



# Marine Corps Water Survival Qualification Preparation

FORCE FITNESS DIVISION

WATER SURVIVAL BASIC - 4 WEEK TRAINING PROGRAM

## Water Survival Basic – 4 Week Training Program Objective

This 4 week training program serves to successfully prepare and familiarize a Marine with the aquatic environment he/she will encounter at a basic water survival qualification. A Marine who is uncomfortable in an aquatic environment should start this training program 4 weeks prior to his/her 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 Basic Qualification

- Execute a 25m swim assessment
- Conduct self – rescue (platform entry and 25m swim)
- Conduct submerged gear shed
- Employ flotation gear for 25m
- Tread water for 4:00 minutes

## 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.

## 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.

## Week 1 – Workouts 1-3

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 1</b>			
Submersion Drill	4	Slick	:30 sec after 4 reps
12.5 M/Y Swim	1	Slick	:60 sec after 1 rep
Submersion Drill	4	Slick	:30 sec after 4 reps
12.5 M/Y Swim	1	Slick	:60 sec after 1 rep
Tread Water :30 sec	4	Slick	:30 sec after 1 rep
<b>DAY 2</b>			
Submersion Drill	6	Slick	:45 sec after 6 reps
12.5 M/Y Swim	1	Slick	:60 sec after 1 rep
Submersion Drill	6	Slick	: 45 sec after 6 reps
12.5 M/Y Swim	1	Slick	:60 sec after 1 rep
Tread Water :45 sec	4	Slick	:30 sec after 1 rep
<b>DAY 3</b>			
Submersion Drill	8	Slick	:60 sec after 8 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	8	Slick	:60 sec after 8 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Tread Water :45 sec	4	Slick	:30 sec after 1 rep

Notes:

Submersion Drill	Repetitions are continuous. 1 Repetition = while standing inhale, submerge head and body under water, exhale under water, emerge head and body out of water, inhale. Conduct drills in shallow end of pool.
Tread Water	Conduct tread water evolutions in the deep end of the pool.
Swim	Beginning at the wall, swim one length of the prescribed distance. Rest begins at the completion of one length. Try not to touch the bottom.

## Week 2– Workouts 4-6

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 4</b>			
12.5 M/Y Swim	2	Blouse Only	:60 sec after 1 rep
Submersion Drill	8	Blouse Only	:60 sec after 8 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	8	Slick	:60 sec after 8 reps
Tread Water :45 sec	4	Slick	:30 sec after 1 rep
<b>DAY 5</b>			
Submersion Drill	8	Slick	:60 sec after 8 reps
12.5 M/Y Swim	4	Slick	:60 sec after 1 rep
Submersion Drill	8	Blouse Only	:60 sec after 8 reps
12.5 M/Y Swim	2	Blouse Only	:90 sec after 1 rep
Tread Water :45 sec	4	Blouse Only	:30 sec after 1 rep
<b>DAY 6</b>			
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	8	Slick	:30 sec after 8 reps
12.5 M/Y Swim	4	Blouse Only	:90 sec after 1 rep
Submersion Drill	8	Blouse Only	:60 sec after 8 reps
Tread Water :45 sec	6	Blouse Only	:30 sec after 1 rep

### Notes:

Submersion Drill	Repetitions are continuous. 1 Repetition = while standing inhale, submerge head and body under water, exhale under water, emerge head and body out of water, inhale. Conduct drills in shallow end of pool.
Tread Water	Conduct tread water evolutions in the deep end of the pool.
Swim	Beginning at the wall, swim one length of the prescribed distance. Rest begins at the completion of one length. Try not to touch the bottom.

## Week 3- Workouts 7-9

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 7</b>			
Submersion Drill	10	Slick	:60 sec after 10 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	10	Slick	:60 sec after 10 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Tread Water :30 sec	4	Slick	:30 sec after 1 rep
<b>DAY 8</b>			
Submersion Drill	10	Cammies	:60 sec after 10 reps
12.5 M/Y Swim	4	Cammies	:90 sec after 1 rep
Submersion Drill	10	Cammies	:60 sec after 10 reps
12.5 M/Y Swim	2	Slick	:60 sec after 1 rep
Tread Water :45 sec	4	Slick	:30 sec after 1 rep
<b>DAY 9</b>			
Submersion Drill	10	Slick	:60 sec after 10 reps
12.5 M/Y Swim	6	Slick	:60 sec after 1 rep
Submersion Drill	10	Cammies	:60 sec after 10 reps
12.5 M/Y Swim	6	Cammies	:90 sec after 1 rep
Tread Water :30 sec <sup>1</sup>	8	Cammies/Blouse/Slick	:60 sec after 1 rep

Notes:

<sup>1</sup> Day 9 Tread Water - 1<sup>st</sup>/2<sup>nd</sup> rep cammies, 3<sup>rd</sup>- 6<sup>th</sup> rep blouse only, 7<sup>th</sup>/8<sup>th</sup> rep slick

Submersion Drill	Repetitions are continuous. 1 Repetition = while standing inhale, submerge head and body under water, exhale under water, emerge head and body out of water, inhale. Conduct drills in shallow end of pool.
Tread Water	Conduct tread water evolutions in the deep end of the pool.
Swim	Beginning at the wall, swim one length of the prescribed distance. Rest begins at the completion of one length. Try not to touch the bottom.

## Week 4 – Workouts 10 - 12

Exercise	Repetitions	Uniform	Rest Interval
<b>DAY 10</b>			
25 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	10	Slick	:60 sec after 10 reps
25 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	10	Cammies	:60 sec after 10 reps
Tread Water :60 sec <sup>1</sup>	4	Cammies/Blouse/Slick	:30 sec after 1 rep
<b>DAY 11</b>			
Submersion Drill	10	Slick	:60 sec after 10 reps
25 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	10	Blouse Only	:60 sec after 10 reps
25 M/Y Swim	2	Blouse Only	:90 sec after 1 rep
Tread Water 2:00 min <sup>2</sup>	2	Cammies/Blouse	:60 sec after 1 rep
<b>DAY 12</b>			
25 M/Y Swim	2	Slick	:60 sec after 1 rep
Submersion Drill	10	Slick	:60 sec after 10 reps
25 M/Y Swim	2	Cammies	:90 sec after 1 rep
Submersion Drill	8	Cammies	:60 sec after 8 reps
Tread Water 3:00 min <sup>3</sup>	2	Cammies/Slick	:60 sec after 1 rep

### Notes:

<sup>1</sup> Day 10 Tread Water – 1<sup>st</sup>/2<sup>nd</sup> rep cammies, 3<sup>rd</sup> rep blouse only, 4<sup>th</sup> rep slick.

<sup>2</sup> Day 11 Tread Water – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep blouse only.

<sup>3</sup> Day 12 Tread Water – 1<sup>st</sup> rep cammies, 2<sup>nd</sup> rep slick.

Submersion Drill	Repetitions are continuous. 1 Repetition = while standing inhale, submerge head and body under water, exhale under water, emerge head and body out of water, inhale. Conduct drills in shallow end of pool.
Tread Water	Conduct tread water evolutions in the deep end of the pool.
Swim	Beginning at the wall, swim one length of the prescribed distance. Rest begins at the completion of one length. Try not to touch the bottom.