

Military Special Operations Training for Selection

By James Smith

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In the problem solving process, all efforts are nebulous until one determines the specific nature of the problem itself. The problem of military special operations selection is a multi-dimensional one. All selection courses, foreign and domestic to the US, consist of a variety of psychological, technical, tactical, and physical challenges and all of these components of preparation are interrelated and mutually dependent.

In the spirit of the words of Marcus Aurelius "Of each particular thing, ask what is it in and of itself, what is its nature": Every conceivable element of the selection course in question must be dissected in order to formulate the optimal preparatory strategy that will yield the highest probability of success.

-Diagnosing the Structure of Selection
-Psychological Preparation
-Technical Preparation
-Tactical Preparation
-Physical Preparation
-Work Capacity versus Screen Test Numbers
-Running Economy
-Programming the Running Load
-Ruck Marches
-Swimming
-Underwater Swims
-Water Confidence Open and Closed Circuit Diving Land Navigation
-Calisthenics
-Screen Test Peaking Methods
-Screen Test Pushup/Sit up Strategy
-Obstacle Courses
-Special Exercises
-Weight Training
-Recovery/Regeneration
-Assembling the Training Plan
-Actual 13 Week BUD/S Program

-BUD/S Program Review

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