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Legit SEAL training information for BUD/S and the Navy SEAL Physical Screening Test.

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The average member of the United States Navy's Sea, Air, Land Teams (SEALs) spends over a year in a series of formal training environments before being awarded the Special Warfare Operator Naval Rating and the Navy Enlisted Classification (NEC) 0052 Combatant Swimmer (SEAL) or, in the case of commissioned naval officers, the designation 1600 ...

United States Navy SEAL selection and training - Wikipedia

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Navy SEAL - Wikipedia

The United States Naval Special Warfare Development Group (NSWDG), commonly known as DEVGRU or SEAL Team Six, is the U.S. Navy component of the Joint Special Operations Command (JSOC).

SEAL Team Six - Wikipedia

Official Navy Personal Training Plan -- PDF Official Navy Pre-Entry Physical Training Plan for Recruits and Midshipmen -- PDF EOD / SEAL Training Plan -- HTML

Navy PRT Training Plan - US Navy Physical Fitness Test

About the Author "Stew Smith CSCS Stew Smith is a former Navy Lieutenant (SEAL) who graduated from the United States Naval Academy and Basic Underwater

45 Day Plan (PDF) - Former Navy SEAL Stew Smith CSCS

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SPC Lamonte Jordan Smith 4/26/91-9/26/10 In Memory of my Son who died while serving in the US Army. You are missed by so many. I love you forever,

Navy Acronyms - NavyGirl.org

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