

FREE PRINTABLE PLAN

Navy SEAL 12-Week Prep

BUD/S Preparation · PST Progression
Swim · Run · Calisthenics · Mock Test

Compiled from Naval Special Warfare PT guidance

PST Standards You're Training Toward

Event	Pass Minimum	Competitive	BUD/S-Ready
500-yard swim (CSS)	12:30	10:30	8:30 or faster
Push-ups (2 min)	50	70+	80+
Sit-ups (2 min)	50	70+	80+
Pull-ups (max)	10	15+	20+
1.5-mile run	10:30	9:30	9:00 or faster

How the 12 Weeks Are Structured

The plan splits into three 4-week phases. Each phase progresses volume and intensity in run, swim, and calisthenics simultaneously, with one weekly long-effort PT day. A full PST mock test on Day 84 closes the program.

Phase	Weeks	Focus	Run / Swim Peak
1 — Base	1–4	Aerobic capacity, CSS technique, calisthenics volume	3-mile run, 500yd CSS
2 — Build	5–8	Volume jump, 800m intervals, time-based reps	5-mile run, 1000yd swim
3 — Peak	9–12	Specificity, weekly PST sims, mock test on Day 84	Full PST simulations

Phase 1 Weekly Schedule (Weeks 1–4)

The base phase. Conversational pace, technique focus, no max-effort calisthenics.

Day	AM	PM
Mon	2-mile run @ conversational pace	Push-up/sit-up pyramid 1-2-3-4-5-4-3-2-1 x 2
Tue	Pool: 200yd CSS drill x 4	Pull-ups: 4 x 60% max, 90s rest
Wed	3-mile run @ easy pace	Core circuit: plank 3x60s, hollow 3x30s
Thu	Pool: 500yd continuous CSS	Push-ups: 4 x 25, dips 3 x 15
Fri	Track: 4x400m @ goal mile pace	Pull-ups: 4 x 60% max
Sat	Long PT: 3-mile run + 50 push-ups + 100 sit-ups + 10 pull-ups	—
Sun	Active recovery: walk, mobility	—

Phase 2 Weekly Schedule (Weeks 5–8)

Volume jumps. Intervals enter the run schedule. Calisthenics shift to time-based 2-minute sets.

Day	AM	PM
Mon	4-mile run @ steady pace	Push-ups: 5 x 2 min @ 80% effort
Tue	Pool: 800yd CSS continuous	Pull-ups: 5 x 70% max + negatives
Wed	Track: 6x800m @ 5K pace	Sit-ups: 5 x 2 min, dips 4 x 15
Thu	Pool: 1000yd CSS + treads	Push-ups: 6 x 90s, pull-ups 4 x 8
Fri	5-mile run @ moderate	Core + grip: dead hang 4 x 60s
Sat	Long PT: 5mi run + 80 push-ups + 100 sit-ups + 15 pull-ups (timed)	—
Sun	Rest	—

Phase 3 Weekly Schedule (Weeks 9–12)

Specificity peaks. Saturday becomes a partial PST simulation. Pull-ups go max-effort every other session.

Day	AM	PM
Mon	Track: 8x400m @ 1.5-mi pace	Push-ups: 2-min max test
Tue	Pool: timed 500yd CSS	Pull-ups: max-rep test
Wed	4-mile run @ tempo	Sit-ups: 2-min max test
Thu	Pool: 1500yd mixed	Pull-ups: 5 × 70% + weighted
Fri	3-mile run @ goal 1.5-mi pace	Core + grip
Sat	Partial PST sim (week 9–11) / FULL PST mock (week 12 / Day 84)	—
Sun	Rest	—

Weekly PST Diagnostic Tracker

Week	Swim	Push-Ups	Sit-Ups	Pull-Ups	1.5-Mi Run	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Full Navy SEAL prep walkthrough

Read the complete guide at gymnasetips.com/navy-seal-training-program-pdf/