

SOLID SNAKE WORKOUT ROUTINE



Bonus PDF File
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SOLID SNAKE WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going straight to the source. We know Solid Snake is a Green Beret, so we're going to train like one. Who better to tell us how to do that than [Military.com](https://www.military.com)?

The source. I'm going to be sharing a workout provided for the first test which is **Special Forces Assessment and Selection Course (SFAS)**. We'll call this the beginner workout before the Green Beret workout. From there I'll be sharing a much more advanced routine that is based around the Q Test to become a Green Beret after you are chosen for the test (called **Special Forces Qualification Course (SFQC)**).

Solid Snake Workout: Beginner Workout for SFAS Test Prep

The actual test is as follows:

- Complete the 2-mile run in at least 12 to 14 minutes
- 100 sit-ups in 2 minutes
- 100 push-ups in 2 minutes

If you complete this in it's entirety (within the time) you get a score of 300.

You need minimum of a 260 to pass.

So here is your prep work:

3-5 days per week of the following:

- 1-3 mile run (make sure to switch distance each time)
- 250 Push Ups
- 200 Sit Ups
- 150 Air Squats
- 100 Pull Ups

These can and should be broken down into individual sets.

Solid Snake Workout: Advanced Workout for SFQC Test Prep

This is a direct workout for test prep from [Military.com](https://www.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).