Fitness Preparation for Regimental Fitness Testing

Workouts would begin on Monday, June 2, 2025 Report Date: August 17, 2025

•	Phase I	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	-
				20-30 mins					1.5 mile
				Cardio of		D (1) (1)	PRT Practice		run time
Week 1	June 2-8	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Test	Active Rest	
				20-30 mins			1 1 7		Plank
				Cardio of			1 mile Test		time
Week 2	June 9-15	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
				20-30 mins			1 1 7		Push-up
			D QL'O	Cardio of			1 mile Test		(2 mins)
Week 3	June 16-22	Day 1 Lift	Day 2 Lift	Choice 20-30 mins	Day 3 Lift	Day 4 Lift	Time	Active Rest	
							1.5		
			D QL'O	Cardio of			1.5 mile Test		
Week 4	June 23-29	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	
	Deload Week	1	30-45 mins	1	30-45 mins		1	1	
	June 30 -	Deload	Cardio of		Cardio of	Deload			
XX 1 C	July 6								
Week 5		Workout A	Choice	Active Rest	Choice	Workout B	Active Rest	Active Rest	
	Phase II	1		30-45 mins				1	_
				Cardio of			1.5 mile Test		
$\mathbf{W}_{2,2}$	L-1- 7 12	Davi 1 I :A	Day 2 Life	Choice	Day 2 1 :6	Dary 4 L :6			
Week 6	July 7-13	Day 1 Lift	Day 2 Lift	30-45 mins	Day 3 Lift	Day 4 Lift	Time	Active Rest	-1.5 mile
				Cardio of			1.5 mile Test		run time
Weels 7	Lula 14 20	Day 1 Lift	Day 21 ift	Choice	Day 2 L H	Day 4 Lift	Time	Active Rest	
Week 7	July 14-20	Day 1 Lift	Day 2 Lift	30-45 mins	Day 3 Lift	Day 4 Lift		Active Rest	Plank
				Cardio of			2 mile Test		time
Week 8	July 21-27	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Time	Active Rest	unie
week o	July 21-27		Day 2 Lift	30-45 mins	Day 5 Lift	Day 4 Lin		Active Kest	Push-ups
				Cardio of			PRT Practice		(2 mins)
Week 9	July 28- Aug 3	Day 1 Lift	Day 2 Lift	Choice	Day 3 Lift	Day 4 Lift	Test	Active Rest	(2 mms)
WCCK 9	Deload Week	Day I Lift	Day 2 Lift	Choice	Day 5 Lift	Day 4 Lin	1 CSt	Active Rest	
			30-45 mins	1	30-45 mins			1	-
		Deload	Cardio of		Cardio of	Deload			
Week 10	Aug 4-10	Workout A	Choice	Active Rest	Choice	Workout B	Active Rest	Active Rest	
WCCK 10	Circuit Training		Choice	Pietre Rest	Choice	Wolkout D	Terive Rest	netive Rest	
			1.5-2 mile run	1	2-3 mile run		30-45 mins		
		Circuit	(moderate	Circuit	(moderate	Circuit	Cardio of		
Week 11	Aug 11-17	Training A	pace)	Training B	pace)	Training C	Choice	Active Rest	
	1146 11 1/	1.100000	(Pace)					1 101110 10050	