



THE
TOP 5 MISTAKES I MADE
PREPARING FOR BUDS

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MY STORY

WHAT IT'S LIKE GOING THROUGH HELL WEEK TWICE

At the age of 18 I became inspired to become a Navy SEAL after I read a chapter in a book called the “The Green Faced Frogmen”

I was mesmerized, and immediately after I finished I tried to find everything I could about becoming a Frogman.

But back then, there were no books that I knew of about training to go to BUDS or training for Special Forces, so I read “The Education of a BodyBuilder” by Arnold Schwarzenegger.

I joined a local bodybuilding gym – you know what I mean, the ones with all the mirrors and guys posing in speedo trunks.

I did all of the exercises in the book like preacher curls, dumbbell chest flies and even worked out on a pec deck.

Most of everything I did was all wrong, and even though I was training hard, I wasn't preparing myself for what was ahead.

In this short book, I've included the biggest mistakes I made, along with quick tips to help you stay on track if you're trying to go to BUDS or something similar.

This book came from the hand scribbled notes and goals I wrote down after leaving BUDS the first time.

I felt like I had shed my old skin and old ideas of what it took to train for BUDS.

I now had a new body and fresh mind and was ready to go back and conquer.

My second time through I passed and graduated Class 132.

No it was not easy... it was still hard. But I was far more ready for the task.



MISTAKE #1:

FOCUSING ON BARBELL & WEIGHT TRAINING

When I was preparing for my first time at BUDS, all of my workouts were done in an air-conditioned gym with machines and barbell weights. I never got dirty, and I never trained outside in the heat and humidity.

So, when I got to BUDS, you can imagine what happened. I got my nuts kicked in daily and found myself in the Goon Squad.

(The Goon Squad is when you don't make the cut on the group run, so you get tortured on the beach doing mountain climbers and jumping jacks and bear crawls until your body is smoked.)

As an instructor yelled to me “Boy, you can either speed up and catch up and have a little pain – or fall back into the Goon Squad and have a lot of pain!”

What I Did Differently:

I barely ran before I went to BUDS the first time. I was ill prepared. I completely changed all of my training the second time around to do this....

I would run long distance on the beach and find sand berms to bear crawl up and over. I bought a cheap bike and began riding long distance on the weekends to build up my endurance. I wanted to be durable and used the bike to build up my hip flexors and legs for the long haul.

I would do only body weight workouts and try to do them outside in the mud and rain. I avoided a gym with air conditioning and mirrors. I found a local playground and acted like it was my obstacle course swinging and climbing through it. I finished with burpees in the sand.



MISTAKE #2:

NOT TRAINING WITH ODD IMPLEMENTS

Before I went to training the first time I had never held a sand bag or hiked with a ruck.

From the outside, these might look like easy things - but if your body isn't ready for it, even a light weight over a long distance will break you down.

And it's not just about getting tired. If you're not ready (like my first time through), you'll have a much higher risk of getting injured, and you'll find a whole new set of aches and pains after.

What I Did Differently:

I trained with a sand bag to mimic hold a boat overhead and hiked with it down the beach on my shoulder.

I grabbed a backpack full of water and food and rucked high in the SoCal mountains or for miles down the beach.

Most importantly, I got my body ready to handle anything.



MISTAKE #3:

NOT LEARNING HOW TO DIVE

Before entering the Navy I had never used a scuba rig or dove for objects.

And I quickly learned that it's not just about being a strong swimmer.

If you're not comfortable being underwater for long periods of time (like I was), it's not just the physical challenge that gets you - there's a mental component that takes time to develop.

I knew after my first time that I needed extra work in the water.

What I Did Differently:

I took a diving course from a local instructor and he made us tread water with weights and breath dive down and collect objects on the bottom of the pool in the order he told us.

Our divemaster continued to make these exercises harder and harder every week.

By the time I returned to BUDS, I was ready for every dive challenge they threw at us.



MISTAKE #4:

NOT WATCHING WHAT I ATE

My first time through training I ate everything I could get my hands on.

Tubs of ice cream, whole pizzas, chips, snacks - you name it, I ate it.

Because I was so young, I thought I was invincible. I never even considered that the food I ate would have an impact on my performance.

But I quickly learned that eating crap was slowing me down, even if I wasn't actually gaining any fat.

After all, if you want a machine to perform at its highest level, you need to give it the best fuel - and our bodies are no different.

What I Did Differently:

I improved my nutrition and cut out extra sweets like ice cream.

I replaced them with better food choices like boiled eggs and green vegetables.

My goal was no longer to eat what I loved, but to eat what would give me the fuel to train harder and perform at my best, all the time.



MISTAKE #5

NOT HAVING A CLEAR “WHY”

When I first started, I did not have a clear “why” I wanted to be a SEAL.

I had some core beliefs, but I needed to work on my mindset and reinforce my “why”.

So, when things got tough, I didn't have a driving fire in my belly to push through no matter what.

And to be a SEAL, you need that fire.

What I Did Differently:

I discovered that my 'why' was making my family being proud of my efforts.

When I went back a second time, I knew I could not let my family down like I did the first time through training when I failed.

So at each step along the way, I had that WHY pushing me forward, never letting me quit.

It was never easy, but working towards that WHY made it possible.



NOW YOU CAN HAVE THE SECRETS...

On May 3rd, 1985 I graduated from BUDS Class 132.

A major dream in my life that would stick with me like glue for the rest of my days.

I want to share those notes with you that eventually became a journal for my son.

I have edited them and put them all together in an Ebook, which includes a full 30 day workout program for you to follow. It even comes with interviews from other Navy SEALs as they tell their story of hardship.

You can learn more about the mistakes I made and how to avoid them.

You'll also learn how to train right the first time so that you can succeed at BUDS/ Special Forces/ GORUCK, Spartan Race or SEALFIT 20X.

The Freak Frogman Workout Ebook is fully guaranteed 100%. If you don't like it I will refund all of your money.

Also – I answer all email questions you have 24/7.

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