

# SAM FISHER

# WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# SAM FISHER WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

Similar to Solid Snake's workout routine we're going to go to the source for this one. And by that I mean [Military.com](http://Military.com) again. We know that Solid Snake was training to be a Green Beret, but when I show you this Navy Seals test below you're going to realize that the training I gave for Snake was pretty perfect prep for this test as well. For that reason I'll be sharing another workout from [Military.com](http://Military.com) that they specifically have for training to become a Seal, and also the Snake *advanced* workout here as well.

## Sam Fisher Workout: The Navy Seals Test

### Navy SEAL PST Standards

PST EVENT	MINIMUM STANDARDS	COMPETITIVE STANDARDS
500 Yard Swim	12:30	8 Minutes
Pushups	50	80-100

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Sit-ups	50	80-100
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Pull-ups	10	15-20
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1.5 Mile Timed Run	10:30	9-10 Minutes
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## **Navy SEAL Fitness Test Breakdown**

### **Swim 500 Yards**

Maximum time allowed is 12 minutes, 30 seconds — but to be competitive, you should swim the distance in at least 8 to 9 minutes, utilizing only the Combat Swimmer Stroke, sidestroke, or breast stroke. Recommended workout and training tips: Get technique training and learn to pace yourself. Try 5 to 10 sets of 100-yard swims, working on a pace that will get you below the competitive times. (Rest 10 minutes after swimming the 500 yard test before moving on to the next exercise.)

### **Push-ups**

Minimum number is 42 in 2 minutes, but you should shoot for at least 100 for an average score. Do not pace yourself. Push as many push-ups out as fast as you can, but do not neglect proper form or the SEAL instructor will not count them. (Rest 2 minutes, then move on to the next exercise.)

### **Sit-ups**

Minimum number is 52 in 2 minutes, but you should strive for at least 100 in 2 minutes for an average score. PACE yourself! Try doing 20 to 30 sit-ups in 30 seconds; that will put you within the 80-to-100-sit-ups range for 2 minutes. (Rest 2 minutes.)

### **Pull-ups**

The minimum is eight pull-ups with no time limit, but you cannot touch the ground or let go of the bar. You should be able to do 15 to 20 to be competitive. Try a pyramid of pull-ups: work your way up from one pull-up the first set until you can no longer do any more sets, then return down the pyramid repeating in reverse order (1,2,3,4,5,6,5,4,3,2,1). (Rest 10 minutes before the last exercise of the test.)

### **1.5-mile run**

Wearing boots and pants, the maximum time allowed for this one is 11 minutes, 30 seconds, but you should be able to cover the distance in 9 to 10 minutes to be competitive. Pace yourself: do not start off too fast on the first lap. Shoot for a 90-second quarter-mile run time around a standard high school track. Repeat this pace for six to 10 sets until you no longer have to rest in between quarter-miles.

## **Sam Fisher Workout Routine: Seals Training Variation One**

This is a direct workout for test prep from [Military.com](http://Military.com). This is advanced and high intensity so keep that in mind when you work your way up to it.

One of the best workouts to assist increasing your scores in the PT and run is the following:

- **100 pull-ups** in as few sets as possible Run 1/4 mile in 90 seconds in between sets of pull-ups
  
- **200 pushups** in as few sets as possible Run 1/4 mile in 90 seconds in between sets of push-ups
  
- **300 sit-ups** in as few sets as possible Run 1/4 mile in 90 seconds in between sets of sit-ups

This is a tough workout that can take 30-60 minutes to complete – if you can complete it.

# Sam Fisher Workout Routine: Solid Snake

## Workout for SFQC Green Beret Testing

This is a direct workout for test prep from [Military.com](http://Military.com). This is advanced and high volume so keep that in mind when you work your way up to it.

### *Swimming: NEVER Swim Alone*

- Two to three times a week, 1,000 to 2,000 meters each time.
- One day a week, try to swim wearing cammies and boots for 100 meters.
- Wear fins when swimming half the time as well.

### *Running:*

- Four to five times a week, 3 to 5 miles as fast as you can.
- Twice a week, do rucksack marches carrying a 30 to 50-pound load marching 5 to 15 miles at a fast walking pace.

### *PT: Every Other Day*

- Pull-ups, 75 to 100 repetitions (seven to 10 sets of 10 reps).
- Push-ups, 200 to 300 repetitions (10 to 15 sets of 20 reps).
- Sit-ups, 200 to 300 repetitions (five to 10 sets of 40 to 50 reps).