

## PHYSICAL PREPARATION

If being a SEAL is your goal, you have at your disposal numerous resources available (i.e., personal trainers, books, videos, etc.), achieving a high level fitness should be your goal this is one of the best ways to prepare yourself for the rigors of BUD/S training and beyond.

### **Competitive PST scores**

500 yard swim	10:00 min
Push-up	79
Sit- ups	79
Pull-ups	11 (dead hang)
1.5 miles	10:20