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## 6 WEEK NAVY SEAL WORKOUT ROUTINE: SPEED, STRENGTH & ENDURANCE

Do you have what it takes to tackle this introductory Navy SEAL training plan? You'll build functional strength, speed, and endurance with this 6-week workout routine.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-week-navy-seal-workout-routine>

**Main Goal:** General Fitness

**Training Level:** Beginner

**Program Duration:** 6 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Foam Roll

**Author:** Brad Borland

### Warm Up

Exercise	Sets	Reps
<a href="#">Push-Ups</a>	1 - 2	20
<a href="#">Deep Bodyweight Squats</a>	1 - 2	20
Lying Ab Windshield Wipers	1 - 2	10 per side
<a href="#">Walking Lunges</a> (long stride)	1 - 2	20 paces
<a href="#">Inverted Rows</a>	1 - 2	10
<a href="#">Jump Squats</a>	1 - 2	10
<a href="#">Side Lunges</a>	1 - 2	10 per side

### Day 1: Speed & Agility

Exercise	Warm Up Sets	Work Sets	Rest
<b>Speed &amp; Agility</b>			
Sprints (at least 20 yards)	3 min jog	5 rounds*	2 mins
Timed Shuttle Run (at least 10 yards)		5 rounds*	1 - 2 mins

# Navy Seal Diet

**U.S. Navy**



## **Navy Seal Diet:**

The Navy Seal Nutrition Guide Patricia A. Deuster, 1996-06 One factor they may contribute to a person's success in SEAL training is nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices      **The Navy SEAL Nutrition Guide** Patricia A Deuster, Ph.D., Anita Singh, PhD, 2001-12-14 The Navy SEAL Nutrition Guide was developed originally for the U S Navy to provide sound guidance on nutrition to a new generation of Navy SEALs The demands of SEAL physical training are profound as you may well understand Proper nutritional intake will give you the fuel you need to keep going on those miles of runs laps of swimming and hours of grueling PT sets From basic nutritional information to specific guidance on such matters as caloric intake healthy food choices and hydration you will find the information presented to be a useful reference as you go forward in your quest to attain top physical conditioning Nutrition and physical training go hand in hand You need to respect what you eat to be able to achieve maximum physical potential Whether chowing down in the mess hall or cooking dinner at home The Navy SEAL Nutrition Guide will make sure you get the nutrition you need to stay physically active If you want to be big you need to eat big And you need to make good food choices as well Whether you are halfway through training or just starting your own fitness routine The Navy SEAL Nutrition Guide is the perfect complement to your workout program

**The Navy Seal Nutrition Guide** Anita Singh, Patricia A. Deuster, Pierre A. Pelletier, 2001-12-14      **The U.S. Navy SEAL Guide to Nutrition** Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2013-03-25 The U S Navy SEAL Guide to Nutrition was originally developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community This comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities With a special emphasis on nutrition and healthy eating everyone will benefit from these tried and true methods of guiding your body to peak physical condition Topics covered include The relationship between energy expenditure and energy intake Body size and body mass index Energy providing macronutrients and micronutrients When and how much to drink Healthy snacking Nutritional considerations for endurance activities and strength training Food for the field Compiled by physicians and physiologists chosen for their intimate knowledge of the NSW and SEAL community this manual is an excellent resource for anyone who wants to boost his or her health nutrition and general well being      *The U.S. Navy SEAL Guide to Fitness* Patricia A. Deuster, 2013-05-07 Developed to help Navy SEAL trainees meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities With a special emphasis on physical fitness everyone will benefit from these tried and true methods of honing your body for peak physical condition Topics covered include Conditioning and

deconditioning Basics of cardiorespiratory exercise Open water training Weight and strength training gear Flexibility stretches Training for specific environments and their problems Dozens of workouts Dealing with training and sports injuries Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone who wants to improve his or her health strength and endurance *U.S. Navy Seal Guide to Fitness and Nutrition* U. S. Navy,2020 **The U.S. Navy Seal Guide to Fitness and Nutrition** U.S. Navy,2012-07 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance **The U.S. Navy SEAL Guide to Fitness and Nutrition** Don Mann,2013 **User's Guide to Nutritional Supplements** Jack Challem,2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help promote weight loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthen your heart Ginseng and other supplements boost your exercise stamina Sports Nutrition Ira Wolinsky,Judy A. Driskell,2005-10-31 In competitive sports where an extra breath or a millisecond quicker neural response can spell the difference between fame and mediocrity a number of myths have persisted around the impact of what might be considered megadoses of various vitamins and trace elements We do know that a growing body of research indicates that work capacity oxygen co Sports Nutrition Constance Kies,Judy A. Driskell,1995-02-06 This book addresses the relationships of mineral and electrolyte needs and interactions to sports and exercise There are chapters written by experts with long histories of research in this area Chapters include descriptions of specific research projects as well as literature reviews Convincing evidence that exercise and sport activities do affect the mineral status of individuals is examined **Physical Fitness/sports Medicine** ,1989 Consists of citations selected from those contained in the National Library of Medicine's Medical Literature Analysis and Retrieval System The Navy SEAL Physical Fitness Guide Plus Peak Performance Through Nutrition and Exercise Dept. of Defense,U.S. Navy,2009-01-01 **The Navy SEAL Physical Fitness**

**Guide Plus Peak Performance Through Nutrition and Exercise** U.S. Navy,2011-03-06      **The American Journal of Clinical Nutrition** ,2000      **Nutrition Abstracts and Reviews** ,1991      *Naval Hygiene* Joseph Wilson,United States. Navy Department. Bureau of Medicine and Surgery,1870      **Patterns of Dietary Supplement Use Among Active Duty United States Marines** Edward Michael Castillo,2002 The popularity of dietary supplement use in the United States has been increasing since the 1990 s This cross sectional study explores the patterns of dietary supplement use among 1326 active duty United States Marines Participants were men 17 to 50 years of age who were given a self administered questionnaire assessing dietary supplement use and demographic health physical fitness and behavioral characteristics The majority of participants did not have any college instruction 67% were unmarried 68% and were enlisted personnel 97% Dietary supplements use within the previous year was reported by 703 53% participants Detailed information was provided by 605 86% supplement users Among those who provided detailed information the most common types of supplements were muscle mass strength aids 58% followed by energy boosters 27% and stimulants 25% Weight loss and vitamin mineral supplement use were reported by an equal number of participants 24% The least commonly used supplements were those used for general health 8% and mood mental health 3% Negative effects were seldom noted as a reason for discontinuing a product Multivariate logistic regression identified several predictors of use that were common across supplement category type including age For stimulants participants 20 25 year olds were more likely to use than participants aged 26 years or older OR 2 24 95% CI 1 21 4 12 For muscle mass strength aid supplements those      **Aviation Space and Environmental Medicine** ,1991      *Nutrition in Exercise & Sport* Ira Wolinsky,James F. Hickson,1994 Explores such issues as carbohydrate metabolism and exercise putative effects of diet and exercise on lipids and lipoproteins research directions in protein nutrition for athletes amino acid metabolism during exercise vitamins and physical activity the significance of vitamin E and free radicals in physical exercise bone and calcium in exercise and sport trace minerals and exercise water and electrolyte balance during rest and exercise nutrient beverages for exercise and sport nutritional ergogenic aids nutritional concerns of female athletes nutrition and strength Olympic athletes nutrition and performance at environmental extremes immune function in exercise sport and inactivity etc

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