

BUD/S PST Clinic Breakdown

500yd lap	Time	Strokes/25yd	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Pushups	Reps	Notes

Situps	Reps	Notes
::30		
1 min		
1:30		
2 min		

Pullups	Reps	Notes

1.5 mile run laps	Time	Notes
1		
2		
3		
4		
5		
6		