

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	
Week 1	June 2-8	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 9-15	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 16-22	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 23-29	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	June 30 - July 6	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 7-13	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 14-20	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 21-27	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 28- Aug 3	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 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	
Circuit Training									
Week 11	Aug 11-17	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	