

# BUD/S



# WARNING ORDER



## **NAVAL SPECIAL WARFARE**

Prior to every mission in the SEAL Teams, a Warning Order is given explaining everything that is needed for the upcoming mission. This is your Warning Order! It will give you a guideline of how to prepare for your next mission—Basic Underwater Demolition/SEAL (BUD/S) Training. The key to success at BUD/S is proper preparation prior to arrival.

### **BUD/S WARNING ORDER**

#### **I. Introduction:**

BUD/S is a challenging and rewarding training program which requires the individual to be self-motivated and physically fit. There is very valuable information in this booklet on subjects such as course descriptions of all three phases of BUD/S, workouts to get you prepared for the physical stress of BUD/S, and helpful hints on nutrition.

#### **II. History:**

Sea-Air-Land (SEAL) Teams trace their history back to the first group of volunteers selected from the Naval Construction Battalions in the spring of 1943. Their mission was clearing obstacles from beaches chosen for amphibious landings, which began the first formal training of the Naval Combat Demolition Units (NCDUs). The NCDUs distinguished themselves at Utah and Omaha beaches in Normandy and in Southern France. In the Pacific, the NCDUs were consolidated into Underwater Demolition Teams (UDTs).

The newly formed UDTs saw action in every corner of the Pacific during World War II. In September 1950, the UDTs participated in the Korean War at Inchon, Wonsan, Iwon and Chinnampo. The redeployment of the United Nations Forces featured the UDTs conducting delaying operations using guerilla warfare.

In January 1962, the first SEAL Teams were commissioned to conduct unconventional warfare, counter-guerilla warfare and clandestine operations in maritime and riverine environments. These Teams were SEAL Team ONE on the West Coast and SEAL Team TWO on the East Coast. During Vietnam, the SEALs compiled an impressive record of combat success.

Since the close of the Vietnam conflict, the ever-changing world situation and increased operational tasking have prompted the expansion of SEAL Teams in numbers, size and capabilities. To effectively respond to this evolutionary process, Underwater Demolition Teams have been re-designated as SEAL or SEAL Delivery Vehicle (SDV) Teams. The newly designated SEAL Teams acquired the SEAL mission and retained the amphibious support mission inherited from their UDT forefathers.

SEAL, SDV Teams and Special Boat Units comprise the elite combat units of Naval Special Warfare. These units are organized, trained and equipped to conduct special operations, clandestine maritime and riverine operations, foreign internal defense and unconventional warfare. These highly trained specialists are deployed worldwide in support of fleet and national operations. The wide range of tasks performed by Naval Special Warfare and their outstanding combat records have earned an enduring and highly respected reputation.

Naval Special Warfare extends a personal challenge to those interested individuals like you. This program will push you to your physical and mental limits, again and again,



until you are hard and strong, both physically and mentally, and ready for the adventure of a lifetime in the SEAL Teams. Free fall parachuting at 10,000 feet, traveling by small rubber boat for 100 miles, conducting a mission, then traveling 30 miles out to sea to rendezvous with a submarine is a typical mission for the SEALs and is an adventure most people can experience only by reading books. If you are ready for both a challenge and an adventure, the Navy has just the training to test your mettle. BE SOMEONE SPECIAL!!!

As a BUD/S student, you will participate in challenging training and encounter opportunities to develop and test your stamina and leadership. BUD/S training is extremely thorough both physical and mentally, but, through adequate preparation and a positive attitude, you can meet its challenges with confidence. The workout schedules in this booklet are designed to prepare you physically for BUD/S. You are the one who has to prepare to give all you have everyday. At BUD/S, it is essential to live, eat and sleep BUD/S. 110% is required of you every day. BUD/S is a challenge, but if you meet it head on with determination not to fail or quit, it will be the most rewarding time of your life. Good Luck!!!

## COURSE DESCRIPTION

### I. BUD/S Indoctrination

BUD/S indoctrination is two weeks in length. This is a mandatory course and it is designed to give students an understanding of the techniques and performances required of them. The first obstacle is faced when the student must pass the BUD/S Physical Screen Test in order to class-up and start training.

### II. First Phase (Basic Conditioning)

First Phase is eight weeks in length. Continued physical conditioning in the areas of running, swimming and calisthenics grow harder and harder as the weeks progress. Students will participate in weekly four-mile timed runs in boots, timed obstacle courses, swim distances up to two miles wearing fins in the ocean and learn small boat seamanship.

The first four weeks of First Phase prepare you for the fifth week, better known as "Hell Week". During this week, students participate in five and one half days of continuous training, with a maximum of four hours of sleep for the entire week. This week is designed as the ultimate test of one's physical and mental motivation while in First Phase. Hell Week proves to those who make it that the human body can do 10 times the amount of work the average man thinks possible. During Hell Week you will learn the value of the mainstay of the SEAL Teams: TEAMWORK! The remaining three weeks are devoted to teaching various methods of conducting hydrographic surveys and how to prepare a hydrographic chart.

### III. Second Phase (Diving)

After you have completed First Phase, you have proven to the instructor staff that you are motivated to continue more in-depth training. The diving phase is seven weeks in length. During this period, physical training continues, but the times are lowered for the four-mile run, two-mile swims, and obstacle course. Second Phase concentrates on combat SCUBA (Self-Contained Underwater Breathing Apparatus). Students are taught two types of SCUBA: open circuit (Compressed air) and closed circuit (100% oxygen). Emphasis is placed on a progressive dive schedule emphasizing basic combat swimmer skills that will qualify you as a combat diver. These skills will enable you to tactically operate and complete your combat objective. This is a skill that separates SEALs from all other Special Operations Forces.



#### IV. Third Phase (Land Warfare)

The demolitions, reconnaissance, weapons and tactics phase is 10 weeks in length. Physical training continues to become more strenuous as the run distances increase and the minimum passing times are lowered for the runs, swims and obstacle course. Third Phase concentrates on teaching land navigation, small-unit tactics, rappelling, military land and underwater explosives and weapons training. The final four weeks of Third Phase are spent on San Clemente Island, where students apply techniques acquired throughout training in a practical environment.

#### V. Post-BUD/S Schools

BUD/S graduates receive three weeks basic parachute training at Army Airborne School, Fort Benning, Georgia, prior to reporting to their first Naval Special Warfare Command. Navy corpsmen who complete BUD/S and Basic Airborne Training also attend two weeks of Special Operations Technicians training at the Naval Special Warfare Center, Coronado. They also participate in an intense course of instruction in diving medicine and medical skills called 18-D (Special Operations Medical Sergeant Course). This is a 30-week course where students receive training in burns, gunshot wounds and trauma.

After assignment to a Team and successfully completing a six-month probationary period, qualified personnel are awarded a SEAL Naval Special Warfare Classification (NEC) Code and Naval Special Warfare Insignia. New combat swimmers serve the remainder of their first enlistment (2 ½ to 3 years) in either an SDV or a SEAL Team. Upon reenlistment, members may be ordered to complete the remainder of a five-year sea tour. Advanced courses include Sniper School, Dive Supervisor, Language Training, SEAL Tactical Communication and many others. Shore duty opportunities are available in research and development, instructor duty and overseas assignments.

In addition to normal pay and allowances, Naval Special Warfare personnel currently receive \$215/month dive pay, \$300/month SDV pay, \$225/month HALO (jump pay), \$110/month special duty assignment pay and \$50 to \$100/month language proficiency pay for speaking a second language.

### PHYSICAL FITNESS STANDARDS

#### PHYSICAL EVOLUTION

#### REQUIRED TIME

##### First Phase

50 meter underwater swim	PASS/FAIL
Underwater knot tying	PASS/FAIL
Drown proofing test	PASS/FAIL
Basic lifesaving test	PASS/FAIL
1200-meter pool swim with fins	45 minutes
1-mile bay swim with fins	50 minutes
1-mile ocean swim with fins	50 minutes
1 ½ mile ocean swim with fins	70 minutes
2-mile ocean swim with fins	95 minutes
Obstacle course	15 minutes
4-mile timed run	32 minutes

##### (Post Hell Week)



2000-meter condition pool swim without fins	Completion
1 1/2 mile night bay swim with fins	Completion
2-mile ocean swim with fins	85 minutes
4-mile timed run (in boots)	32 minutes
Obstacle course	13 minutes

**Second Phase**

2-mile ocean swim with fins	80 minutes
4-mile timed run (in boots)	31 minutes
Obstacle course	10:30
3-1/2 mile ocean swim with fins	Completion
5-1/2 mile ocean swim with fins	Completion

**Third Phase**

Obstacle course	10 minutes
4-mile timed run (in boots)	30 minutes
14 mile run	Completion
2-mile ocean swim with fins	75 minutes

Academic standards required on written tests before graduation from BUD/S are:  
 80% or above for officers                                 70% or above for enlisted

**SUGGESTED STUDENT PREPARATION**

The following workouts are designed for two categories of people: Category I individuals are those future BUD/S students that have never, or have not recently, been on a routine PT program. Category II is designed for high school and college athletes that have had a routine PT program. Usually athletes that require a high level of cardiovascular activity are in Category II.

Swimming, running and wrestling are good examples of sports that work your cardiovascular system.

**WORKOUT FOR CATEGORY I**

Running: The majority of the physical activities you will be required to perform during your six months of training at BUD/S will involve running. The intense amount of running can lead to over-stress injuries of the lower extremities in trainees who arrive not physically prepared to handle the activities. Swimming, bicycling, and lifting weights will prepare you for some of the activities at BUD/S, but ONLY running can prepare your lower extremities for the majority of the activities. You should also run in boots to prepare your legs for the everyday running in boots at BUD/S (boots should be of a lightweight variety, i.e. Bates Lights, Hi-Tec, etc.).

The goal of the Category I student is to work up to 16 miles per week of running. After you have achieved that goal then and only then should you continue on to the Category II goal of 30 miles per week. Let me remind you that Category I is a nine-week build up program. Follow the workout as best you can and you will be amazed at the progress you will make.



## RUNNING SCHEDULE I

WEEKS 1 & 2:	2 miles/day, 8:30 pace, M/W/F	(6 miles/week)
WEEK 3:	No running. High risk of stress fractures	
WEEK 4:	3 miles/day, M/W/F	(9 miles/week)
WEEKS 5 & 6:	2/3/4/2 miles, M/Tu/Th/F	(11 miles/week)
WEEKS 7 & 8:	4/4/5/3 miles, M/Tu/Th/F	(16 miles/week)
WEEK 9:	same as weeks 7 & 8	(16 miles/week)

## PHYSICAL TRAINING SCHEDULE I

(Mon/Wed/Fri)

	<u>SETS OF REPETITIONS</u>		<u>SETS OF REPETITIONS</u>
WEEK 1:	4 X 15 PUSHUPS 4 X 20 SITUPS 3 X 3 PULLUPS	WEEKS 5 & 6:	6 X 25 PUSHUPS 6 X 25 SITUPS 2 X 8 PULLUPS
WEEK 2:	5 X 20 PUSHUPS 5 X 20 SITUPS 3 X 3 PULLUPS	WEEKS 7 & 8:	6 X 30 PUSHUPS 6 X 30 SITUPS 2 X 10 PULLUPS
WEEKS 3 & 4:	5 X 25 PUSHUPS 5 X 25 SITUPS 3 X 4 PULLUPS	WEEK 9:	6 X 30 PUSHUPS 6 X 30 SITUPS 3 X 10 PULLUPS

\*Note: For best results, alternate exercises. Do a set of pushups, then a set of sit-ups, followed by a set of pull-ups, immediately with no rest.

## SWIMMING SCHEDULE I

(Sidestroke with no fins 4-5 days a week)

- WEEKS 1 & 2: Swim continuously for 15 minutes.
- WEEKS 3 & 4: Swim continuously for 20 minutes.
- WEEKS 5 & 6: Swim continuously for 25 minutes.
- WEEKS 7 & 8: Swim continuously for 30 minutes.
- WEEK 9: Swim continuously for 35 minutes.

\*Note: If you have no access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim every day available. Four to five days a week make 200 meters in one session your initial work-up goal. Also, you want to develop your sidestroke on both the left and right side. Try to swim 50 meters in one minute or less.

## WORKOUT FOR CATEGORY II

	(M/Tu/Th/F/Sa)	
WEEKS 1 & 2:	(3/5/4/5/2 miles)	19 miles/week
WEEKS 3 & 4:	(4/5/6/4/3 miles)	22 miles/week
WEEK 5:	(5/5/6/4/4 miles)	24 miles/week
WEEK 6:	(5/6/6/6/4 miles)	27 miles/week
WEEK 7:	(6/6/6/6/6 miles)	30 miles/week

\*Note: For weeks 8 & 9 and beyond, it is not necessary to increase the distance of the runs; work on the speed of your 6-mile runs and try to get them down to 7:30 per mile or



lower. If you wish to increase the distance of your runs, do it gradually: no more than one mile per day increase for every week beyond week 9.

## PT SCHEDULE II

(Mon/Wed/Fri)

WEEKS 1 & 2:	6 X 30 PUSHUPS 6 X 35 SITUPS 3 X 10 PULLUPS 3 X 20 DIPS	WEEKS 3 & 4:	10 X 20 PUSHUPS 10 X 25 SITUPS 4 X 10 PULLUPS 10 X 15 DIPS
WEEK 5:	15 X 20 PUSHUPS 15 X 25 SITUPS 4 X 12 PULLUPS 15 X 15 DIPS	WEEK 6:	20 X 20 PUSHUPS 20 X 25 SITUPS 5 X 12 PULLUPS 20 X 15 DIPS

## PYRAMID WORKOUTS

You can do this with any exercise. The object is to slowly build up to a goal, then build back down to the beginning of the workout. For instance, pull-ups, sit-ups, push-ups, and dips can be alternated as in the above workouts, but this time choose a number to be your goal and build up to that number. Each number counts as a set. Work your way up and down the pyramid. For example, say your goal is "5":

	# OF REPETITIONS	
PULLUPS:	1, 2, 3, 4, 5, 4, 3, 2, 1	
PUSHUPS:	2, 4, 6, 8, 10, 8, 6, 4, 2	(2 X number of pull-ups)
SITUPS:	3, 6, 9, 12, 15, 12, 9, 6, 3	(3 X number of pull-ups)
DIPS:	same as pushups	

## SWIMMING WORKOUTS II

(4-5 days/week)

WEEKS 1 & 2:	Swim continuously for 35 minutes
WEEKS 3 & 4:	Swim continuously for 45 minutes with fins.
WEEK 5:	Swim continuously for 60 minutes with fins
WEEK 6:	Swim continuously for 75 minutes with fins

\*Note: At first, to reduce initial stress on your foot muscles when starting with fins, alternate swimming 1000 meters with fins and 1000 meters without them. Your goal should be to swim 50 meters in 45 seconds or less.

## STRETCH PT

Since Mon/Wed/Fri are devoted to PT, it is wise to devote at least 20 minutes on Tue/Thu/Sat to stretching. You should always stretch for at least 15 minutes before any workout; just stretching the previously worked muscles will make you more flexible and less likely to get injured. A good way to start stretching is to start at the top and go to the bottom. Stretch to tightness, not to pain; hold for 10-15 seconds. DO NOT BOUNCE. Stretch every muscle in your body from the neck to the calves, concentrating on your thighs, hamstrings, chest, back, and shoulders.



## NUTRITION

Proper nutrition is extremely important now and especially when you arrive at BUD/S. You must make sure you receive the necessary nutrients to obtain maximum performance output during exercise and to promote muscle/tissue growth and repair. The proper diet provides all the nutrients for the body's needs and supplies energy for exercise. It also promotes growth and repair of tissues and regulates the body processes. The best sources of complex carbohydrates are potatoes, pasta, rice, fruits, and vegetables. These types of foods are your best sources of energy.

Carbohydrates, protein, and fat are the three energy nutrients. All three can provide energy, but carbohydrates are the preferred source of energy for physical activity. It takes at least 20 hours after exhaustive exercise to completely restore muscle energy, provided 600 grams of carbohydrates are consumed per day. During successive days of heavy training, like you will experience at BUD/S, stored energy becomes progressively lower following each training session. This is a situation in which a high carbohydrate diet can help maintain your energy.

The majority of carbohydrates should come from complex carbohydrate foods that include bread, crackers, cereal, beans, peas, starchy vegetables, and other whole grain or enriched grain products. Fruits are also loaded with carbohydrates. During training, more than four servings of these food groups should be consumed daily.

Water intake is vital; stay hydrated. You should be consuming up to four quarts of water daily. Drink water before you get thirsty!!! Substances such as alcohol, caffeine and tobacco increase your body's need for water. Too much of these substances will definitely harm your body and hinder your performance. Supplemental intake of vitamins, as well, has not been proven to be beneficial. If you are eating a well balanced diet, there is no need to take vitamins.

## TRAINING TABLE CONCEPT

<u>NUTRIENT</u>	<u>INTAKE</u>
Carbohydrates	50-70% of calories
Protein	10-15% of calories
Fats	20-30% of calories

## IN-SERVICE CANDIDATES

Requirements and procedures for BUD/S training application.

Package requirements: (ref. MILPERSMAN 1220-120)

1. Meet ASVAB test score requirement
2. Meet age, EAOS and rating requirement (Page 13 may be required)
3. Pass physical screening test
4. Pass diving physical

Procedures:

1. Put in a "Special Request Chit" through your chain of command requesting BUD/S Training.
2. Submit a "Personnel Action Request" (Form 1306/7) to SPECWAR/Diver Assignment. Submit the following with your request:
  - a. A certified copy of your ASVAB test scores



## POINTS OF CONTACT

### SEAL Recruiter West Coast

Naval Special Warfare Center  
2446 Trident Way  
San Diego, CA 92155-5494  
Comm: (619) 437-2049/5009  
DSN: 577-2049/5009 FAX: (619) 437-2018

### SEAL Recruiter East Coast

NSWC DET Little Creek  
1340 Helicopter Road  
Norfolk, VA 23521-2945  
Comm: (757) 363-4128  
DSN: 864-4128

### Officer Accessions

DCNO N131H  
BLDG 2, Navy Annex  
Washington, DC 20370  
Comm: (703) 614-8327  
DSN: 224-8327  
FAX: (703) 614-8786  
Email: [p415b@bupers.navy.mil](mailto:p415b@bupers.navy.mil)

### SEAL Detailer

SPECWAR/Diver Assignment  
NPC PERS-401D1  
5720 Integrity Drive  
Millington, TN 38055-0000  
Comm: (901) 874-3622  
DSN: 882-3622

### Dive Motivators (SEAL)

Recruit Training Command  
3301 Indiana St.  
DH 1400  
Great Lakes, IL 60088-3127  
Comm: (847) 688-4643  
DSN: 792-4643

**TOLL-FREE INFO LINE:  
1-888-USN-SEAL**

or

**[www.sealchallenge.navy.mil](http://www.sealchallenge.navy.mil)  
[recruiting@navspecwarcen.navy.mil](mailto:recruiting@navspecwarcen.navy.mil)**