

Guard MC Water Confidence Workout Guidance:

Water Confidence (water con) is the single greatest challenge facing any Trainee at Selection School. More trainees have been eliminated by water con than all other tasks combined. This guideline is intended to prepare Trainees for the rigorous water confidence exercises they will experience. These programs cover the main exercises and daily tasks of pool training but are subject to change at the Instructor's discretion. The ability of the Trainee and the experience of the Instructors will determine exactly how each water con session will proceed. The easiest variables to change are time and distance spent on the surface, time and distance spent underwater, and the intensity of harassment.

TRAINING SCHEDULE

Week 1 and 2

Underwaters	4 reps at 2:30 mins
Mask and Snorkel	5 meters
Buddy Breathing	2x2:00 mins with no harassment
Drown Proofing	1:30 mins hands and feet not bound, bobbing in deep end and 1:00 min floating
Treading Water	30 secs

Week 3

Underwaters	6 reps at 2:30 mins
Mask and Snorkel	10 meters
Buddy breathing	2x1:30 mins with mild harassment
Drown Proofing	1:00 mins hands bound, bobbing in deep end and 1:00 min floating
Ditch and Don	Intro with 8lb weight belt
Treading Water	45 Secs
Knots	Intro, 1 knot per breath

Week 4

Underwaters	4 reps at 2:15 mins
Mask and Snorkel	10-15 meters
Buddy Breathing	2x2:00 mins with mild harassment
Drown Proofing	1:30 mins hands and feet bound, bobbing in deep end and 1:00 min floating
Ditch and Don	8lb weight belt, surface fin tread 30 secs
Treading Water	1:00 mins
Knots	1 knot per breath

Week 5

Underwaters	6 reps at 2:15
Mask and Snorkel	15 meters
Buddy breathing	2x1:30 mins with moderate harassment
Drown Proofing	2:00 mins hands and feet bound bobbing, 1:00 min floating, travel 5 meters
Ditch and Don	8 lb weight belt, surface fin tread 45 secs
Treading Water	1:15 mins
Knots	2 knots per breath
Weight Belt Swim	8 lb weight belt, 2:00 mins

Week 6

Underwaters	4 reps at 2:00 mins
Mask and Snorkel	15-20 meters
Buddy Breathing	2x2:00 mins with moderate harassment
Drown Proofing	2:30 mins hands and feet tied bobbing, 1:15 min floating, travel 10 meters
Ditch and Don	12lb weight belt, surface fin tread 30 sec
Treading Water	1:30 mins
Knots	2 knots per breath
Weight Belt Swim	8 lb weight belt, 2:30 mins

Week 7

Underwaters	6 reps at 2:00 mins
Mask and Snorkel	20 meters
Buddy breathing	2x1:30 mins with full harassment
Drown Proofing	3:00 mins hands and feet tied bobbing, 1:30 min floating, travel 20 meters
Ditch and Don	12 lb weight belt, surface fin tread 45 secs
Treading Water	1:45 mins
Knots	3 knots per breath
Weight Belt Swim	8 lb weight belt, 3:00 mins

Week 8

Underwaters	6 reps at 2:00 mins
Mask and Snorkel	20 meters
Buddy Breathing	2x2:00 mins with full harassment
Drown Proofing	3:30 mins hands and feet tied bobbing, 2:00 min floating, travel 25 meters
Ditch and Don	16 lb weight belt, surface fin tread 30 sec
Treading Water	2:00 mins
Knots	3 knots per breath
Weight Belt Swim	8 lb weight belt, 4:00 mins