

The Pararescue Graduate Workout Schedule

MSgt Adam Pope's Industrial Workout for Selection Grads

By: Nathanael Morrison

Comrades!

Are you looking for a workout that will keep you in great shape during the pipeline and throughout your years on the team? Adam Pope came up with this work out some eight years ago to keep my team and me in check. Seems we were out causing all sorts of trouble once we graduated from selection because maintaining the standard once you get there isn't all that difficult. So what did he do? He raised our standards and gave us this workout! This made sure we concentrated on working out and not on women and beer (both are very important to an operator). Needless to say, this workout kicked our butts! But more importantly, it worked better than any other full spectrum workout I have ever done (meaning running, swimming, and cals. Not load bearing, rucking, etc...). We were animals! This workout was so effective that one day while we were slogging through a grueling chest workout, Adam dropped a no notice PT test on us. First exercise, push-ups! Despite having done ¾ of a bodybuilding chest workout, we all passed with flying colors. You can imagine our relief!

I have reprinted the work out below but be warned, this is a mother of a workout and you should definitely cycle on and off of it to avoid over training. For those of you wondering about Kettlebell applications, I am in the middle of revamping this workout to include Kettlebells and high tension techniques. Until then, give it a try and ENJOY!

The Pararescue Graduate Workout Schedule

Monday: PT Evaluation

3-Mile Run (21 min or less)

Calisthenics: Pullups 13+; Pushups 70+; Sit-ups 75+

Swim: 2000m in under 39:00min (40 laps in a 25m pool)(freestyle or finning)

Tuesday: Water Confidence & Calisthenics

Water Confidence Drills

*Underwaters	6 x30m (2-min rest interval)
*Mask & Snorkel (side)	2 x25m (2-min rest)
*Mask & Snorkel (front)	1 x35m
*Buddy Breathing	2-min (Full harassment)
*Treading Water (hands up)	2 x 3.5min (1 min rest)
Knots	1 x2 Knots Per Breath & 1x 3KPB
Bobbing	1-min fins on feet & 3-min w/fins on hands (Full Gear)
Equipment Recovery	2 x1-min Treading (Full Gear)
Weight Belt Swim	1 x 10min (16lbs)
*Ten ups	1 x20m

* To be completed when instructor is not present at the pool

-Full Gear is: Twin-80 Tanks, 16lb weight belt, Mask, Fins, BDU's (on occasion)

-2-knot series is two ropes, two knots: Girth Hitch and Bowline. 3-knot series is two ropes, 3 knots: Girth Hitch, Bowline, and Square Knot.

Pulls-ups/Chins: 2 x30sec

Abs: Hanging Leg Lifts (slow): 2 x1 min (10 sec rest between sets)
Lying leg lifts: 60
Half sit-ups: 50
Rest: 10 sec
Lying leg lifts: 60
Half sit-ups: 50
Speed-rocking sit-ups: To Failure
Rest: 10 sec
Side-ups: 25/side

Pushups: Standard-grip: 3 x1 min (approx 50+ reps)
Close-grip: 2 x45sec
Chinese: 2 x30sec

Flutter Kicks: 1:30min x 2 sets
1:00min x 3 sets
.45sec x 2 sets

10-Count Body Builders: 50reps

Wednesday: Running, Swim, Cals

Run: 30:00 min x -8:00 pace

Swim

Fin Swim: 1500m with rocket fins x27:00min

Rest & Stretch: 10:00 min.

Swim Training: 4 x100m (3.5min rest)

2 x200m (5min rest)

4 x100m (3.5min rest)

2 x50m (:45sec rest)

Pulls/Chins/pulls: 10 each

Abs: Hanging Leg Lifts (slow): 2 sets x 1min (10 sec rest between sets)

Lying leg lifts: 70

Half sit-ups: 50

Rest: 10 sec

Lying leg lifts: 60

Half sit-ups: 55

Speed-rocking sit-ups: To failure

Side-ups: 25/side

Pushups: Standard-grip: 3 x50

Close-grip 2 x50

Chinese 2 x15

Standard-grip: 1 x40 (slow)

Flutter-Kicks (sets x reps): 2x75

1x50

2x25

2x50

2x75

10-Count Body Builders: 30reps

Weight Training: Back and Biceps

Thursday: Intervals & Cals

() = Reduced version

Jog ½ mile, light stretching x5min

220's: 8 (6) x :40sec (jog to start line and start again)

440's: 6 (4) x :75sec (Jog 220, walk 220, restart)

880's: 4 (2) x 2:45-3:00min (walk 440 and restart)

1 Mile: 2 (1) x 6:35min (walk 440 and restart)

REST x5 min.

2 Mile: 1 x 8:00-8:15 pace (cool down run)

Pulls/Chins/Pulls: 2 x30sec each

Abs: Hanging Leg Raises: 2 x1 min (10 sec rest between sets)

Lying leg lifts: 60

Half sit-ups: 50

Rest 10 sec

Lying leg lifts: 60

Half sit-ups: 50

Speed rocking sit-ups: To Failure

Side-ups: 25/side

Pushups: Standard-grip: 3 x1:30min

Close grip: 2 x:45 sec

Chinese: 2 x:30 Sec

Flutter Kicks: 2 x2:30 min

3 x2:00 min

2 x1:30 min

10-Count Body Builders: 50ea 10 count

Weight Training: Chest & Triceps

Friday: Run, Water Con, Cals

Run: 65-75min (7-10 miles)

Water Confidence Drills

<u>*Underwaters</u>	<u>6 x30m (2-min rest interval)</u>
<u>*Mask & Snorkel (side)</u>	<u>2 x25m (2-min rest)</u>

*Mask & Snorkel (front)	1 x35m
*Buddy Breathing	2-min (Full harassment)
*Treading Water (hands up)	2 x 3.5min (1 min rest)
Knots	1 x2 Knots Per Breath & 1x 3KPB
Bobbing	1-min fins on feet & 3-min w/fins on hands (Full Gear)
Equipment Recovery	2 x1-min Treading (Full Gear)
Weight Belt Swim	1 x 10min (16lbs)
*Ten ups	1 x20m

* To be completed when instructor is not present at the pool

-**Full Gear** is: Twin-80 Tanks, 16lb weight belt, Mask, Fins, BDU's (on occasion)

-**2-knot** series is two ropes, two knots: Girth Hitch and Bowline. **3-knot series** is two ropes, 3 knots: Girth Hitch, Bowline, and Square Knot.

Pull-ups: 14

Sit-ups: 90

Pushups: 80

Flutter Kicks: 75

Weight Training: Legs, Back, Shoulders

Saturday: Run, Swim, Cals

Run: Road race or cross country run. Minimum 4 miles.

Swim: Light swim, 1000m.

Cals: Light calisthenics if any.