

This is my maintenance workout. This is a workout that is designed to keep you at a level of fitness that will get you through selection. When you graduate selection, this work out will seem like nothing.

I've talked to a few people that looked at some of the workouts on specialtactics.com and were scared away from the superman type workouts that people post. These superman type workouts are something you can do when you graduate selection. This workout is designed to get you to a decent point that will allow you to enter selection and pass. Any normal, healthy male under 35 years old can run a seven minute mile pace and swim at a 10 minute 500 meter pace if he trains properly. Some may take longer to obtain the standard depending on the level of fitness they are at when they start their training.

Consistency is important. One tough workout a week and no other workouts won't help you (Many try this; many fail). You can overtrain. Train your weaknesses (Mine is push ups). To do more of a cal your weak at, do that cal. To do more push ups, I need to do push ups: Bench press won't help.

Weight training is not as important running, cal's or swimming. Remember, in indoc you are tested on running, swimming, pushups, sit ups and pull ups. The most important things you can train for are those five exercises. Your whole workout should be geared towards those exercises. If you do miss an event, cal's are more important than lifting.

Monday	Tuesday	Wednesday
-Weight Training -Chest, Shoulders, Tri's -1 Hour Total -3 Mile Run (8 Min Miles) -2 Sets Pull Ups -1 Set of 75 Situps 1 hr 45 min total	-Weight Training -Back, Legs, Biceps -1 ½ Hours -3 Mile Run (8 Min Miles) -2 Sets Push Ups -1 Set 75 Situps 2 Hour total	-3Mile Run (7 Min Mile) -1 set Pullups (13) -1 Set Sit Ups (100) -1 Set Push Ups -1 Set Flutter Kicks* (75) -1 set Pullups (13) -1 Set V-Ups* (15) -1 Set Push Ups -1 Set Good Mornings* (50) (1 Hour Total)

Thursday	Friday
-Intervals**(1:30 Laps) -1 set Pullups (13) -1 Set Sit Ups (100) -1 Set Push Ups -1 Set Flutter Kicks* (75) -1 set Pullups (13) -1 Set V-Ups* (15) -1 Set Push Ups -1 Set Good Mornings* (50) -2 Sets 1 leg Calf raise (25) -2 Sets Dips (15) - 6 rep Mil Push Up*** 2 Hour Total	-Run (7 Min Miles) -3 mile ruck 50 LBS -1 set Pullups (13) -1 Set Sit Ups (100) -1 Set Push Ups -1 Set Flutter Kicks* (75) -1 set Pullups (13) -1 Set V-Ups* (15) -1 Set Push Ups -1 Set Good Mornings* (50) -2 sets Shoulder rotations (2 min) -2 Sets 1 leg Calf raise (25) -2 Sets Dips (15) -2 Sets Lunges 100m - 6 rep Mil Push Up*** 2 hr 30 min total

*4 Count Exercise

**Intervals are one fast lap and one slow lap, the slow lap takes at least twice as long as the fast lap. I am at eight fast laps.

***The mil push up is a pyramid push up and military press. You do one push up and do one military press (no weights), then two push up and do two military press, adding one rep each time. After I do then six push ups and do six military presses, I work backwards, 5 reps of each, 4 reps of each, down to one rep of each.

Try to swim 1500m at least two times a week.

Weight Training

Monday	Tuesday
<p>Chest: Bench Press X 5 (6-10 reps) Incline Bench Press X 5 (6-10 reps) Decline Bench Press X 5 (6-10 reps) Flies X 2 (10 reps)</p> <p>Shoulders: Military Press X 5 (6-10 reps) Flies X 5 (10 reps) Decline Flies X 5 (10 reps)</p> <p>Triceps: All done on Pulleys Standing Arm Extensions X 4 (10 Reps) Overhead Arm Extensions X 4 (10 Reps) Standing Rope Extensions X 4 (10 Reps)</p>	<p>Legs: Squats X 4 (6-10 Reps) Leg Presses X 4 (6-10 Reps) Leg Extensions X 4 (6-10 Reps) Calf Raises X 6 (6-10 Reps)</p> <p>Lats: Wide Grip Pull Ups X 5 (6 – 10 Reps) Pull Downs X 5 (6-10 Reps) Rows X 5 (6-10 Reps)</p> <p>Biceps: Curls X 4 (6-10 Reps) Scott Curls X 4 (6-10 Reps) Dumbbell Curls X 2 (6-10 Reps)</p>

Good Luck, and remember consistency and commitment will get you through.