

Fitness Preparation for Regimental Fitness Testing

Workouts would begin on Monday, June 6, 2022

Report Date: August 21, 2022

	Phase I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	June 6-12	Day 1 Lift	Day 2 Lift	20-30 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	PRT Practice Test	Active Rest	1.5 mile run time
Week 2	June 13-19	Day 1 Lift	Day 2 Lift	20-30 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	1 mile Test Time	Active Rest	Plank time
Week 3	June 20-26	Day 1 Lift	Day 2 Lift	20-30 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	1 mile Test Time	Active Rest	Push-ups (2 mins)
Week 4	June 27-July 3	Day 1 Lift	Day 2 Lift	20-30 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	1.5 mile Test Time	Active Rest	
Deload Week									
Week 5	July 4-10	Deload Workout A	30-45 mins Cardio of Choice	Active Rest	30-45 mins Cardio of Choice	Deload Workout B	Active Rest	Active Rest	
Phase II									
Week 6	July 11-17	Day 1 Lift	Day 2 Lift	30-45 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	1.5 mile Test Time	Active Rest	
Week 7	July 18-24	Day 1 Lift	Day 2 Lift	30-45 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	1.5 mile Test Time	Active Rest	1.5 mile run time
Week 8	July 25-31	Day 1 Lift	Day 2 Lift	30-45 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	2 mile Test Time	Active Rest	Plank time
Week 9	Aug 1-7	Day 1 Lift	Day 2 Lift	30-45 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	PRT Practice Test	Active Rest	Push-ups (2 mins)
Deload Week									
Week 10	Aug 8-14	Deload Workout A	30-45 mins Cardio of Choice	Active Rest	30-45 mins Cardio of Choice	Deload Workout B	Active Rest	Active Rest	
Circuit Training									
Week 11	Aug 15-21	Circuit Training A	1.5-2 mile run (moderate pace)	Circuit Training B	2-3 mile run (moderate pace)	Circuit Training C	30-45 mins Cardio of Choice	Active Rest	