: make it to the next water break, tree, top of the hill. You need to eat the elephant one bite at a time so you don't get overwhelmed

2. Visualization

-This is how to get your reps in during downtime. It can be used to practice making your bed, disassembling your rifle, marching, etc. Get in a quiet place and go through every step in detail of the task that you are trying to improve on. Mimic the steps with your hands while you visualize.

3. Positive Self Talk

- What leaves your mouth is in your heart. You need to be your biggest critic but also your biggest fan. Your body produces chemicals in your brain according to your thoughts. When you are in the middle of a hard workout, smile and encourage yourself. This will drastically improve your performance vs the opposite.

4. Arousal Control

-You cannot let your thoughts get away from you. In stressful moments, control your breathing. If you control your breathing, you will control your emotions. During stressful periods of time, IE boot camp, find ways to decompress. This can be praying, meditating, singing, or playing catch with a buddy. Never let a bad thought complete itself.

Practice

The 4 Pillars of Mental Toughness are harder to memorize than they are to put into practice. You are likely already doing one or more of them but put them all together and really see the effect. On your next hard run, practice using all 4 pillars. Example: If your run is 1 mile long

Goal Setting: Set a timed goal for this run. If your goal is 10 minutes for your overall run, chunk it up. $\frac{1}{4}$ mile is 2:30 minutes, half mile is 5 min, $\frac{3}{4}$ mile is 7:30.

Visualization: Visualize yourself running before you even start. Visualize getting your shoes on, warming up, the start, running the course and finishing on time

Positive Self Talk: Pump yourself up throughout the run. Focus on hitting your goal for each checkpoint and celebrate while running when you do so. If you miss the mark, stay positive and pick it up but don't get negative.

Arousal Control: Keep your breath. Breathe in through nose and out your mouth and get in a rhythm. Breathe to a favorite song or to the cadence of your feet hitting the ground IE in for 3 steps, out for 3 steps. Keep this going as long as possible during your run

DAY 1:

-PST
SWIM:
PUSHUPS:
SITUPS:
PULLUPS:
RUN:

DAY 2:

10 X MAX PUSHUPS
7X7 PULLUPS
5X30 4- COUNT FLUTTERS (NO HANDS)
5X20 LEG LEVERS (NO HANDS)
RUN 3 MI W/4 300 YD SPRINTS (TIME:)

DAY 3:

10X MAX REPS SIT-UPS IN 2 MIN
10X5 PUSHUPS (SLOW 4 COUNT DOWN, 4 COUNT UP)
5X5 PULLUPS (RAPID FIRE, REST ONLY AS LONG AS IT TAKES
A BUDDY TO DO 5 PULLUPS)
TRACK WORKOUT

DAY 4:

10X MAX REPS PULLUPS

10X20 PUSH-UPS

10X MAX SIT-UPS IN 15 SEC

RUN 4 MI W/ 4 100YD SPRINTS (TIME:)

DAY 5:

RUN 6 MI MEDIUM PACE (TIME:)

6X50 PUSHUPS

5X5 PULLUPS (4 COUNT UP, 4 COUNT DOWN)

5X15 FLUTTERS (4-COUNT, NO HANDS)

3X40 LEG LIFTS (NO HANDS)

DAY 6:

3 MI SLOW- MED PACE RECOVERY RUN (OVERALL TIME:
)

SWIM: 200YD WARM-UP

 4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER
LAP, KICK AND GLIDE)

 4X50 FULL STROKE (LEAST AMOUNT OF STROKES
PER LAP, GLIDE)

 3X100 @ 1:36 PACE REST 1 MIN BETWEEN EACH

 2X200 @ 3:12 PACE REST 2 MIN BETWEEN EACH

 4X50 ALL OUT SPRINT FOR TIME REST 1 MIN
BETWEEN EACH

 200YD COOL DOWN

DAY 7:

REST DAY. THIS DOESN'T MEAN SIT ON THE COUCH ALL DAY. DO SOMETHING FUN. SURF, FISH, HUNT WHATEVER IT IS THAT YOU DO TO RESET YOURSELF FOR THE NEXT 6 DAYS OF WORKING OUT. AND THEN STRETCH.

DAY 8:

RUN 3 MI W/ 5 100 YD SPRINTS (TIME:)
5X50 SITUPS
5X60 PUSHUPS (SPREAD THEM THROUGHOUT THE DAY IF YOU HAVE TO)
5X30 4 COUNT FLUTTER KICKS
100 PULLUPS (MIX THE GRIP)

DAY 9:

TRACK WORKOUT
PULLUPS 20X4 QUICKLY, LITTLE REST
SIT UPS: 4X MAX IN 2:00
PUSHUPS 6X50
SWIM: 200 YD WARM-UP
 4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP, KICK AND GLIDE)
 4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER LAP, GLIDE)
 3X300 @ 4:48 REST 2 MIN BETWEEN EACH
 3X100 @1:36 REST 1 MIN BETWEEN EACH
 4X50 SPRINT
 200 YD COOL DOWN

DAY 10:

RUN 6 MI MEDIUM PACE (TIME:)
PULLUPS: 10X8
SIT-UPS: 5X40
PUSHUPS: 5X10 SLOW (4-COUNT UP, 4-COUNT DOWN)
4 COUNT FLUTTER KICKS 4X20 (NO HANDS)

DAY 11:

SWIM 200 YD WARM UP
 4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP,
KICK AND GLIDE)
 4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER
LAP, GLIDE)
 1X600 YD MEDIUM PACE
 4X50 YD SPRINT REST 1 MIN BETWEEN EACH
 200YD COOL DOWN

PULLUPS 10X6
PUSHUPS 10X30
SITUPS 10X40

DAY 12:

RUN 4MI W/ 2X400YD SPRINT (TIME:)
350 PUSHUPS ANY WAY YOU CAN
7X7 PULLUPS RAPID PACE (REST ONLY AS LONG AS IT TAKES
A BUDDY TO DO 7 PULLUPS)
5X100 SITUPS

DAY 13:

TRACK WORKOUT

PULLUPS 5X5 W/ 30-40LB WEIGHT VEST OR DUMBBELL

PUSHUPS 10X 25 REPS IN 30 SEC (FINISH THE 25 REP @ 30 SEC)

SITUPS 2X MAX REPS IN 1 MIN

5X MAX REPS IN 30 SEC

5X MAX REPS IN 15 SEC

5X MAX REPS IN 5 SEC

4 COUNT FLUTTER KICKS 4X20 (NO HANDS)

DAY 14:

REST DAY. HAVE SOME FUN.

DAY 15:

RUN 4 MI W/ 3 200 YD SPRINTS (TIME:)

5X60 PUSHUPS

3 X 100 SITUPS

7X7 PULLUPS RAPID FIRE (REST ONLY AS LONG AS IT TAKES A BUDDY TO DO 7 PULLUPS)

3X40 LEG LEVERS (NO HANDS)

DAY 16:

TRACK WORKOUT

100 PULLUPS ANY WAY YOU CAN

10X30 PUSHUPS
10X50 SITUPS

DAY 17:

SWIM: 200 YD WARM-UP

4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP,
KICK AND GLIDE)

4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER
LAP, GLIDE)

5 X 100 @ 1:36 PACE REST 1 MINUTE IN BETWEEN
EACH 100

8X50 SPRINT REST 1 MIN BETWEEN EACH

1,000 SITUPS ANY WAY YOU CAN

DAY 18:

RUN 5 MI MED PACE W/ 5 100 YD SPRINTS (TIME:)

5 X MAX PUSHUPS IN 2:30

5X30 SITUPS

5X5 PULLUPS RAPID FIRE, TWO TIMES THROUGH

DAY 19:

RUN 3 MI W/ 3 200 YD SPRINTS (TIME:)

6X10 PULLUPS (FAST UP, PAUSE 2 SEC AT THE TOP, SLOW DOWN)

SITUPS 2X MAX REPS IN 1 MIN

5X MAX REPS IN 30 SEC

5X MAX REPS IN 15 SEC

5X MAX REPS IN 5 SEC

4 COUNT FLUTTER KICKS 3X30 (NO HANDS)

5X10 PUSHUPS (SLOW 5 COUNT DOWN, FAST UP)

DAY 20:

TRACK WORKOUT

SWIM: 200 YD WARM-UP

4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP, KICK AND GLIDE)

4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER LAP, GLIDE)

600 YD @ 9:30

3X100 SPRINT FOR TIME

200 YD COOL DOWN

300 PUSHUPS

60 PULLUPS

300 SITUPS

DAY 21:

REST DAY

DAY 22:

TRACK WORKOUT

5X MAX PUSHUPS IN 2:30

5 X 70 SIT- UPS
7X7 PULLUPS RAPID FIRE

DAY 23:

SWIM: 200 YD WARM-UP
4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP,
KICK AND GLIDE)
4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER
LAP, GLIDE)
1000YD MEDIUM PACE
4 X100 SPRINT
200 YD COOL DOWN

DAY 24:

RUN 4MI W/ 3 X 200 YD SPRINTS (TIME:)
5X MAX SIT-UPS IN 2:30
100 PULLUPS
5 X 25 PUSHUPS IN 30 SEC. (FINISH @ 30 SEC)

DAY 25:

RUN 2 MI FOR TIME (TIME:)
5 X 25 SIT-UPS IN 30 SEC (FINISH @ 30 SEC)
5X MAX PULLUPS
5X 15 PUSHUPS SLOW (4 COUNT DOWN, 4 COUNT UP)

DAY 26:

SWIM: 200 YD WARM-UP

4X50 KICK ONLY (LEAST AMOUNT OF KICKS PER LAP,
KICK AND GLIDE)

4X50 FULL STROKE (LEAST AMOUNT OF STROKES PER
LAP, GLIDE)

2X 600 YD FOR TIME

200 YD COOL DOWN

DAY 27:

TRACK WORKOUT

5X40 PUSHUPS

5X40 SIT-UPS

5X5 PULL-UPS

DAY 28:

2 MI RUN MEDIUM PACE

3X20 PUSHUPS

3X20 SIT-UPS

3X8 PULL-UPS

DAY 29: REST DAY

DAY 30: REST DAY

DAY 31:

PST: SWIM:

PUSHUPS:

SITUPS:

PULLUPS:

SWIM: