

Fitness Preparation for Regimental Fitness Testing

Workouts would begin on Monday, June 1, 2020

Report Date: August 20, 2020

PHASE I

		MON	TUES	WED	THU	FRI	SAT	SUN
WK 1	June 1-7	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	PRT PRACTICE TEST	Active Rest
WK 2	June 8-14	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.0 mile Test Time: _____	Active Rest
WK 3	June 15-21	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.0 mile Test Time: _____	Active Rest
WK 4	June 22-28	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 5	June 29-July 5 DELOAD WEEK	Deload Workout A	Cardio of Choice 30-45 min	Active Rest	Deload Workout B	30-45 min Cardio of choice	Active Rest	Active Rest
							PRACTICE PRT RESULTS 1.5 mi run: Sit- ups 2 min: Pushups 2 min:	

PHASE II

		MON	TUES	WED	THU	FRI	SAT	SUN
WK 6	July 6-12	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 7	July 13-19	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 8	July 20-26	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	2.0 mile Test Time: _____	Active Rest
WK 9	July 27-Aug 2	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	PRT PRACTICE TEST	Active Rest
WK 10	Aug 3-9	Deload Workout A	Cardio of Choice 30-45 min	Active Rest	Deload Workout B	Cardio of Choice 30-45 min	Active Rest	Active Rest
WK 11	Aug 10-16	Circuit Training A	1.5-2.0 mile run (moderate pace)	Circuit Training B	2.0-3.0 mile run (light pace)	Circuit Training C	30-45 min Cardio of choice	Active Rest
							PRACTICE PRT RESULTS 1.5 mi run: Sit- ups 2 min: Pushups 2 min:	

RPT SUMMER TRAINING
PHASE 2: July 6-August 2

Day 1

		WEEK 6				WEEK 7				WEEK 8				WEEK 9			
Active Warmup / Static Stretch as needed																	
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4
A1 Figure-4 Stretch	2x30 sec																
A2 Dynamic Kneeling Hip Flexor Stretch	2x30 sec																
30 second rest																	
B1 2DB Front Squat	4x8																
B2 Cable/Band Seated Row	4x8																
90 second rest																	
C1 DB Alternating Bench Press	3x6ea																
C2 DB Single Leg RDL	3x6ea																
90 second rest																	
D1 Jump Rope	4x90sec																
D2 Continuous Push-Ups	4x45 sec																
60 second rest																	

5-10 min static stretch for cool-down

Day 2

		WEEK 6			WEEK 7			WEEK 8			WEEK 9		
Active Warmup / Static Stretch as needed													
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3
A1 Bird Dogs	3x10ea												
A2 Hip Bridge Hold	3x30 sec												
30 second rest													
B1 Mountain Climbers	4x30 sec												
B2 Walking Lunge	4x60 sec												
60 second rest													

Run/Walk Intervals with Burpees Wk 6-8 = x4 Run 90 seconds - Burpees 45 seconds - Walk 60 seconds
10 sec rest between Run, Burpees, and Walk during transition

5-10 min static stretch for cool-down

Day 3

		WEEK 6				WEEK 7				WEEK 8				WEEK 9			
Active Warmup / Static Stretch as needed																	
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4
A1 Prone Fly	3x10																
A2 Plate I/Y/T Complex	3x6 ea																
60 second rest																	
B1 DB Bench Press	4x6																
B2 Stability Ball Hamstring Curl	4x8																
60 second rest																	
C1 DB Reverse Lunges	4x6ea leg																
C2 Cable/Band Lat Pulldown	4x8																
60 second rest																	
D1 Continuous Push-ups	4x30 sec																
D2 Continuous Broad-Jump	4x30 sec																

Broad Jump = Jump outward for distance landing in a squat position

5-10 min static stretch for cool-down

DAY 4

		WEEK 6			WEEK 7			WEEK 8			WEEK 9		
Active Warmup / Static Stretch as needed													
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3
A1 Lying Cross Body Stretch	3x30 sec ea												
A2 Rotational Side Plank	3x8ea												
30 second rest													
B1 Push-up to Shoulder Taps	4x4ea												
B2 Sprints - 40 yds and back	4x1 down&back												
60 second rest													
C1 Diamond Push-up	3x8												
C2 Flutter Kicks	3x30 ea												
60 second rest													

Sprint Intervals with Burpees Wk 6&7 = x3 Sprint **60 yards down and back - Burpees** 30 seconds
30 second rest after sprint before burpees - **60 second rest** after burpees before next sprint

Sprint Intervals with Sit-Ups Wk 6&7 = x3 Sprint **80 yards down and back - Sit-ups** 30 seconds
30 second rest after sprint before burpees - **60 second rest** after burpees before next sprint

5-10 min static stretch for cool-down

DAY 1		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
Active Warmup / Static Stretch as needed																	
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4
A1	Bodyweight Jump Squats	4x5															
30-60 second rest																	
B1	DB Goblet Squat	4x10															
B2	Cable/Band One-Arm Row	4x12ea arm															
60 second rest																	
C1	DB Half-Kneeling One-Arm Press	4x10ea arm															
C2	Bodyweight Hip Bridge Hold	4x30 sec															
60 second rest																	
D1	Continuous Diamond Push-Ups	3x30 sec															
D2	Continuous Flutter Kicks	3x30 sec															
20 second rest																	
5-10 min static stretch for cool-down																	

DAY 3		WEEK 1				WEEK 2				WEEK 3				WEEK 4			
Active Warmup / Static Stretch as needed																	
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4	Set 1	Set2	Set 3	Set 4
A1	Jump Lunges	4x6ea															
30-60 second rest																	
B1	DB Bench Press	4x10															
B2	Single Leg Hip Bridge	4x12ea															
60 second rest																	
C1	DB Front Foot Elevated Split Squat	4x6ea leg															
C2	Cable/Band Straight Arm Pulldown	4x12															
60 second rest																	
D1	Continuous V-Ups	3x30 sec															
D2	Continuous Bodyweight Squats	3x30 sec															
20 second rest																	
5-10 min static stretch for cool-down																	

DAY 4		WEEK 1			WEEK 2			WEEK 3			WEEK 4		
Active Warmup / Static Stretch as needed													
Exercise	Reps/Sets	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3	Set 1	Set2	Set 3
A1 Half-Kneeling Hip Flexor Stretch	3x20 sec ea												
A2 Side Plank	3x30 sec ea												
60 second rest													
B1 Bodyweight Walking Lunge	3x90 sec												
B2 Push-ups	3x12												
60 second rest													
C1 Burpees	3x30 sec												
C2 Flutter Kicks	3x20 ea												
60 second rest													
Run/Walk Intervals		Wk 1&2 = x4 Run 1 minute - Walk 1.5 minute											
		Wk 3&4 = x6 *To increase intensity change to run and jog or if inside on treadmill change incline to higher grade											
5-10 min static stretch for cool-down													

DELOAD TRAINING WEEK PLAN

WK 5 & WK 10 Training

A deload week is a scheduled reduction in total intensity and volume in training. The goal here is to allow your body to recovery from intense training but still move your body to maintain progress you have made through Phase I & II of training.

DELOAD WORKOUT A

1. Active Warm-Up

2. Bodyweight HIIT: 3 Rounds Continuous

- A. Mountain Climbers x40
- B. Bodyweight Squats x40
- C. Alternating Reverse Lunges x20
- D. Full Sit Up x20
- E. Pushups x10
- F. Lateral Jump Burpee x10

3. Static Stretch Routine

DELOAD WORKOUT B

1. Active Warm-Up

2. Strength & Plyo Circuit: 2-3 Rounds

- Jump Squats x20
- Pushups x30
- Single Leg Situps x20 each
- Bodyweight Squats x25
- Plank x:60 sec
- Side Plank x:30sec ea
- Reverse Lunges x10 ea
- Single Leg Glute Bridge Hold x:30sec ea
- Release Pushups x10

**At bottom of pushup lifts hands off ground before pushing back up*

3. Static Stretch Routine

CIRCUIT TRAINING

WK 11 Training

Workout A

5 rounds for time:

- 15 reverse lunges per leg
- 15 pushups
- 15 bodyweight RDL per leg
- 15 flutter kicks each leg
- One-minute plank

Workout B

20 min AMRAP

- 100 high knees
- 20 squats
- 20 plank shoulder taps
- 20 jump lunges
- 30 russian twists

Workout C

5 rounds for time

- 12 jump squats
- 12 pushups
- 12 flutter kicks each leg
- 12 burpees
- One-minute plank

ACTIVE WARMUP

Alternating Forward Lunge x5 each
Mountain Climbers x10 seconds
Body Weight Squats x10
Dynamic Half Kneeling Adductor Stretch x5 each
Jump Squats x10 seconds
Pushups x10
Dynamic Kneeling Hip Flexor x5 each side

STATIC STRETCH ROUTINE

20-30 sec hold each stretch each side

Kneeling Hip Flexor
Half Kneeling Adductor/Groin
Knee to Chest (lying on back)
Leg Cross Body - Lower Back
Figure-4
Seated Hamstring
Side Lying Quad
Calf
Overhead Triceps
Cross Body Posterior Shoulder

PROGRESSION & REGRESSION EXERCISE CHART

Use this chart of exercises when you come across a movement in the given workouts that are too challenging or not challenging enough for you. This chart can also be used to create your own workouts for example picking one exercise from each movement and putting them together into a circuit style workout. See sample below.

Movement	Regression #1	Regression #2	Standard	Progression #1	Progression #2
Squat	Wall Sit	Goblet Squat	Back Squat	Front Squat	Overhead Squat
Hinge	Hip Bridge	Bodyweight RDL	RDL	SL RDL	Kettlebell Swings
Lunge	Split Squat	Assisted Reverse Lunge	Walking Lunge	Multiplanar Lunge	Split Squat Jumps
Push (bodyweight)	Wall Push-Up	Elevated Push-Up (bench/bar)	Push-Up	Med Ball Push-Up	Plyo Push-Up
Push (external load)	Machine Chest Press	BB Bench Press	DB Bench Press	Single Arm DB Press	Split -Stance Single Arm Cable Press
Horizontal Pull	Seated Row	DB Row	Bent-Over Row	Single Arm DB Row	Split-Stance Cable Row
Vertical Pull	Lat Pulldown	Assisted Chin-Up	Chin-Up	Pull-Up	Weighted Pull-Up
Press	Machine Shoulder Press	Kneeling Military Press	Military Press	Single Arm Military Press	Push Press
Power	Bodyweight Jump Squat (2 sec hold)	MB Reverse Overhead Throw	KB Swings	Continuous Goblet Squat Jumps	Hang Clean

Beginner

Advanced

Circuit Sample: Perform each exercise for 45 seconds, 15 second rest between exercises. 4 Rounds Total.

A. Goblet Squat	C. Push-Ups	E. Pull-Ups	G. DB Row
B. Hip Bridge	D. Split Squat Left Leg	F. Split Squat Right Leg	F. Military Press