

# DIVE NAVY

ELITE COMMUNITY OF DIVERS

## 20 WEEK WORKOUT PROGRAM



AMERICA'S  
**NAVY**  
FORGED BY THE SEA



# PRE AND POST WORKOUT INFO

Prior to training, always perform a dynamic warm up. After training, perform a cool down/recovery period.

## DYNAMIC WARM UP

- Knee pull to chest
- Quad stretch
- Cradle stretch
  
- Atlas lunge
- Spiderman lunge
- Alternating side lunge
  
- Single leg Romanian deadlift
- Inchworms
- High kicks
  
- Butt kickers
- High knees
  
- Bear crawls
- Reverse bear crawls
  
- High knee karaoke (L)
- High knee karaoke (R)
  
- Skip for height
- Skip for distance

## COOL DOWN/RECOVERY

- (Common areas of concern)
- Foam Roll for 30 - 90 seconds:
- Hip flexors
  - Upper glutes
  - TFL
  - Gastrocnemius/Soleus muscles
  - Pectoral muscles
- Static stretches for 30-90 seconds
- Chest stretch (door stretch)
  - Half kneeling hip flexor stretch
  - Pigeon pose stretch
  - Wall puch calf stretch
- Any additional stretching/rolling

Additional exercises and/or training days can be added, however allow 48 hours of recovery time between complex movements such as bench press, deadlift, shoulder press, etc.

Reps	1	2	3	4	5	6	7	8	9	10	11	12	15
% of 1 Rep Max	100	95	93	90	87	85	83	80	77	75	70	67	65



# STRENGTH PROGRAM

## Week 1

### Monday

A1 Bench Press 3 sets x 12 reps  
 A2 Dumbbell Row 3 sets x 12 reps each  
 A3 Sit Ups 3 sets x 10 reps each  
 A4 Broad Jump 3 sets x 3 sets

B1 Pull Ups 3 sets x 4-6 reps  
 B2 Push Ups 3 sets x 10 reps  
 B3 High Plank/Low Plank 3 sets x 20 sec  
 B4 Alternating Supermans 3 sets x 10 each

### Wednesday

A1 Deadlift 3 sets x 12 reps  
 A2 Lunge 3 sets x 10 reps each  
 A3 Side Plank 3 sets x 20 sec each  
 A4 Band Pull Aparts 3 sets x 10 reps

B1 Squat 3 sets x 12 reps  
 B2 Shoulder Press 3 sets x 10 reps  
 B3 Glute Bridge 3 sets x 10 reps  
 B4 Flutter Kicks 3 sets x 10 reps each

### Friday

A1 Push Up 8 reps  
 A2 Sit Up 8 reps  
 A3 KB Swing 8 reps  
 A4 Pall of Press 8 each  
 A5 Split Squat 8 each  
 A6 Band Rows 8 reps

30 mins

## Week 2

### Monday

A1 Bench Press 3 sets x 12 reps  
 A2 Dumbbell Row 3 sets x 12 reps each  
 A3 Sit Ups 3 sets x 10 reps each  
 A4 Vertical Jumps 3 sets x 3 reps

B1 Pull Ups 3 sets x 4-6 reps  
 B2 Push Ups 3 sets x 10 reps  
 B3 High Plank/Low Plank 3 sets x 20 sec each  
 B4 Alternating Supermans 3 sets x 10 reps each

### Wednesday

A1 Deadlift 3 sets x 12 rep  
 A2 Lunge 3 sets x 10 reps each  
 A3 Side Plank 3 sets x 20 sec each  
 A4 Band Pull Aparts 3 sets x 10 reps

B1 Squat 3 sets x 12 reps  
 B2 Shoulder Press 3 sets x 10 reps  
 B3 Glute Bridge 3 sets x 10 reps  
 B4 Flutter Kicks 3 sets x 10 reps each

### Friday

A1 Push Up 8 reps  
 A2 Sit Up 8 reps  
 A3 Farmers carry 20 seconds  
 A4 Russian Twist 8 each  
 A5 Reverse Lunge 8 each  
 A6 Band Rows 8 reps

30 mins



# STRENGTH PROGRAM

## Week 3

## Week 4

### Monday

A1 Bench Press 3 sets x 12 reps  
 A2 Dumbbell Row 3 sets x 12 reps each  
 A3 Sit Ups 3 sets x 12 reps  
 A4 Broad Jump 3 sets x 3 reps

B1 Pull Ups 3 sets x 4-6 reps  
 B2 Push Ups 3 sets x 12 reps  
 B3 High Plank/Low Plank 3 sets x 20 sec  
 B4 Alternating Supermans 3 sets x 10 reps each

### Monday

A1 Bench Press 3 sets x 12 reps  
 A2 Dumbbell Row 3 sets x 12 reps each  
 A3 Sit Ups 3 sets x 12 each  
 A4 Vertical Jumps 3 sets x 3 reps

B1 Pull Ups 3 sets x 4-6 reps  
 B2 Push Ups 3 sets x 12 reps  
 B3 High Plank 3 sets x 20 sec  
 B4 Alternating Supermans 3 sets x 10 reps each

### Wednesday

A1 Deadlift 3 sets x 12 reps  
 A2 Lunge 3 sets x 10 each  
 A3 Side Plank 3 sets x 20 sec each  
 A4 Band Pull Aparts 3 sets x 12 reps

B1 Squat 3 sets x 12 reps  
 B2 Shoulder Press 3 sets x 12 reps  
 B3 Glute Bridge 3 sets x 12 reps  
 B4 Flutter Kicks 3 sets x 12 reps each

### Wednesday

A1 Deadlift 3 sets x 12 reps  
 A2 Lunge 3 sets x 10 reps each  
 A3 Side Plank 3 sets x 20 sec each  
 A4 Band Pull Aparts 3 sets x 12 reps

B1 Squat 3 sets x 12 reps  
 B2 Shoulder Press 3 sets x 12 reps  
 B3 Glute Bridge 3 sets x 12 reps  
 B4 Flutter Kicks 3 sets x 12 reps each

### Friday

A1 Push Up 8 reps  
 A2 Sit Up 8 reps  
 A3 KB Swing 8 reps  
 A4 Pall of Press 8 reps each  
 A5 Split Squat 8 reps each  
 A6 Band Rows 8 reps

### Friday

A1 Push Up 8 reps  
 A2 Sit Up 8 reps  
 A3 Farmers Carry 25 sec  
 A4 Russian Twist 8 reps each  
 A5 Reverse Lunge 8 reps each  
 A6 Band Rows 8 reps

32 mins

32 mins



# STRENGTH PROGRAM

## Week 5

## Week 6

### Monday

A1 Bench Press 4 sets x 12 reps  
 A2 Dumbbell Row 4 sets x 12 reps each  
 A3 Sit Ups 4 sets x 12 reps  
 A4 Broad Jump 4 sets x 3 reps

B1 Pull Ups 4 sets x 4-6 reps  
 B2 Push Ups 4 sets x 12 reps  
 B3 High Plank/Low Plank 4 sets x 20 sec  
 B4 Alternating Supermans 4 sets x 10 reps each

### Monday

A1 Bench Press 4 sets x 10 reps  
 A2 Dumbbell Row 4 sets x 10 reps each  
 A3 Sit Ups 4 sets x 15 reps  
 A4 Vertical Jumps 4 sets x 4 reps

B1 Pull Ups 4 sets x 5-7 reps  
 B2 Push Ups 4 sets x 15 reps  
 B3 High Plank/Low Plank 4 sets x 25 sec  
 B4 Alternating Supermans 4 sets x 10 reps each

### Wednesday

A1 Deadlift 4 sets x 10-12 reps  
 A2 Lunge 4 sets x 10 reps each  
 A3 Side Plank 4 sets x 20 sec each  
 A4 Band Pull Aparts 4 sets x 12 reps

B1 Squat 4 sets x 12 reps  
 B2 Shoulder Press 4 sets x 12 reps  
 B3 Glute Bridge 4 sets x 12 reps  
 B4 Flutter Kicks 4 sets x 12 reps each

### Wednesday

A1 Deadlift 4 sets x 10 reps  
 A2 Lunge 4 sets x 10 reps each  
 A3 Side Plank 4 sets x 25 sec each  
 A4 Band Pull Aparts 4 sets x 12 reps

B1 Squat 4 sets x 10 reps  
 B2 Shoulder Press 4 sets x 10 reps  
 B3 Glute Bridge 4 sets x 12 reps  
 B4 Flutter Kicks 4 sets x 12 reps each

### Friday

A1 Push Up 8 reps  
 A2 Hanging Leg Raise 8 reps  
 A3 KB Swing 8 reps  
 A4 Pall of Press 8 reps each  
 A5 Split Squat 8 reps each  
 A6 Band Rows 8 reps

### Friday

A1 Burpee 8 reps  
 A2 Sit Up 8 reps  
 A3 Farmers Carry 30 sec  
 A4 Russian Twist 8 reps each  
 A5 Reverse Lunge 8 reps each  
 A6 Band Rows 8 reps

34 mins

34 mins



# STRENGTH PROGRAM

## Week 7

## Week 8

### Monday

A1 Bench Press 4 sets x 10,10,8,8 reps  
 A2 Dumbbell Row 4 sets x 10 rep each  
 A3 Sit Ups 4 sets x 12 reps  
 A4 Broad Jump 4 sets x 4 reps

B1 Pull Ups 4 sets x 5-7 reps  
 B2 Push Ups 4 sets x 12 reps  
 B3 High Plank/Low Plank 4 sets x 25 seconds  
 B4 Alternating Supermans 4 sets x 10 each

### Monday

A1 Bench Press 4 sets x 8 reps  
 A2 Barbell Row 4 sets x 10 each  
 A3 Sit Ups 4 sets x 20 each  
 A4 Vertical Jumps 4 sets x 4 reps

B1 Pull Ups 4 sets x 4-8 reps  
 B2 Push Ups 4 sets x 20 reps  
 B3 High Plank/Low Plank 4 sets x 30 seconds  
 B4 Alternating Supermans 4 sets x 10 each

### Wednesday

A1 Deadlift 4 sets x 10,10,8,8 reps  
 A2 Lunge 4 sets x 10 each  
 A3 Side Plank 4 sets x 25 sec each  
 A4 Band Pull Aparts 3 sets x 12 reps

B1 Squat 4 sets x 10 reps  
 B2 Shoulder Press 4 sets x 10 each  
 B3 SL Glute Bridge 4 sets x 10 reps  
 B4 Flutter Kicks 4 sets x 12 each

### Wednesday

A1 Deadlift 4 sets x 8 reps  
 A2 Lunge 4 sets x 10,10,8,8 reps  
 A3 Side Plank 4 sets x 30 sec rep  
 A4 Band Pull Aparts 4 sets x 12 reps

B1 Squat 4 sets x 10,10,8,8 reps  
 B2 Shoulder Press 4 sets x 10,10,8,8 reps  
 B3 Glute Bridge 4 sets x 12 reps  
 B4 Flutter Kicks 4 sets x 15 reps each

### Friday

A1 Push Up 8 reps  
 A2 Hanging Leg Raise 8 reps  
 A3 KB Swing 8 reps  
 A4 Pall of Press Hold 20 sec  
 A5 Thrusts 8 reps  
 A6 Band Rows 8 reps

### Friday

A1 Ball Slam 5 reps  
 A2 Sit Up 8 reps  
 A3 Farmers Carry 30 sec  
 A4 Russian Twist 8 reps each  
 A5 Overhead Reverse Lunge 8 reps each  
 A6 Burpee to Pull Up 5 reps

36 mins

36 mins



# STRENGTH PROGRAM

## Week 9

### Monday

- A1 Bench Press 4 sets x 8 reps
- A2 Dumbbell Row 4 sets x 10 rep each
- A3 Sit Ups 4 sets x 25 reps
- A4 Broad Jumps 4 sets x 4 reps
  
- B1 Pull Ups 4 sets x 6-8 reps
- B2 Push Ups 4 sets x 25 reps
- B3 High Plank/Low Plank 4 sets x 30 sec
- B4 Alternating Supermans 4 sets x 10 reps each

### Wednesday

- A1 Deadlift 4 sets x 8 reps
- A2 Lunge 4 sets x 8 each
- A3 Side Plank 4 sets x 30 sec each
- A4 Band Pull Aparts 4 sets x 12 reps
  
- B1 Squat 4 sets x 8 reps
- B2 Shoulder Press 4 sets x 8 each
- B3 SL Glute Bridge 4 sets x 12 reps
- B4 Flutter Kicks 4 sets x 15 each

### Friday

- A1 Burpee to Box Jump 4 reps
- A2 Hanging Leg Raise 8 reps
- A3 KB Swing 8 reps
- A4 Russian Twist 8 reps each
- A5 Goblet Squat 8 reps
- A6 Pull Up 4-6 reps

36 mins

## Week 10

### Monday

- A1 Bench Press 4 sets x 8 reps
- A2 Barbell Row 4 sets x 8 reps
- A3 Sit Ups 4 sets x 25 reps
- A4 Vertical Jumps 4 sets x 4 reps
  
- B1 Pull Ups 4 sets x 6-8 reps
- B2 Push Ups 4 sets x 25 reps
- B3 High Plank/Low Plank 4 sets x 35 sec
- B4 Alternating Supermans 4 sets x 10 reps each
- B5 Banded Side Step 4 sets x 10 reps each

### Wednesday

- A1 Deadlift 4 sets x 6 reps
- A2 Lunge 4 sets x 8 reps
- A3 Side Plank 4 sets x 35 sec each
- A4 Band Pull Aparts 4 sets x 15 reps
  
- B1 Squat 4 sets x 8 reps
- B2 Shoulder Press 4 sets x 8 reps
- B3 Glute Bridge 4 sets x 12 reps
- B4 Flutter Kicks 4 sets x 20 reps each
- B5 Banded Clams 4 sets x 10 reps each

### Friday

- A1 Ball Slam 5 reps
- A2 Split Squat 8 reps
- A3 Farmers Carry 30 sec
- A4 Russian Twist 8 reps each
- A5 Push Up to Row 6 reps each
- A6 Jump Rope 30 secs

36 mins



# STRENGTH PROGRAM

## Week 11

## Week 12

### Monday

- A1 Bench Press 4 sets x 4 reps
- A2 Barbell Row 4 sets x 6 rep each
- A3 Sit Ups 4 sets x 30 reps
- A4 Broad Jumps 4 sets x 5 reps
  
- B1 Pull Ups 4 sets x 7-9 reps
- B2 Push Ups 4 sets x 30 reps
- B3 High Plank/Low Plank 4 sets x 35 sec
- B4 Alternating Supermans 4 sets x 10 reps each

### Monday

- A1 Bench Press 3 sets x 10 reps
- A2 Barbell Row 3 sets x 10 reps
- A3 Sit Ups 3 sets x 15 reps
- A4 Vertical Jumps 3 sets x 3 reps
  
- B1 Pull Ups 3 sets x 4-6 reps
- B2 Push Ups 3 sets x 15 reps
- B3 High Plank/Low Plank 3 sets x 25 sec
- B4 Alternating Supermans 3 sets x 10 reps each

### Wednesday

- A1 Deadlift 4 sets x 4 reps
- A2 Lunge 4 sets x 6 each
- A3 Side Plank 4 sets x 35 sec each
- A4 Band Pull Aparts 4 sets x 15 reps
  
- B1 Squat 4 sets x 6 reps
- B2 Shoulder Press 4 sets x 6 each
- B3 SL Glute Bridge 4 sets x 12 reps each
- B4 Flutter Kicks 4 sets x 20 reps each

### Wednesday

- A1 Deadlift 3 sets x 10 reps
- A2 Lunge 3 sets x 10 reps each
- A3 Side Plank 3 sets x 25 sec each
- A4 Band Pull Aparts 3 sets x 10 reps
  
- B1 Squat 3 sets x 10 reps
- B2 Shoulder Press 3 sets x 10 reps
- B3 Glute Bridge 3 sets x 10 reps each
- B4 Flutter Kicks 3 sets x 10 reps each

### Friday

- A1 Overhead Reverse Lunge 8 reps each
- A2 KB Swing 8 reps
- A3 Russian Twist 8 reps each
- 1-2 mins rest
- B1 Burpee to Pull Up 5 reps
- B2 Ball Slam 5 reps
- B3 Plank Plate Slides 10 reps each
- 1-2 mins rest
- C1 Farmers Carry 20 sec
- C2 Push Up to Row 8 reps each
- C3 Feet Elevated Glute Bridge 8 reps

### Friday

- A1 Banded Row 8 reps
- A2 Reverse Lunge 8 reps each
- A3 Single Leg RDL 8 reps each
- A4 Pall of Press 8 reps each
- A5 Banded Push Up 8 reps
- A6 Ball Slams 4 reps

13 mins

30 mins





# STRENGTH PROGRAM

## Week 13

### Monday

A1 Bench Press	5 sets x 10 reps
A2 Sit Ups	5 sets x 20 reps
A3 Broad Jumps	5 sets x 4 reps
B1 Pull Ups	5 sets x 6-10 reps
B2 Push Ups	5 sets x 20 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 10 reps
C2 High Plank/Low Plank	5 sets x 30 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 10 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 30 sec each
B1 Squat	5 sets x 10 reps
B2 Shoulder Press	5 sets x 10 reps
B3 SI Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 10 reps each
C2 Flutter Kicks	5 sets x 20 reps each
C3 Banded Clams	5 sets x 12 reps each

### Friday

A1 Burpee to Pull up	5 reps
A2 Ball Slams	5 reps
A3 Plank Plate Slide	10 reps each
A4 Overhold Reverse Lunge	8 reps each
B1 Push Up to row	8 reps each
B2 Russian Twists	8 reps each
B3 KB Swings	8 reps
B4 Split Squat	8 reps each

20 mins

## Week 14

### Monday

A1 Bench Press	5 sets x 10 reps
A2 Sit Ups	5 sets x 20 reps
A3 Broad Jumps	5 sets 4 reps
B1 Pull Ups	5 sets x 6-10 reps
B2 Sit Ups	5 sets x 20 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 10 reps
C2 High Plank	5 sets x 30 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 10 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 30 sec each
B1 Squat	5 sets x 10 reps
B2 Shoulder press	5 sets x 10 reps
B3 SL Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 10 reps each
C2 Flutter Kicks	5 sets x 20 reps each
C3 Banded Clams	5 sets x 10 reps each

### Friday

A1 Walking Lunges	8 reps each
A2 Burpee to Pull Up	5 reps
A3 Pall of Press	10 reps each
1-2 mins rest	
B1 Dumbbell Row	8 reps each
B2 Single Leg RDL	8 reps each
B3 Hanging Leg Raise	8 reps
1-2 mins rest	
C1 Push Ups	10 reps
C2 Goblet Squat	8 reps
C3 Feel Elevated Glute Bridge	8 reps

14 mins



# STRENGTH PROGRAM

## Week 15

### Monday

A1 Bench Press	5 sets x 8 reps
A2 Sit Ups	5 sets x 25 reps
A3 Broad Jumps	5 sets x 4 reps
B1 Weighted Pull Ups	5 sets x 6-10 reps
B2 Push Ups	5 sets x 25 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 8-12 reps
C2 High Plank/Low Plank	5 sets x 35 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 8 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 35 sec each
B1 Squat	5 sets x 8-12 reps
B2 Shoulder Press	5 sets x 8-12 reps
B3 SI Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 8-10 reps each
C2 Flutter Kicks	5 sets x 25 reps each
C3 Banded Clams	5 sets x 10 reps each

### Friday

A1 Ball Slam	5 reps
A2 Sit Up	8 reps
A3 Farmers Carry	30 s
A4 Russian Twist	8 reps each
A5 Overhead Reverse Lunge	8 reps each
A6 Burpee to Pull Up	5 reps
A7 KB Swing	8 reps

40 mins

## Week 16

### Monday

A1 Bench Press	5 sets x 8 reps
A2 Sit Ups	5 sets x 25 reps
A3 Broad Jumps	5 sets 4 reps
B1 Weighted Pull Ups	5 sets x 6-10 reps
B2 Sit Ups	5 sets x 25 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 8-12 reps
C2 High Plank	5 sets x 35 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 8 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 35 sec each
B1 Squat	5 sets x 8-12 reps
B2 Shoulder press	5 sets x 8-12 reps
B3 SL Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 8-10 reps each
C2 Flutter Kicks	5 sets x 25 reps each
C3 Banded Clams	5 sets x 10 reps each

### Friday

A1 Split Squat	8 reps each
A2 Banded Push Ups	10 reps
A3 6 Inch Leg Hold	30 secs
	1-2 mins rest
B1 Dumbbell Row	8 reps each
B2 Feet Elevated Glute Bridge	8 reps each
B3 Hanging Leg Raise	8 reps
	1-2 mins rest
C1 Push Press	8 reps
C2 Goblet Squat	8 reps
C3 Banded Side Steps	8 reps

15 mins



# STRENGTH PROGRAM

## Week 17

## Week 18

### Monday

A1 Bench Press	5 sets x 6 reps
A2 Sit Ups	5 sets x 30 reps
A3 Broad Jumps	5 sets x 4 reps
B1 Weighted Pull Ups	5 sets x 6-12 reps
B2 Push Ups	5 sets x 30 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 8-12 reps
C2 High Plank/Low Plank	5 sets x 40 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Monday

A1 Bench Press	5 sets x 5 reps
A2 Sit Ups	5 sets x 30 reps
A3 Vertical Jumps	5 sets 4 reps
B1 Weighted Pull Ups	5 sets x 6-12 reps
B2 Sit Ups	5 sets x 25 reps
B3 Banded Side Step	5 sets x 10 reps each
C1 Barbell Row	5 sets x 8-12 reps
C2 High Plank	5 sets x 35 sec
C3 Alternating Supermans	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 8 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 35 sec each
B1 Squat	5 sets x 8-12 reps
B2 Shoulder Press	5 sets x 8-12 reps
B3 SI Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 8-10 reps each
C2 Flutter Kicks	5 sets x 25 reps each
C3 Banded Clams	5 sets x 10 reps each

### Wednesday

A1 Deadlift	5 sets x 5 reps
A2 Band Pull Aparts	5 sets x 12 reps
A3 Side Plank	5 sets x 40 sec each
B1 Squat	5 sets x 8-12 reps
B2 Shoulder press	5 sets x 8-12 reps
B3 SL Glute Bridge	5 sets x 12 reps each
C1 Lunge	5 sets x 8-12 reps each
C2 Flutter Kicks	5 sets x 25 reps each
C3 Banded Clams	5 sets x 10 reps each

### Friday

A1 Burpee to box Jump	5 reps
A2 Farmers Carry	30 sec
A3 Thrusters	8 reps
A4 Pall of Press	8 reps each
A5 Weighted Glute Bridge	8 reps
A6 Pull Ups	4-8 reps
A7 Mountain Climbers	15 reps each

### Friday

A1 Reverse Lunge	8 reps each
A2 Banded Push Ups	10 reps
A3 6 Inch Leg Hold	30 secs
	1-2 mins rest
B1 Dumbbell Row	8 reps each
B2 KB Swing	8 reps
B3 Weighted Sit Up	8 reps
	1-2 mins rest
C1 Push Press	8 reps
C2 Goblet Squat	8 reps
C3 Monster Walks	10 reps

45 mins

17 mins



# STRENGTH PROGRAM

## Week 19

### Monday

- A1 Bench Press 5 sets x 4 reps
- A2 Sit Ups 5 sets x 35 reps
- A3 Broad Jumps 5 sets x 5 reps
  
- B1 Weighted Pull Ups 5 sets x 6-12 reps
- B2 Push Ups 5 sets x 35 reps
- B3 Banded Side Step 5 sets x 10 reps each
  
- C1 Barbell Row 5 sets x 8-12 reps
- C2 High Plank/Low Plank 5 sets x 45 sec
- C3 Alternating Supermans 5 sets x 10 reps each

### Wednesday

- A1 Deadlift 5 sets x 4 reps
- A2 Band Pull Aparts 5 sets x 12 reps
- A3 Side Plank 5 sets x 45 sec each
  
- B1 Squat 5 sets x 8-12 reps
- B2 Shoulder Press 5 sets x 8-12 reps
- B3 SI Glute Bridge 5 sets x 12 reps each
  
- C1 Lunge 5 sets x 8-12 reps each
- C2 Flutter Kicks 5 sets x 25 reps each
- C3 Banded Clams 5 sets x 10 reps each

### Friday

- A1 Burpee to Pull Up 5 reps
- A2 Ball Slams 5 reps
- A3 Plank Plate Slide 10 reps each
- A4 Overhead Reverse Lunge 8 reps each
  
- B1 Pull Ups 8 reps each
- B2 Russian Twists 8 reps each
- B3 KB Swings 8 reps
- B4 Split Squats 8 reps each

23 mins

## Week 20

### Monday

- A1 Bench Press 3 sets x 10 reps
- A2 Barbell Row 3 sets x 10 reps
- A3 Sit Ups 3 sets x 15 reps
- A4 Vertical Jumps 3 sets x 3
  
- B1 Pull Ups 3 sets x 4-6 reps
- B2 Push Ups 3 sets x 15 sec
- B3 High Plank 3 sets x 10 reps each
- B4 Alternating Supermans

### Wednesday

- A1 Deadlift 3 sets x 5 reps
- A2 Lunge 3 sets x 12 reps
- A3 Side Plank 3 sets x 25 sec each
- A4 Band Pull Aparts 3 sets x 10 reps
  
- B1 Squat 3 sets x 10 reps
- B2 Shoulder press 3 sets x 10 reps
- B3 SL Glute Bridge 3 sets x 10 reps each
- B4 Flutter Kicks 3 sets x 10 reps each

### Friday

- A1 Push Up 8 reps
- A2 Sit Ups 8 reps
- A3 KB Swing 8 reps
- A4 Pall of Press 8 reps each
- A5 Split Squat 8 reps each
- A6 Band Rows 8 reps

30 mins



# RUN PROGRAM

Deload Week
<b>Fartlek= "Speed Play" (Not intervals)</b> Ex: 4 mins easy, 2 mins hard <b>Fartlek's: Include 1 mile warm up and half mile cool down</b>
LSD = "Long Slow Distance"
2 mile repeats: 5-6 minutes between miles 1 mile repeats: 3-4 minutes rest between miles 800 meter repeats: 2-3 minutes rest between reps 400 meter repeats: 1-2 minutes rest between reps 1 mile warmup before workout. Half mile cool down after workout.
Tempo Run EX: 10 mins at LSD pace, 10 mins at race pace, 5-10 mins at LSD pace = 25-30 mins total
TIME TRIALS: Include 1 mile warmup, half mile cool down

PST = 1.5 miles HPT = 3 miles Timed Ruck = 6 miles

Week	Mon	Tue	Wed	Thu	Fri	Sat	Total Miles
1	2 mile LSD		2 mile track fartlek		3 mile LSD		8.5
2	2.5 mile LSD		2.5 mile track fartlek		3 mile LSD		9.5
3	3 mile LSD		3 mile hill fartlek		3 mile LSD		10.5
4	3 mile LSD		3 mile track fartlek		4 mile LSD		11.5
5	4 mile LSD		3 mile hill fartlek		4 mile LSD		12.5
6	3 mile LSD		2 mile LSD		3 mile LSD		8
7	4 mile LSD		3 mile time trial		4 mile LSD		12.5
8	4 mile LSD		2x1 mile repeats		5 mile LSD		12.5
9	4 mile LSD		3x1 mile repeats		5 mile LSD		13.5
10	4 mile LSD		6x800 meter repeats		5.5 mile LSD		14
11	5 mile LSD		8x400 meter repeats		5.5 mile LSD		14
12	3 mile LSD		3 mile tempo		4 mile LSD		10
13	4 mile LSD		3x1 mile repeats		6 mile LSD		14.5
14	4.5 mile LSD		4x1 mile repeats		6 mile LSD		16
15	4 mile LSD	2 mile LSD		2x2 mile repeats		6 mile LSD	17.5
16	3.5 mile LSD		2x1 mile repeats		4 mile LSD		11
17	4.5 mile LSD	3 mile LSD		3 mile time trial		7 mile LSD	19
18	4.5 mile LSD	3.5 mile LSD		2x2 mile repeats		7 mile LSD	20.5
19	5 mile LSD	3.5 mile LSD		4 mile track/hill fartlek		8 mile LSD	22
20	4 mile LSD		3 mile tempo		5 mile LSD		12



# SWIM PROGRAM

Welcome to the swim familiarization workouts. First and foremost, these workouts are designed to increase stamina in the pool and will challenge those of you not used to swimming. If you swim on a swim team now, skipping one month is ok. If you are someone who has never swam before, starting with just the warm up for a few weeks will behoove you, until there is enough confidence to complete month one. If you take more than one month, think about finding a coach. Below is a dictionary of sorts to understand what symbols and words mean. All coaches do not communicate the same even though they use the same symbols. Please look over these symbols and know what they mean. No one likes being confused in the middle of a workout.

A standard pool in the USA is 25 yards. If you are lucky enough to have a meter pool they will be 25 meters. If you are even luckier, you'll have access to an olympic pool which is 50 meters. Therefore, in an ordinary pool, it will take 4 lengths to = 100 yards, or 2 laps to = 100 yards (1 lap = 50 yards).

## Supplies

Month 1 = Good pair of regular swimming goggles  
Month 2 = Fins and mask (ideally what you'll be wearing in the course)  
Month 3 = Fins, mask, and snorkel  
Month 4 = Mental Fortitude

## Words

Free - Freestyle  
Back - Backstroke  
Breast - Breaststroke  
Side - Sidestroke  
EZ - Easy (60-75% Speed)  
Fast - 80-100% Speed

## Symbols

/ - Description by length: IE (EZ/Fast = 25 EZ/25 Fast)  
; - Description by distance: IE (Free; Breast = 100 of each stroke)  
# - Rest Time: IE (0:15 = 15 Sec Rest)  
#x# - Sets By Reps: IE (4x100 = 4 Sets of 100 Yards or Meters)

## Optional Add-Ins

Bobs - breath air out as body sinks to bottom of pool then push off bottom of pool of the surface  
Flutter kick on deck - 1 set of 30 seconds after every 100  
Push ups - 1 set of 10 after every 50 (during working sets, not the warm-up)  
Pull outs - on pool gutter, 4x10  
Pull ups - if there are bars, 5 after every sets  
Treading water - work up to 5 mins in a swim suits



# SWIM PROGRAM

## Week 1

### Monday

6x50 freestyle (front crawl) (Minimal rest between reps)  
5x50 fast/slow; slow/fast  
2x50 freestyle breath every 3rd stroke  
10x50 side or freestyle (0:15-0:20 rest between rep)  
1x100 freestyle or sidestroke  
1x250 swim/kick  
**Total yards: 1500**

### Tuesday

OFF

### Wednesday

6x50 freestyle (front crawl) (Minimal rest between reps)  
5x50 fast/slow; slow/fast  
2x50 freestyle breath every 3rd stroke  
4x50 sidestroke (0:15 rest)  
4x50 breaststroke (0:20 rest)  
1x300 swim/kick  
**Total yards: 1550**

### Thursday

OFF

### Friday

6x50 freestyle (front crawl) (Minimal rest between reps)  
5x50 fast/slow; slow/fast  
2x50 freestyle breath every 3rd stroke  
2x50 breaststroke (0:20 rest)  
3x50 sidestroke (0:20 rest)  
4x50 freestyle (0:20 rest)  
3x100 freestyle or sidestroke (0:25 rest)  
1x300 swim/kick  
**Total yards: 1700 yards**

### Saturday

OFF

## Week 2

### Monday

OFF

### Tuesday

4x75 freestyle (Minimal rest between reps)  
5x50 fast/slow; slow fast  
2x50 freestyle breath every 3rd stroke  
4x50 freestyle (0:15 rest)  
4x75 free/side/breast (0:20 rest)  
3x100 free; side; breast  
6x25 free fast (0:10 res)  
1x300 swim/kick  
**Total yards: 1900**

### Wednesday

OFF

### Thursday

4x75 freestyle (Minimal rest between reps)  
5x50 fast/slow; slow/fast  
2x50 freestyle breath every 3rd stroke  
4x25 free fast (0:10 rest)  
2x100 free (0:20 rest)  
4x25 breast fast (0:10 rest)  
2x100 breast (0:20)  
1x250 swim/kick  
**Total yards: 2100**

### Friday

OFF

### Saturday

4x75 freestyle (Minimal rest between reps)  
5x50 fast/slow; slow/fast  
2x50 freestyle breath every 3rd stroke  
6x25 free breath every 5 stroke (rest as needed)  
5x50 breast breath every other stroke (rest as needed)  
4x75 free/side/breast (0:20 rest)  
3x100 Choice (0:20 rest)  
1x350 swim/kick  
**Total yards: 2500**



# SWIM PROGRAM

## Week 3

### Monday

3x100 freestyle (Minimal rest between reps)  
4x75 easy/fast/easy  
2x50 freestyle breath every 3rd stroke  
3x100 freestyle (0:15 rest)  
4x50 kick (w/o kickboard) 0:10  
3X100 breast (0:15 rest)  
4x50 breast w/arms only (0:15 rest)  
1x300 swim/kick

**Total yards: 2000**

### Tuesday

OFF

### Wednesday

3x100 freestyle (Minimal rest between reps)  
4x75 easy/fast/easy  
2x50 freestyle breath every 3rd stroke  
4x100 free; side; breast (0:10 rest)  
2x150 free (0:10 rest)  
2x150 side (0:15 rest)  
2x50 free breath every 5th stroke (rest as needed)  
1x300 swim/kick

**Total yards: 2100**

### Thursday

OFF

### Friday

3x100 freestyle (minimal rest between reps)  
4x75 easy/fast/easy  
2x50 freestyle breath every 3rd stroke  
2x150 free; side (0:15 rest)  
3x100 breast; side; free (0:10 rest)  
4x75 breast/side/free (0:15 rest)  
5x50 free breath every 5th stroke  
6x25 sidestroke fast (0:05 rest)  
1x300 swim/kick or sidestroke

**Total yards: 2500**

## Week 4

### Monday

OFF

### Tuesday

3x100 freestyle (Minimal rest between reps)  
4x75 easy/fast/easy  
1x50 freestyle breath every 3rd stroke  
1x50 freestyle breath every 5th stroke  
4x100 free; side (0:15 rest)  
4x150 breast;side (0:15 rest)  
2x200 side (0:15 rest)  
1x300 swim/kick

**Total yards: 2400**

### Wednesday

OFF

### Thursday

3x100 freestyle (minimal rest between reps)  
4x75 easy/fast/easy  
1x50 freestyle breath every 3rd stroke  
1x50 freestyle breath every 5th stroke  
4x75 side/breast/free (0:15 rest)  
6x50 free; side; breast (0:10 rest)  
3x100 free (1:15, too fast rest, too slow 5 4-count push ups)  
6x50 side; breast; free (0:10 rest)  
4x75 ez/ez/fast; ez/fast/ez; fast/ez/ez (0:10 rest)  
1x300 swim/kick

**Total yards: 2500**

### Friday

OFF

### Saturday

3x100 freestyle (minimal rest between reps)  
4x75 easy/fast/easy  
1x50 freestyle breath every 3rd stroke  
1x50 freestyle breath every 5th stroke  
2x250 side (0:15 rest)  
3x200 free; side; breast (0:20 rest)  
4x150 free (1:25, too fast rest, too slow 5 4-count push-ups)  
1x300 side or swim/kick/kick/swim

**Total yards: 2700**





# SWIM PROGRAM

## Week 5

### Monday

2x150 freestyle  
 4x75 easy/fast/easy  
 1x50 freestyle breath 3rd stroke  
 1x50 freestyle breath every 5th stroke  
 4x100 free (0:20 rest)  
 4x100 side (0:20 rest)  
 6x75 free/breast/side (0:15 rest)  
 3x100 free kick with board (0:25 rest)  
 3x100 swim/kick/kick/swim (no rest between 100s)

**Total yards: 2550**

### Tuesday

OFF

### Wednesday

2x150 freestyle  
 4x75 easy/fast/easy  
 1x50 freestyle breath every 3rd stroke  
 1x50 freestyle breath every 5th stroke  
 4x50 sweet spot kick (as needed)  
 4x50 shark fin (as needed)  
 4x50 kick with fins (as needed)  
 4x50 side stroke focus on wall push off (as needed)  
 1x300 swim/kick/kick/swim (no rest between 100s)

**Total yards: 1800**

### Thursday

Video for Wednesday's Workout



### Friday

2x150 freestyle  
 4x75 easy/fast/easy  
 1x50 freestyle breath 3rd stroke  
 1x50 freestyle every 5th stroke  
 6x100 free; breast; side (0:15 rest)  
 5x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 4x50 breast or side (0:10)  
 5x25 free (0:05 rest)  
 3x100 swim/kick/kick/swim (no rest between 100s)

**Total yards:2300**

## Week 6

### Monday

2x150 freestyle  
 4x75 easy/fast/easy  
 2x50 freestyle breath every 5th stroke  
 3x200 side (0:20 rest)  
 4x150 free; side; breast (0:20 rest)  
 3x100 side (0:15 rest)  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 3x100 swim/kick/kick/swim (no rest between 100s)

**Total yards: 2800**

### Tuesday

2x150 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 4x50 Turtle back lick (as needed)  
 4x50 free l arm/r arm (as needed)  
 4x50 streamline kick with fins (as needed)  
 4x50 sweet spot with fins (as needed)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 1800**

### Wednesday

OFF

### Thursday

2x150 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 10x25 free; side; breast (0:05 rest)  
 8x50 side (0:10 rest)  
 6x75 free/breast/side; breast/side/free; side/free/breast (0:10)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2100**

### Friday

2x150 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 3x100 kick with board (0:20 rest)  
 3x100 kick with fins and mask (0:10 rest)  
 6x50 arm pull (0:15 rest)  
 3x100 free with fins, mask, & snorkel (0:15 rest)  
 1x150 side with fins and mask  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2350**



# SWIM PROGRAM

## Week 7

### Monday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 1x50 freestyle breath every 7th stroke  
 2x250 side (0:20 rest)  
 3x200 free; side; breast (0:20 rest)  
 4x150 Turtle back (0:15 rest)  
 5x100 free; side (0:10 rest)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 3250**

### Tuesday

OFF

### Wednesday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 1x50 freestyle breath 7th stroke  
 4x50 kick w/kickboard  
 4x50 Tombstone kicks  
 4x50 kick w/fins no board  
 4x50 sweet spot kicks w/fins  
 4x50 Superman kick w/fins  
 2x100 side (0:10 rest)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2150**

### Thursday

OFF

### Friday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 1x50 freestyle breath 7th stroke  
 5x100 side or free (0:15 rest)  
 8x75 free/breast/side; breast/side/free; side/free/breast (0:10)  
 6x50 ez/fast; fast/ez  
 4x50 side with fins (0:05 rest)  
 3x100 swim/kick/kick/swim (no fins)

**Total yards: 2650**

## Week 8

### Monday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 1x1750 (aka 1 mile) NO FINS for time  
 1x200 ez kick

**Total yards: 2650**

### Tuesday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 Put fins on  
 4x50 Shark fin  
 4x50 6 kick switch  
 4x50 Zipper drill  
 4x50 Fingertip drag  
 4x50 Catch up  
 1x300 swim/kick/kick/swim

**Total yards: 2100**

### Wednesday

Videos for Tuesday's Workout



### Thursday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 6x50 kick with fins (0:05 rest)  
 3x100 side with fins (0:10 rest)  
 4x75 Turtle back (0:10 rest)  
 12x25 free (0:05 rest)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2300**

### Friday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05 rest)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 1x50 freestyle breath every 9th stroke  
 Put fins and mask on  
 4x50 swordfish  
 4x50 swordfish w/sidestroke pullout every breath  
 4x50 2 side kicks 1 pull  
 4x50 "perfect" sidestroke  
 1x300 swim/kick/kick/swim

**Total yards: 1950**



# SWIM PROGRAM

## Week 9

### Monday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
1x1750 (aka 1 mile) WITH FINN for time  
1x200 ex kick  
**Total yards: 2650\*\***

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
4x50 breaststroke kick  
4x50 sidestroke kick  
2x50 breaststroke (2 kicks, 1 pull)  
2x50 breaststroke (1 kick, 2 pulls)  
2x50 exaggerated glide  
1x300 breast swim/kick/kick/swim  
**Total yards: 1800**

### Wednesday OFF

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
3x200 free; breast; side no fins (0:20)  
2x300 side or free with fins (0:20)  
1x400 side  
2x300 side or free no fins (0:25)  
3x200 free; breast; side fins (0:20)  
4x100 Choice (0:15)  
1x300 swim/kick/kick/swim(no fins)  
**Total yards: 4300**

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
4x100 free; side; breast (0:10)  
3x50 fast/ez; ez/fast (0:05)  
4x75 free/side/breast (0:15)  
3x100 kick no fins (0:15)  
4x25 free (beat 0:30, rest with remaining time)  
1x300 swim/kick/kick/swim (no fins)  
**Total yards 2350**

## Week 10

### Monday

1x300  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
4x50 kick w/board no fins, face in water  
2x50 breath every 3rd stroke  
2x50 breath every 5th stroke  
2x50 breath every 7th stroke  
2x50 breath every 9th stroke  
4x25 breath < 2 times  
1x300 swim/kick/kick/swim (no fins)  
**Total yards: 1600**

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
10x25 free; side; breast (0:05)  
8x50 free; side; kick; breast (0:10)  
6x75 fast/ez/fast; fast/fast/ez; ez/fast/fast (0:05)  
4x100 turtleback (0:15)  
1x300 swim/kick/kick/swim (no fins)  
**Total yards: 2600**

### Wednesday OFF

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
4x100 kick (board no fins; no board no fins; board fins; no board fins (0:10)  
4x200 free or side (0:15)  
3x300 free (0:15)  
1x400 turtleback  
1x300 swim/kick/kick/swim (no fins)  
**Total yards: 3600**

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
2x50 butterfly kick arms in front, no board  
4x50 breast kick hands out in front, no board  
4x50 breast kick, hands on sides  
2x50 breast kick arms only  
4x50 fast turns  
1x300 breast swim/kick/kick/swim  
**Total yards: 1900**



# SWIM PROGRAM

## Week 11

### Monday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
5x250 free (0:20)  
2x500 side (0:30)  
3x100 turtleback kick fins (0:15)  
1x300 swim/kick/kick/swim

**Total yards: 3650**

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
4x50 side kick  
4x50 sweet spot kick  
4x50 side 4 flutter kicks, 1 pull  
2x50 side 2 pull, 3 flutter kicks  
2x50 side pull  
1x300 side swim/kick/kick/swim

**Total yards: 1900**

### Wednesday

OFF

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
9x100 free; side; breast; free 90:15)  
8x150 turtleback kick (0:15)  
7x200 free/side/breast (0:20)  
1x300 swim/kick/kick/swim

**Total yards: 4450**

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
6x50 breast (0:15)  
10x25 free breath every 5th stroke (0:10)  
6x75 breast/kick/breast (0:10)  
1x300 swim/kick/kick/swim

**Total yards: 2100**

## Week 12

### Monday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
1x100 flutter kick no board  
Fins on!  
1x100 flutter kick no board  
6x50 free; side [alternate] (as needed)  
2x50 butterfly kick arms in front  
2x50 sweet spot drill  
1x300 swim/kick/kick/swim

**Total yards: 1800**

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
6x250 free or side (0:20)  
5x300 free or side (0:20)  
1x300 swim/kick/kick/swim

**Total yards: 4100**

### Wednesday

OFF

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
2x50 breath every 9th stroke  
2x50 breath every 7th stroke  
2x50 breath every 5th stroke  
2x50 breath every 3rd stroke  
1x300 swim/kick/kick/swim (no fins)

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
6x75 free/side/breast (0:10)  
4x50 ez/fast; fast/ez (0:05)  
6x75 breast; side (0:10)  
1x300 swim/kick/kick/swim (no fins)

**Total: 2200**



# SWIM PROGRAM

## Week 13

### Monday

1x300 freestyle  
 4x75 ez/fast//ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 7th stroke  
 2x50 freestyle breath every 9th stroke  
 4x350 free or side (0:25)  
 3x400 free or side (0:25)  
 2x450 side (0:30)  
 1x500 free or Turtleback  
 1x300 swim/kick/kick/swim

**Total yards: 5100**

### Tuesday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 1x100 free  
 4x50 free kick no board (0:10)  
 2x50 sweet spot (as needed)  
 2x50 Shark fin (as needed)  
 2x50 11 Catch up (0:10)  
 1x100 free  
 1x300 swim/kick/kick/swim

**Total yards: 1800**

### Wednesday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 4x150 free (0:15)  
 4x75 breast (0:15)  
 4x50 side (0:15)  
 4x25 kick (0:05)  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2300**

### Thursday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 1x100 breast  
 4x50 breast kick (0:15)  
 2x50 breast 2 pull, 1kick (0:15)  
 2x50 breast 1 pull, 2 kick (0:15)  
 2x50 breast breath every other stroke (as needed)  
 1x100 breast  
 1x300 swim/kick/kick/swim

**Total yards: 1800**

### Friday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 7th stroke  
 2x50 freestyle breath every 9th stroke  
 1x500 free or side (0:30)  
 2x450 side or turtleback (0:30)  
 3x400 free or side (0:25)  
 4x350 side or turtleback (0:25)  
 1x300 swim/kick/kick/swim

**Total yards: 5100**

## Week 14

### Monday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 10x50 fast/ex (0:05)  
 4x75 free/side/breast (0:10)  
 8x25 kick (0:10)  
 1x300 swim/kick/kick/swim (no fins)

**Total: 2100**

### Tuesday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 1x100 side  
 2x50 sweet spot kick  
 2x50 sweet spot kick w/side stroke for breath  
 2x50 side 1 pull, 5 flutter kicks  
 2x50 side 1 pull, 1 kick  
 1x100 side  
 1x300 swim/kick/kick/swim

**Total yards: 1700**

### Wednesday

OFF

### Thursday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 7th stroke  
 2x50 freestyle breath every 9th stroke  
 5x300 free/side/breast (0:20)  
 6x250 free/side/turtleback (0:20)  
 1x300 swim/kick/kick/swim

**Total yards: 4100**

### Friday

1x300 freestyle  
 4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
 2x50 freestyle breath every 5th stroke  
 2x50 freestyle breath every 7th stroke  
 4x75 free/side/breast (0:10)  
 2x50 breath every 5th stroke (0:05)  
 2x150 side/free (0:15)  
 3x50 breast (0:05)  
 1x150 choice for time  
 1x300 swim/kick/kick/swim (no fins)

**Total yards: 2100**



# SWIM PROGRAM

## Week 15

### Monday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
7x200 free or side (0:20)  
8x150 free/side/kick (0:20)  
9x100 kick/free/side/breast (0:15)  
1x300 swim/kick/kick/swim

**Total yards: 4450**

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
2x1000 turtleback (0:30)  
1x300 swim/kick/kick/swim

**Total yards: 2100**

### Wednesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
8x25 flooded mask free (0:20)  
8x25 flooded mask breast (0:25)  
8x25 flooded mask side (0:20)  
3x1:00 treading with flooded mask  
1x300 swim/kick/kick/swim

**Total yards: 1700**

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
1x1750 (aka 1 mile) with fins for time  
1x200 ez kick

**Total yards: 2600**

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
8x25 flooded mask free w/snorkel (0:20)  
8x25 flooded mask breast w/snorkel (0:25)  
8x25 flooded mask side w/snorkel (0:20)  
3x1:00 treading w/flooded mask  
1x300 swim/kick/kick/swim

**Total yards: 1700**

## Week 16

### Monday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
4x50 choice (0:05)  
4x75 free/side/breast (0:10)  
3x100 free or side (0:10)  
4x50 free;side;breast;kick (0:05)  
1x300 swim/kick/kick/swim

**Total yards: 2100**

### Tuesday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
4x200 free no fins (0:15)  
6x100 side; turtleback (0:10)  
2x300 side; free (0:20)  
4x100 free-breath every 7th stroke (0:15)  
1x300 swim/kick/kick/swim

**Total yards: 3500**

### Wednesday

OFF

### Thursday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 5th stroke  
2x50 freestyle breath every 7th stroke  
Fins on  
1x100 free  
1x100 turtleback kick  
1x100 side  
1x100 free

1x300 swim/kick/kick/swim

**Total yards: 1500**

### Friday

1x300 freestyle  
4x75 ez/fast/ez; ez/ez/fast; ez/fast/ez; fast/ez/ez (0:05)  
2x50 freestyle breath every 7th stroke  
2x50 freestyle breath every 9th stroke  
1x1750 (aka 1 mile) No fins for time  
1x200 ez kick

**Total yards: 2650**

FOR MORE INFORMATION ON HOW TO FORGE YOUR OPPORTUNITIES BY DIVING FOR THE NAVY, text **DIVENAVY** to 764764 OR VISIT US ONLINE AT [NAVY.COM/specialoperations](https://www.navy.com/specialoperations)



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