

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 3-9	Day 1 Lift	Day 2 Lift	20-30 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	<b>PRT Practice Test</b>	Active Rest	1.5 mile run time _____
Week 2	June 10-16	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 17-23	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 24-30	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 1-7	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 8-14	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 15-21	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 22-28	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	July 29- Aug 4	Day 1 Lift	Day 2 Lift	30-45 mins Cardio of Choice	Day 3 Lift	Day 4 Lift	<b>PRT Practice Test</b>	Active Rest	Push-ups (2 mins) _____
Deload Week									
Week 10	Aug 5-11	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 12-18	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	