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	
				20-30 mins					1.5 mile
				Cardio of			PRT Practice		run time
Week 1	June 3-9	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Test	Active Rest	
				20-30 mins					Plank
				Cardio of			1 mile Test		time
Week 2	June 10-16	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
				20-30 mins					Push-up
				Cardio of			1 mile Test		(2 mins)
Week 3	June 17-23	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
				20-30 mins					
				Cardio of			1.5 mile Test		
Week 4	June 24-30	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
	Deload Week		-	·	-	·		·	
			30-45 mins		30-45 mins				
		Deload	Cardio of		Cardio of	Deload			
Week 5	July 1-7	Workout A	Choice	Active Rest	Choice	Workout B	Active Rest	Active Rest	
	Phase II		•	•	•	•		•	
				30-45 mins					
				Cardio of			1.5 mile Test		
Week 6	July 8-14	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
				30-45 mins					1.5 mile
				Cardio of			1.5 mile Test		run time
Week 7	July 15-21	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
				30-45 mins					Plank
				Cardio of			2 mile Test		time
Week 8	July 22-28	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
		, , , , , , , , , , , , , , , , , , ,		30-45 mins					Push-up
				Cardio of			PRT Practice		(2 mins)
Week 9	July 29- Aug 4	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Test	Active Rest	ĺ ĺ
	Deload Week	ý	ÿ			5			
			30-45 mins		30-45 mins				
		Deload	Cardio of		Cardio of	Deload			
Week 10	Aug 5-11	Workout A	Choice	Active Rest	Choice	Workout B	Active Rest	Active Rest	
	Circuit Training		I	1				1]
			1.5-2 mile run		2-3 mile run		30-45 mins		
		Circuit	(moderate	Circuit	(moderate	Circuit	Cardio of		
Week 11	Aug 12-18	Training A	pace)	Training B	pace)	Training C	Choice	Active Rest	
	1148 12-10	1.1.1.1.1.1.571	(Pace)		Pace,			1 iouve reest	