



# Marine Corps Water Survival Qualification Preparation

FORCE FITNESS DIVISION

WATER SURVIVAL ADVANCED – 6 WEEK TRAINING PROGRAM

## Water Survival Advanced – 6 Week Training Program Objective

This 6 week training program serves to successfully prepare and familiarize a Marine with the aquatic environment the Marine will encounter at an advanced water survival qualification. A Marine who is comfortable in an aquatic environment should start this training program 6 weeks prior to the Marine's upcoming water survival qualification and perform 3 training sessions each week. The program serves as a guide, and is not a standard. Therefore, a Marine has the opportunity to make changes within the program to what he/she feels necessary to aid in his/her abilities and confidence in the water.

## Water Survival Advanced Qualification

- Conduct self – rescue (platform entry and 500m swim)
- Conduct active and passive victim rescues
- Perform 4 water survival strokes

## Rest Interval

The rest interval prescribed for each exercise is intended to provide sufficient recovery and time to prepare for the next repetition or exercise. If at any time the rest interval is not sufficient to produce recovery, or is extremely long, the Marine is permitted to increase or decrease the rest interval as needed.

## Field Expedient Flotation Devices

The best form of flotation is any floating object that will keep you and your equipment out of the water or minimize your exposure to the water. In the event a flotation device is not available, a Marine can use his/her blouse or trousers to keep him/her afloat as a field expedient flotation device.

## Blouse Inflation Techniques – A *temporary* flotation device.

Preferred Method – also known as, Michelin Man –

1. Keep the sleeves and front of your blouse fully buttoned.
2. Pinch the blouse collar by the top two buttons in the front, exhale the air into the neckline.
3. Inhale through your nose and exhale through the mouth into the blouse. This will allow for a relaxed breathing cycle.

\*TIP: Keep your elbows tight against your body to eliminate air escaping from your blouse.

Alternate Method – also known as, Super Man –

1. Keep the sleeves buttoned and the top two front buttons unbuttoned.
2. Grasp the collars, press down with your thumbs where the rank insignia is normally pinned, and pull the collar down tight against your neck, creating a seal.

3. Hold your grasped fingers firmly against your chest
4. Take a deep breath and bend forward no more than 45 degrees to prevent the air from escaping through the back of the blouse.
5. Turn your head toward either side and break the seal of your collar.
6. Bury your face as far in your armpit as possible and forcefully exhale a full lung of air into the blouse.
7. Immediately reseal the collar.
8. Tilt your head back and raise your elbows to allow air to create a floating cushion around the back of the neck. Cross your ankles and stop moving.

### Trouser Inflation Techniques – A *primary* flotation device.

The first four steps are the same for all trouser inflation methods:

1. Take a deep breath, bend over, and remove your boots.
2. Remove your trousers. Button or zip the trousers' fly closed. This allows you to control airflow.
3. Tie the bottoms of the trouser legs in a square knot.
4. Ensure that the front (fly) of the trousers faces you.

Sling Method – Works if you are a strong swimmer or naturally buoyant. Perform steps 1-4 listed under trouser inflation techniques then proceed with steps 5-12.

5. Hold the trousers above the water's surface and behind your head. Grasp both sides of the waistband and open with both hands.
6. Kick strongly to stay on top of the water while slinging the trousers overhead in order to trap air into them.
7. Once the waistband is submerged in the water, air is trapped in the legs.
8. Hold and seal the waistband underwater.
9. Slip the inflated legs over your head. Hold the waistband in toward your chest, the fly facing your body.
10. To prevent air from escaping from the trousers, seal the waistband by either folding it or twisting it.
11. Lie back and relax, resting the back of your neck against the knot.
12. Splash water on the trousers periodically to prevent the material from drying. Dry material allows air to escape.

Splash Method - The splash method is an alternative to the sling method. As with the sling method, you must kick strongly to remain at the surface. Perform steps 1-4 listed under trouser inflation techniques then proceed with steps 5-12.

5. Hold the trousers at the water's surface out in front of you by the waistband with the fly up.
6. Grasp the waistband at the surface with one hand. Insert your free hand into the waistband, palm down.
7. Flutter your hand rapidly to create bubbles. This sends a mixture of water and air bubbles into the trousers. The water passes through the fabric and the air remains trapped in the legs.

8. Hold and seal the waistband underwater.
9. Slip the inflated legs over your head. Hold the waistband in toward your chest, the fly facing your body.
10. To prevent air from escaping from the trousers, seal the waistband by either folding it or twisting it.
11. Lie back and relax, resting the back of your neck against the knot.
12. Splash water on the trousers periodically to prevent the material from drying. Dry material allows air to escape.

Blow Method - The blow method is an alternative to the sling method. Use the blow method if you are a weak swimmer. Perform steps 1-4 listed under trouser inflation techniques then proceed with steps 5-12.

5. Hold the trousers at the water's surface. Grasp both sides of the waistband and open with both hands.
6. Take a deep breath.
7. Drop 2 feet below the water's surface, pulling the waistband underwater.
8. Hold the waistband open with both hands and blow air into the trousers.
9. To fill the trousers with air, surface while keeping the waistband underwater, breathe in again, drop below the water's surface, and blow air into the trousers. Repeat these steps until the trousers are filled sufficiently.
10. Hold the waistband underwater. Twist and pinch it off.
11. Slip the inflated legs over your head. Hold the waistband in toward your chest, the fly facing your body.
12. To prevent air from escaping from the trousers, seal the waistband by either folding it or twisting it.
13. Lie back and relax, resting the back of your neck against the knot.

Scooping Method - To replenish air in the trousers, you will use the scooping method. Perform steps 1 - 12 as listed above then proceed with steps 13 - 14.

13. With one hand on the open waistband, extend the trousers in front of you just below the surface of the water and scoop air bubbles with your free hand into the open waistband until the trousers have sufficient air.
14. Repeat as necessary.

## Common Terminology

Slick – PT shorts/UDT shorts/jammers

Blouse Only – Cammie blouse with PT short/UDT shorts/jammer

Cammies – defined as seasonal MARPAT utilities to include: blouse, trousers, and boots.

Distance – meters and yards is represented throughout the program as M/Y. Local facility will dictate the metric used.

Length – Swimming a prescribed distance in one direction without stopping. Length of exercise may vary.

Lap – Swimming two consecutive full lengths of the pool. (e.g. Swim the length of the pool, turn around, and swim back to where you started.)

12.5 M/Y – Swimming either half of a 25 M/Y pool or a quarter of a 50 M/Y pool.

Submersion Drill – While standing in the shallow end, inhale, hold breath, and submerge until the head is under the water. While submerged, exhale, and then return to standing. Should a Marine feel more comfortable retrieving and object from the bottom of the pool, he/she can adapt the program to fit his/her needs.

Carry – Beginning at the wall in the shallow end, utilizing the beginner level side stroke swim prescribed distance. Hold a light weight flotation device, known as a pull buoy, or a training brick in the hand closest to the surface. Keep the device out of the water at all times. This will train a Marine to perform the active and passive victim rescues required in water survival advanced.

## Week 1 – Workouts 1-3

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 1</b>			
100 M/Y Swim	1	Slick	:90 sec after 1 rep
12.5 M/Y Carry	2	Slick	:30 sec after 1 rep
50 M/Y Swim	2	Slick	:60 sec after 1 rep
Tread Water 4:00 min	1	Slick	:90 sec after 1 rep
Tread Water 2:00 min	2	Blouse Only	:60 sec after 1 rep
<b>DAY 2</b>			
100 M/Y Swim	1	Cammies	:90 sec after 1 rep
25 M/Y Carry	1	Slick	:60 sec after 1 rep
50 M/Y Swim	2	Slick	:30 sec after 1 rep
Tread Water 2:00 min	2	Cammies	:90 sec after 1 rep
Tread Water 2:00 min	2	Blouse Only	:60 sec after 1 rep
<b>DAY 3</b>			
50 M/Y Swim	2	Slick	:60 sec after 1 rep
12.5 M/Y Carry	2	Blouse Only	:60 sec after 1 rep
100 M/Y Swim	2	Cammies	:90 sec after 1 rep
Tread Water 4:00 min	1	Cammies	:90 sec after 1 rep
Tread Water 2:00 min	1	Blouse Only	:60 sec after 1 rep
Tread Water 2:00 min	1	Slick	:60 sec after 1 rep

12.5/25 M/Y Carry	Beginning at the wall in the shallow end, utilizing the beginner level side stroke swim prescribed distance. Hold a light weight flotation device, known as a pull buoy, in the hand closest to the surface. Keep the flotation device out of the water at all times.
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## Week 2 – Workouts 4-6

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 4</b>			
150 M/Y Swim	2	Cammies	:90 sec after 1 rep
50 M/Y Swim <sup>1</sup>	3	Cammies/Blouse/Slick	:60 sec after 1 rep
12.5 M/Y Carry	1	Blouse Only	:60 sec after 1 rep
Tread Water 2:00 min <sup>2</sup>	5	Cammies	:60 sec after 1 rep
<b>DAY 5</b>			
200 M/Y Swim	1	Cammies	:90 sec after 1 rep
50 M/Y Swim	2	Blouse Only	:60 sec after 1 rep
12.5 M/Y Carry	1	Cammies	:60 sec after 1 rep
Tread Water 4:00 min	1	Cammies	:90 sec after 1 rep
Tread Water 2:00 min <sup>3</sup>	3	Cammies	:60 sec after 1 rep
<b>DAY 6</b>			
250 M/Y Swim	1	Cammies	:90 sec after 1 rep
50 M/Y Swim	1	Slick	:60 sec after 1 rep
12.5 M/Y Carry	2	Cammies	:60 sec after 1 rep
Tread Water 10:00 min <sup>4</sup>	1	Cammies	:90 sec after 1 rep

Notes:

<sup>1</sup> Day 4 – 50 M/Y Swim – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep blouse only, 3<sup>rd</sup> rep slick.

<sup>2</sup> Day 4 – Tread Water 2:00 min – 1<sup>st</sup>/3<sup>rd</sup> rep tread water only, 2<sup>nd</sup> rep practice blouse inflation, 4<sup>th</sup> rep practice trouser inflation, 5<sup>th</sup> rep Slick

<sup>3</sup> Day 5 - Tread Water 2:00 min – 1<sup>st</sup> rep tread water, 2<sup>nd</sup> rep practice blouse inflation, 3<sup>rd</sup> rep practice trouser inflation

<sup>4</sup> Day 6 - Tread Water 10:00 min – Practice blouse and trouser inflations.

Trouser Inflation	Utilizing one of the trouser inflation techniques, practice removing boots and inflating trousers.
Blouse Inflation	Utilizing one of the blouse inflation techniques, practice inflating blouse.
12.5/25 M/Y Carry	Beginning at the wall in the shallow end, utilizing the beginner level side stroke swim prescribed distance. Hold a light weight flotation device, known as a pull buoy, in the hand closest to the surface. Keep the flotation device out of the water at all times.

## Week 3 – Workouts 7-9

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 7</b>			
100 M/Y Swim	4	Slick	:90 sec after 1 rep
50 M/Y Swim	2	Slick	:60 sec after 1 rep
25 M/Y Carry	2	Slick	:60 sec after 1 rep
<b>DAY 8</b>			
200 M/Y Swim <sup>1</sup>	2	Cammies/Slick	:90 sec after 1 rep
50 M/Y Swim	2	Slick	:60 sec after 1 rep
Tread Water 10:00 min <sup>2</sup>	2	Cammies/Blouse	:90 sec after 1 rep
<b>DAY 9</b>			
500 M/Y Swim	1	Slick	:90 sec after 1 rep

Notes:

<sup>1</sup> Day 8 – 50 M/Y Swim – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep slick.

<sup>2</sup> Day 8 – Tread Water 10:00 min – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep blouse only.

12.5/25 M/Y Carry	Beginning at the wall in the shallow end, utilizing the beginner level side stroke swim prescribed distance. Hold a training brick in the hand closest to the surface. Keep the flotation device out of the water at all times.
50 M/Y Swim	Beginning at the wall in the shallow end, utilizing the elementary backstroke swim prescribed distance. Hold a training brick with arms fully extended over your hips. Kick aggressively with a 'whip' kick.



## Week 4 – Workouts 10 - 12

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 10</b>			
150 M/Y Swim	2	Cammies	:60 sec after 1 rep
50 M/Y Swim <sup>1</sup>	4	Cammies/Blouse	:60 sec after 1 rep
<b>DAY 11</b>			
300 M/Y Swim	1	Cammies	:90 sec after 1 rep
100 M/Y Swim <sup>2</sup>	2	Blouse Only/Slick	:90 sec after 1 rep
50 M/Y Swim	2	Blouse Only	:60 sec after 1 rep
<b>DAY 12</b>			
600 M/Y Swim	1	Slick	:90 sec after 1 rep
50 M/Y Swim	2	Blouse Only	:60 sec after 1 rep

Notes:

<sup>1</sup> Day 10 – 50 M/Y Swim – 1<sup>st</sup>/2<sup>nd</sup> rep cammies, 3<sup>rd</sup>/4<sup>th</sup> rep blouse only.

<sup>2</sup> Day 11 – 100 M/Y Swim – 1<sup>st</sup> rep blouse only, 2<sup>nd</sup> rep slick.

50 M/Y Swim	Beginning at the wall in the shallow end, utilizing the elementary backstroke swim prescribed distance. Hold a training brick with arms fully extended over your hips. Kick aggressively with a 'whip' kick.
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## Week 5 – Workouts 13 - 15

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 13</b>			
200 M/Y Swim	2	Cammies	:90 sec after 1 rep
25 M/Y Carry	2	Cammies	:60 sec after 1 rep
100 M/Y Swim	1	Slick	:60 sec after 1 rep
<b>DAY 14</b>			
300 M/Y Swim <sup>1</sup>	2	Cammies/Blouse	:90 sec after 1 rep
Tread Water 8:00 min <sup>2</sup>	1	Cammies	:60 sec after 1 rep
<b>DAY 15</b>			
400 M/Y Swim	1	Slick	:90 sec after 1 rep
100 M/Y Swim	2	Slick	:60 sec after 1 rep
50 M/Y Carry	2	Blouse Only	:60 sec after 1 rep

Notes:

<sup>1</sup> Day 14 – 300 M/Y Swim – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep blouse only

<sup>2</sup> Day 14 – Tread Water 8:00 min - Enter the water at the deep end of the pool. Push slightly away from the wall and tread water for 8:00 minutes. Alternate 1:00 with hands out of the water, 1:00 hands in a sculling motion.

25/50 M/Y Carry	Beginning at the wall in the shallow end, utilizing the beginner level side stroke swim prescribed distance. Hold a training brick in the hand closest to the surface. Keep the flotation device out of the water at all times.
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## Week 6 – Workouts 16 - 18

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 16</b>			
400 M/Y Swim <sup>1</sup>	1	Cammies/Blouse/Slick	:90 sec after 1 rep
50 M/Y Swim	6	Cammies	:60 sec after 1 rep
<b>DAY 17</b>			
300 M/Y Swim <sup>2</sup>	2	Cammies/Blouse	:90 sec after 1 rep
Tread Water 8:00 min <sup>3</sup>	1	Cammies	:60 sec after 1 rep
<b>DAY 18</b>			
600 M/Y Swim <sup>4</sup>	1	Cammies/Blouse/Slick	:90 sec after 1 rep

Notes:

<sup>1</sup> Day 16 – 400 M/Y Swim – 200 M/Y cammies, 100 M/Y blouse only, 100 M/Y slick

<sup>2</sup> Day 17 – 300 M/Y Swim – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep blouse only

<sup>3</sup> Day 17 – Tread Water 8:00 min - Enter the water at the deep end of the pool. Push slightly away from the wall and tread water for 8:00 minutes. Alternate 1:00 with hands out of the water, 1:00 hands in a sculling motion.

<sup>4</sup> Day 18 – 600 M/Y Swim – 1<sup>st</sup> 200 M/Y cammies, 2<sup>nd</sup> 200 M/Y blouse only, 3<sup>rd</sup> 200 M/Y slick