



21-DAY FITNESS PROGRAM TO PASS THE PAST TRAIN TO SUCCEED

Before you can join Air Force Special Warfare, you must pass the Physical Ability and Stamina Test (PAST).

This rigorous test is intended to push you to your limits so that only the best of the best move on in the Special Warfare training pipeline. To help you succeed at it, follow this 21-day fitness program.

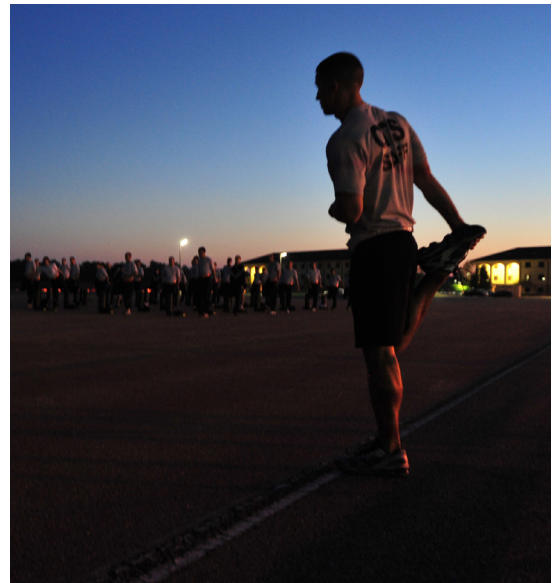
DAY 1

- 1-mile Run
- 25 Pull-ups
- 50 Push-ups
- 75 Air Squats
- 1-mile Run

DAY 2

Breath-holding Techniques:

- 10 x 30 seconds while sitting with two-minute rest in between
- 500-meter Swim
- 21, 15 and 9 Burpees
- 21, 15 and 9 Sit-ups
- 21, 15 and 9 Lunges



DAY 3

Run with 200 meters of jog/walk between sprints:

- 6 x 200-meter Sprints
- 4 x 400-meter Sprints
- 2 x 800-meter Sprints

DAY 4

Breath-holding Techniques:

- 10 x 30 seconds while sitting with two-minute rest in between
- 500-meter Swim
- 30 minutes AMRAP (as many rounds as possible):
 - 5 Pull-ups
 - 15 Push-ups
 - 15 Sit-ups

DAY 5

1-mile Run
40 Flutter Kicks (4 count)
40 Burpees
40 Jumping Squats
40 Elevated Push-ups
40 Jumping Pull-ups
1-mile Run



DAY 6 and DAY 7

Rest or do your own workout.

DAY 8

1-mile Run
50 Pull-ups
100 Push-ups
150 Air Squats
1-mile Run

DAY 9

Breath-holding Techniques:

10 x 35 seconds while sitting with 1.5-minute rest in between
500-meter Swim
27, 21 and 15 Burpees
27, 21 and 15 Sit-ups
27, 21 and 15 Lunges

DAY 10

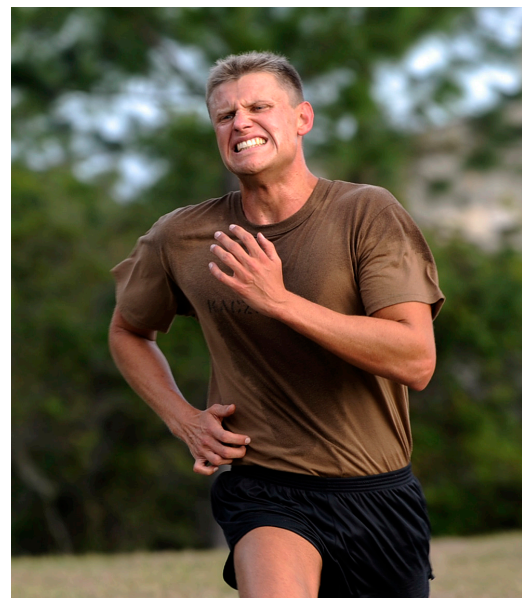
Run with 200 meters of jog/walk between sprints:

7 x 200-meter Sprints
5 x 400-meter Sprints
3 x 800-meter Sprints

DAY 11

Breath-holding Techniques:

10 x 35 seconds while sitting with 1.5-minute rest in between
500-meter Swim
35 minutes AMRAP:
7 Pull-ups
20 Push-ups
20 Sit-ups



DAY 12

- 1.5-mile Run
- 50 Flutter Kicks (4 count)
- 50 Burpees
- 50 Jumping Squats
- 50 Elevated Push-ups
- 50 Jumping Pull-ups
- 1.5-mile Run



DAY 13 and DAY 14

Rest or do your own workout.

DAY 15

- 1-mile Run
- 100 Pull-ups
- 200 Push-ups
- 300 Air Squats
- 1-mile Run

DAY 16

Breath-holding Techniques:

- 10 x 40 seconds while sitting with one-minute rest in between
- 500-meter Swim
- 27, 21, 15 and 9 Burpees
- 27, 21, 15 and 9 Sit-ups
- 27, 21, 15 and 9 Lunges

DAY 17

Run with 200 meters of jog/walk between sprints:

- 8 x 200-meter Sprints
- 6 x 400-meter Sprints
- 4 x 800-meter Sprints
- 1 x 1-mile (1,600 meters)

DAY 18

Breath-holding Techniques:

- 10 x 40 seconds while sitting with one-minute rest in between
- 500-meter Swim
- 40 minutes AMRAP:
 - 8 Pull-ups
 - 25 Push-ups
 - 25 Sit-ups



DAY 19

2-mile Run
60 Flutter Kicks (4 count)
60 Burpees
60 Jumping Squats
60 Elevated Push-ups
60 Jumping Pull-ups
2-mile Run

DAY 20 and DAY 21

Rest or do your own workout.

UNDERWATER TRAINING



If you train in actual 25-meter underwater, do so at your own risk. Always have an informed lifeguard or training buddy that is following the pool deck with you or swimming above you who possesses the skill to save your life.

Note: For your health and safety, you should consult a doctor prior to beginning this or any physical regimen.