

The Navy SEAL Explosion
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The buzz is out for Innovative Aquatic Boot Camp Programming and The Navy SEAL Explosion is it. The question is...“Are you tough enough?”

The Navy SEAL Explosion:

This workshop is a non-choreographed conditioning workout that aims to deliver a constantly changing sequence of exercises, similar to a powerful Boot Camp-style program.

For SEALs, and other military professionals, Physical Training (PT) takes on a very different perspective than what is commonly found at your local gym. Because SEALs train for mission-related performance, the objective for every workout is elite fitness, validated by the ability to perform every task at the level necessary to accomplish any mission – no matter what. What does that mean? It means that training must be comprised of broad and inclusive, constantly varied functional movements that are performed at high intensity in order to prepare for the unknown.

High intensity functional training focused on strength, stamina, endurance, flexibility and durability are hallmarks of the Navy SEAL fitness regimen. The Navy SEAL Explosion incorporates endurance and mental toughness training, along with cutting edge functional training. There is a reason behind the workout design.

Marketing:

There is a strong market of clients that want to bust through their training plateaus and get the results they seek. Cross Fit and TRX are busy with Gen X clients that want more. If you are a baby boomer, this may sound all too familiar. How can we make workouts more challenging and keep risk of injury low? The water is perfect for those clients that want it tough, challenging and a “real workout”. The water environment offers the added plus of resistance with the decrease in the risk of injury due to impact on joints.

“Do you want a program that burns fat, builds your endurance and gives you functional strength?”

“I have no doubt that the program below works, but it does take commitment and determination. The exercises are simple, you will not need to learn any fancy movements or use high tech machines.”

The Navy SEAL Explosion can be sold not only as an experience but also more effectively as a six week program rolling into twelve weeks. The Navy SEAL Explosion program is designed for “scalability making it the perfect application for any committed individual regardless of experience.” We use the same routines for individuals seeking to get into shape for the first time, as for elite athletes or warriors prior to an event or combat. We scale load and intensity; we don’t change programs.

Define where one should start....

Category 1 – A beginner’s workout for those who are currently inactive.

Category 11 – A workout routine designed for those who are currently active.

Coaching: “Coaching” is on the cutting edge and if you can blend some coaching and motivation into a blast of a workout – super combination!

The Goal of The Navy Seal Explosion is to keep the workout/program as true to form as possible.

Initial Training:

Three standards for fitness

- Ten general physical skills
- Ability to perform a broad range of mission-related tasks
- Efficiency of energy systems

1) Ten General Physical Skills are

- cardiovascular endurance
 - respiratory endurance
 - stamina
 - strength
 - flexibility
 - power
 - coordination
 - agility
 - balance
 - accuracy
- ✓ Through measurable organic changes in the body, training improves endurance, stamina, strength, and flexibility.
 - ✓ Improvements in coordination, agility, balance, and accuracy come through the practice of activities that improve performance through changes in the nervous system.
 - ✓ Power and speed are adaptations of both training and practice.

2) The essence of the Performance of Mission-Related Tasks standard is that an individual SEAL can perform well at any and every mission-related task imaginable.

- ✓ This is closely aligned with the reality of life, which provides largely unforeseeable challenges.
- ✓ With this in mind, training should not be “routine” in sets, rest periods, reps, exercises, order of exercises, periodization, etc.

3) The three **Energy Systems** that provide energy for all human activity are known as the phosphagen pathway, the glycolytic pathway, and the oxidative pathway.

- ✓ The phosphagen pathway dominates the highest powered activities that last less than 10 seconds.
- ✓ The glycolytic pathway dominates the moderate power activities that last up to several minutes.
- ✓ The oxidative pathway dominates the lowest powered activities that last in excess of several minutes.
- ✓ Total fitness requires competency and training in each of these pathways.
- ✓ Balancing the effects of the three pathways largely determines the how and why of the metabolic conditioning that is a result of PT (Physical Training).

Mastery of the three standards ensures the broadest and most general fitness possible.

- The first evaluates efforts against a full range of general physical adaptations
- The second focuses on scope and depth of performance
- The third measures time, power, and intensity.

The result is an incredibly diverse and wickedly challenging workout that intentionally blurs the lines between “cardio” and “strength training”.

The Program / Workout

- ✓ Experience a short fitness test- in the water just for IAFC and not the following: SEALs are expected to maintain a much higher level of physical fitness. These standards are met during a five event test. This test includes a 500 meter swim in no more than 12 minutes and 30 seconds, performing at least 42 push-ups in two minutes, 52 sit-ups in two minutes, eight pull-ups, and a 1.5 mile run in no more than 11 minutes and 30 seconds. These are the absolute minimum standards that a SEAL must achieve to stay on the team.
- ✓ Experience the Navy SEAL Explosion with Aquatic CrossFit
- ✓ Experience Aquatic Brain Train

CrossFit – A combination of endurance and strength training blending together into an extremely tough “metabolic conditioning”

Example:

Brain Train – Improve memory and attention with scientific brain games. A SEAL aims for mental toughness and to be unbeatable in life.

Example:

Getting in shape for the world class Navy SEALs is no walk in the park. However, if you can push yourself to the limit, then the rewards will be great!

- ✓ How well can you take orders?
- ✓ Be mentally strong; don't give up!
- ✓ Be sure to take in enough nutrients and water.

The Navy SEAL Explosion Workout: First 6 Week Workout Log -

Sample: Week 1

DAY: _____ **DATE:** _____ **TIME:** _____ am/pm

CARDIO TODAY? _____
 YES NO **EXERCISE** **DURATION**

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight / equipment you used and the number of reps you performed. If you did hand bars for 10 reps, you would write "HB X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Running: Knee #, __ pace, Mon/Wed/Fri				
Pushups: 4 sets of 10 Pushups Mon/Wed/Fri				
Ab Curl Challenge: 4 sets of 20 Situps Mon/Wed/Fri				
Pullups: 3 sets of 3 Pullups Mon/Wed/Fri				
Swim: Swim continuously for 10-15 min. 4-5 days/week				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

Workout Programs

- Exercises
- Single Muscle Group Training
- Specific Skill Improvement
- Cardiovascular Workouts
- Age and Gender Specific
- Plateau Busting
- Training Tips And Techniques
- Injuries And Recovery

“If you follow the program above exactly you will get great results and a new stronger you will emerge.”

References are endless – material used includes information directly from www.navyseals.com, www.livestrong.com, and www.sportsmedicine.about.com

Creativity based on SEAL foundation. Have fun and ask yourself...
Are you tough enough to be a Navy SEAL? Thank you for coming

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