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 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 6 and DAY 7**
Rest or do your own workout.

**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 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 13 and DAY 14
Rest or do your own workout.
**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

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**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.*

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**DAY 20 and DAY 21**

Rest or do your own workout.