FIRST IN FIGHT

SPECIAL OPERATIONS PREP: FITNESS PROGRAM

READ THIS FIRST

Consult a physician before starting this or any exercise program. Stop and seek medical care if you have pain, dizziness, chest discomfort or shortness of breath beyond normal exertion.

Warpath Performance is not affiliated with or endorsed by the U.S. military, the U.S. Navy, the U.S. Army, or any special operations command. Standards change: confirm current standards with an official recruiter before you test.

You train at your own risk. Swim only with a lifeguard or qualified buddy present.

This packet is a printed summary of programs the military publishes for the public. We did not invent the training. Every standard, progression and recovery rule here is taken from an official public source, and each section names its source. The full source list with web addresses is on the last page.

WHAT IS INSIDE

1. Test standards: Navy SEAL / SWCC PST, Army pre-RASP and RASP events, Army Fitness Test (AFT) and Combat Field Test (CFT).
2. How the program works: the Naval Special Warfare (NSW) weekly structure, workout types and pacing rules.
3. Running and swimming: the NSW 26-week sample schedules (weekly distances).
4. Push-ups, sit-ups, pull-ups and strength: the NSW rep matrix and lifting rules.
5. Rucking: the Army FM 7-22 ruck-march progression.
6. Recovery and injury prevention: Army FM 7-22 (H2F) sleep and hydration guidance, plus NSW injury rules.
7. Weekly log sheet.

HOW TO USE IT

Take a practice test first and record it on the log sheet. Follow the 26-week running and swimming tables, the rep matrix for calisthenics, and add rucking if your goal is Army selection. Retest every 4-6 weeks, as the NSW guide recommends. Values are approximate, so adjust to how your body responds and never increase total work faster than the guide allows.

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NAVY PHYSICAL SCREENING TEST (PST)

Done as one event, in this order, with these rests. Candidates must meet the minimums to get a contract. The Navy stresses that candidates should strive to do significantly more than the minimum.

ORDER	EVENT	SEAL MIN	SWCC MIN
1	500 yd swim (side or breast stroke)	12:30	13:00
	rest 10 min		
2	Push-ups, max in 2 min	50	50
	rest 2 min		
3	Curl-ups, max in 2 min	50	50
	rest 2 min		
4	Pull-ups, max, no time limit	10	6
	rest 10 min		
5	1.5 mile run	10:30	12:00

EVENT RULES (SUMMARY)

Swim: 500 yd in a 25 or 50 yd/m pool. SEAL and SWCC must use side stroke or breast stroke with no overhand recovery (hands stay under water). Push off the walls is allowed; you may rest by floating or treading water, but no standing on the bottom or hanging on the wall or lane lines. Goggles optional; no fins, caps, wetsuit or flotation.
Push-ups: front-leaning rest, hands under or slightly wider than shoulders, feet together. Body straight head to heels. Lower until the upper arms are parallel to the deck. Rest only in the up position.
Curl-ups: knees bent, feet flat and held by a partner's hands, arms folded across the chest. Touch elbows to thighs no more than 3 in below the knees, then touch the lower edge of the shoulder blades to the deck. Event ends if you stay down more than 5 seconds.
Pull-ups: start from a dead hang, chin even with or above the bar, return to full hang. No kipping. Both hands stay on the bar; dismounting ends the event.
Run: 1.5 miles on a flat, solid surface in running shoes, t-shirt and shorts. Stopping (other than to retie a shoelace or clear something from a shoe) or leaving the course ends the event.

Note: other Navy programs (EOD, Diver, Rescue Swimmer) have different minimums; see the source.
Not the same test: the Navy Combat Fitness Test in Guide-5B (June 2026) is for serving SEAL, SWCC, EOD and diver personnel (800 m fin swim, push-ups, pull-ups and 1 mile run with 20 lb). It does not change the PST that candidates take.

Source: MILPERSMAN 1220-410, Physical Screening Testing Standards and Procedures (CH-77, 3 Dec 2021, current as of Oct 2026), paras 1-2; Navy PRP Guide-5B (Jun 2026). mynavyhr.navy.mil

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ARMY RANGERS (75th RANGER REGIMENT)

PRE-RASP FITNESS TEST	STANDARD
Hand-release push-ups	41
Plank	2:35
2 mile run	event listed (no time published)
Pull-ups	6
6 mile ruck march	event listed (no time or load published)

DURING RASP	STANDARD
Swim in full uniform	15 m
Run	5 miles in under 40 min
Ruck march (dry rucksack, full uniform)	12 miles with 35 lb

Source: goarmy.com, Army Rangers ("Test your toughness" and "RASP Phase 1").

ARMY FITNESS TEST (AFT)

Test of record since 1 June 2025. Five events: 3-repetition max deadlift (hex bar), hand-release push-up (max in 2 min), sprint-drag-carry (5 x 50 m), plank (max time), 2 mile run.
Combat standard (applies to 18-series Special Forces and other combat MOSs): sex-neutral, age-normed, minimum 60 points on every event and 350 total.
General standard (combat-enabling MOSs): sex- and age-normed, total score of 300. Raw scores for each point value are in the official AFT scoring tables; use the current tables at army.mil/aft.

Source: army.mil/aft; Army Directive 2025-06 (Army Fitness Test).

COMBAT FIELD TEST (CFT)

For 24 combat MOSs, including all 18-series Special Forces MOSs. Done in ACU and boots as one continuous timed event, pass/fail, age- and sex-neutral. Standard: all seven events in 30 minutes or less. Diagnostic testing began 17 April 2026; for-record testing begins 17 April 2027.

Events in order: (1) 1 mile run, (2) 30 dead-stop push-ups, (3) 100 m sprint, (4) 16 lifts of a 40 lb sandbag onto a 65 in platform, (5) 50 m carry of two 40 lb water cans, (6) 50 m movement: 25 m high crawl + 25 m of 3-5 second rushes, (7) 1 mile run.

Source: army.mil/aft, Frequently Asked Questions (CFT).

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EVERY WEEK

#	NSW WEEKLY WORKOUT SUMMARY
1	2 Long Slow Distance (LSD) workouts, running and swimming
2	1 Long Interval (LI) workout, running and swimming
3	1 Short Interval (SI) workout, running and swimming
4	2 strength sessions: upper body, core, lower body
5	Multiple stretching / flexibility sessions
6	Focus on injury resistance
7	Occasional cross-training (cycling, rowing, hiking)

THE THREE WORKOUT TYPES

LONG SLOW DISTANCE (LSD)
low to moderate effort. Talk Test: you can speak in short sentences. About 40 min is typical (beginners 20 min). Goal: comfortably run 8-10 miles or swim 1.5-2 miles without stopping. LSD 1 is the longer session, LSD 2 shorter, same pace.
LONG INTERVALS (LI)
1-4 intervals of about 7-20 min at 90-95% of the max pace you could hold for that duration; up to 30 min total work. Effort 8-9 out of 10. Start at 2 x 1 mile running and 2 x 400 yd swimming. Recover 7-10 min, moving easily. Example: a 9:00 1.5 mile (6:00/mile) means LI at about 6:20-6:40/mile.
SHORT INTERVALS (SI)
400 m run repeats or 100 yd swim repeats. Rest 2-2.5 x the work time. Start 4 repeats, build to 8; never more than 8. Pace: about 4 sec per 400 m faster than your 1.5 mile pace, and 2 sec per 100 yd faster than your 500 yd swim pace. Example: 10:30 1.5 mile = 1:45 per 400 m, so SI at about 1:41.

RULES

- Warm up before every workout; for intervals the warm-up can be as long as the work (2-4 miles running, 800-1600 yd swimming). Cool down after.
- Increase total work no more than 10% per week; 5-8% is better.
- Beyond 26 weeks, do not add more interval work. Add LSD or cross-training instead.
- Mock PST every 4-6 weeks, not more often. Shorten the day-before workout.
- Mix freestyle into up to one third of swim training. Fins: about 1,000 yd per week max, only with strong ankles. Boots running: only a couple of miles a week.

Source: Naval Special Warfare Center, NSW Physical Training Guide (Workouts; Special Considerations; Practicing the PST).

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WEEKLY RUNNING DISTANCES (MILES)

WEEKS	LSD 1	LSD 2	LSD 3	LI	SI	WU/CD	TOTAL
1-2	4	2		2.0	1.0	10	19
3-4	4.5	2		2.3	1.1	10	20
5-6	5	2.5		2.5	1.3	10	21
7-8	5.5	2.5		2.8	1.4	10	22
9-10	6	3		3.0	1.5	10	24
11-12	6.5	3		3.3	1.6	10	24
13-14	7	3.5		3.5	1.8	10	26
15-16	7.5	3.5		3.8	1.8	10	27
17-18	8	4		4.0	1.9	10	28
19-20	8.5	4		4.0	1.9	10	28
21-22	9	4.5		4.5	2.0	10	30
23	9.5	4.5		4.0	2.0	10	30
24	9.5	4.5		4.5	2.0	10	31
25	10	5		4.0	2.0	10	31
26	10	5		4.5	2.0	10	32
27+	10+	5+	3+	4-4.5	2.0	10+	34+

All values approximate. LSD 1 is the longer session; LSD 2/3 shorter. WU/CD = warm-up, cool-down and active recovery. LI = Long Interval, SI = Short Interval (see page 4). Totals as published by NSW (rounded).

Source: NSW Physical Training Guide, table "Weekly Running Distances: 26 Week Sample Schedule (Miles)".

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WEEKLY SWIMMING DISTANCES (YARDS)

WEEKS	LSD 1	LSD 2	LSD 3	LI	SI	WU/CD	TOTAL
1-2	1,600	800		800	400	4,000	7,600
3-4	1,800	800		900	450	4,000	7,950
5-6	2,000	1,000		1,000	500	4,000	8,500
7-8	2,200	1,000		1,100	550	4,000	8,850
9-10	2,400	1,200		1,200	600	4,000	9,400
11-12	2,600	1,200		1,300	650	4,000	9,750
13-14	2,800	1,400		1,400	700	4,000	10,300
15-16	3,000	1,400		1,500	700	4,000	10,600
17-18	3,200	1,600		1,600	750	4,000	11,150
19-20	3,400	1,600		1,600	750	4,000	11,350
21-22	3,600	1,800		1,800	800	4,000	12,000
23	3,800	1,800		1,600	800	4,000	12,000
24	3,800	1,800		1,800	800	4,000	12,200
25	4,000	2,000		1,600	800	4,000	12,400
26	4,000	2,000		1,800	800	4,000	12,600
27+	4K+	2K+	1K+	1.6-1.8K	800	4K+	14K+

All values approximate. PST swim is side stroke or breast stroke; NSW advises mixing in freestyle for up to one third of training. Train in a pool for intervals; take every safety precaution in open water.

Source: NSW Physical Training Guide, table "Weekly Swimming Distances: 26 Week Sample Schedule (Yards)".

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TRAIN BY YOUR CURRENT MAX

Test your max, then use the matrix. Start with several small sets and move toward fewer, larger sets. Rest enough to keep every rep clean. About once a week, practice at PST speed and standards.

PUSH-UPS AND SIT-UPS

MAX	SETS	REPS	TOTAL
<40	5-6	10-15	50-90
40-60	4-5	15-20	60-100
60-80	4-5	20-25	80-125
80-100	3-4	30-40	90-160
>100	3-4	40-50	120-200

PULL-UPS

MAX	SETS	REPS	TOTAL
<6	5-6	2-3	10-18
6-9	4-5	4-5	16-25
10-12	4-5	5-6	20-30
13-15	3-4	8-10	24-40
>15	3-4	10-12	30-48

LIMITS: 200 push-ups or sit-ups / 50 pull-ups per DAY

1,000 push-ups or sit-ups / 250 pull-ups per WEEK

NSW practical PST goals: about 100 push-ups and sit-ups and about 20 pull-ups.

STRENGTH TRAINING

2 sessions a week (NSW weekly summary). Whole body in under an hour, or split upper / core / lower with 2-3 days of recovery per region. Core (planks, side plank, bridge) 4-6x a week.
One set to momentary muscle failure with good form is generally enough. Usually pick a weight you can lift 8-12 times; on some days go heavier (4-6) or lighter (15-20).
Controlled, full range of motion; emphasize the lowering (eccentric) part. Alternate push and pull. Train all three planes of motion, left/right and front/back balance.
Target the areas NSW lists as often weak: rotator cuff, mid/lower traps, rhomboids, posterior and medial glutes, hamstrings, tibialis anterior, torso rotators.

Source: NSW Physical Training Guide (Push-ups, Sit-ups, and Pull-ups; Strength Training).

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20-WEEK RUCK MARCH PROGRESSION

One progressive ruck march per week. FM 7-22 lists only the weeks shown. FM 7-22 also lists a time standard for weeks 1-6; it is left off here because those published times do not match the published 3 mph pace.

WEEK	RECOMMENDED LOAD	DISTANCE	PACE
1-2	15-20 lb	2 miles	3 mph
4	25-30 lb	4 miles	3 mph
6	30-35 lb	4 miles	3 mph
8	50-60 lb	6 miles	3 mph
12	60-70 lb	6 miles	3 mph
16	60-80 lb	6 miles	3.5 mph
20	60-80 lb	8 miles	3.5 mph

RULES FROM FM 7-22

Progress only ONE factor each week: load weight, distance, speed, terrain grade, or terrain roughness.
Loads above 30 percent of body weight should be increased with caution.
Do not do long marches, endurance runs or heavy leg strength workouts on consecutive days.
Hold your pace, effort and movement goals on every march.
As you progress, vary time of day, practice your food and water plan, and add short bursts such as 3-5 second rushes.

SAMPLE WEEKS (FM 7-22 TABLE 7-2)

	MON	TUE	WED	THU	FRI	SAT	SUN
A	Upper push	Rest	Upper pull	Aerobic	Lower push/pull	Rest	Aerobic
B	Ruck march	Rest	Loaded carry	Aerobic	Trunk rotation	Rest	Aerobic

The FM 7-22 template alternates these two weeks (A = weeks 1 and 3, B = weeks 2 and 4). Aerobic = aerobic endurance; trunk rotation = resisted trunk rotation.

Source: Army FM 7-22, Holistic Health and Fitness (Oct 2020), para 7-9, Tables 7-2 and 7-3.

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SLEEP

Most Soldiers need 7 to 9 hours of sleep every 24 hours to maximize health and sustain performance. FM 7-22 adds that even more sleep improves mental sharpness (paras 11-3, 11-16). Keep a consistent sleep and wake time on training and off days, including the same wake time each morning (para 11-5).

HYDRATION (FM 7-22 TABLE 8-3)

WHEN	RECOMMENDATION
Before	8-16 oz 2 hours before; 4-8 oz right before
During	4-8 oz every 15-20 min; not over 1.5 L (~6 cups) per hour
After	At least 8-16 oz; rapid rehydration: ~3 cups per lb lost

Even under 1 percent body-weight loss from dehydration can slightly reduce mental performance; 2 percent hurts mood, focus and energy (para 8-37).

INJURY PREVENTION

- Progress gradually. FM 7-22: intensity and volume progress gradually to minimize injury and overtraining; more training is not necessarily better (para 2-17). NSW: add no more than 10% per week, 5-8% is better.
- Warm up and cool down every session, and use active recovery between intervals (NSW).
- Never stack hard leg days: no long marches, endurance runs or heavy leg work on consecutive days (FM 7-22).
- Fix weak links: train rotator cuff, mid/lower traps, rhomboids, glutes, hamstrings, tibialis anterior and torso rotators (NSW).
- Respect the calisthenics caps: 200 push-ups or sit-ups and 50 pull-ups a day (NSW).
- Use cross-training (cycling, rowing, elliptical, hiking) to build base without overtraining, and as a substitute for a minor injury, bad weather or no facility (NSW).

Source: Army FM 7-22 (Oct 2020) paras 2-17, 8-37, 11-3, 11-5, 11-16, ch. 7, Table 8-3; NSW Physical Training Guide.

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WEEKLY LOG

WEEK #	DATES	BODY WEIGHT	AVG SLEEP (hrs)

DAY	RUN (mi)	SWIM (yd)	RUCK (mi/lb)	PUSH/SIT/PULL	STRENGTH / NOTES
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

PRACTICE TEST

DATE	500 SWIM	PUSH-UPS	CURL-UPS	PULL-UPS	1.5 MI	NOTES

SOURCES

1. MILPERSMAN 1220-410, PST Standards and Procedures, CH-77 (3 Dec 2021): mynavyhr.navy.mil/Portals/55/Reference/MILPERSMAN/1000/1200Classification/1220-410.pdf
2. Naval Special Warfare Center, Naval Special Warfare Physical Training Guide (26-week program).
3. goarmy.com/careers-and-jobs/specialty-careers/special-ops/army-rangers
4. army.mil/aft (Army Fitness Test and Combat Field Test)
5. Army Directive 2025-06 (Army Fitness Test): armypubs.army.mil
6. Navy PRP Guide-5B, Policies and Fitness Testing for Combat Arms Occupations (Jun 2026): mynavyhr.navy.mil
7. FM 7-22, Holistic Health and Fitness, Oct 2020: armypubs.army.mil (also linked at army.mil/aft)
Standards checked October 2026. They can change; confirm with a recruiter.

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