

## Fitness Preparation for Regimental Fitness Testing

Workouts would begin on Monday, June 2, 2025

Report Date: August 17, 2025

### PHASE I

		MON	TUES	WED	THU	FRI	SAT	SUN
WK 1	June 2-8	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	PRT PRACTICE TEST	Active Rest
WK 2	June 9-15	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.0 mile Test Time: _____	Active Rest
WK 3	June 16-22	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.0 mile Test Time: _____	Active Rest
WK 4	June 23-29	DAY 1 LIFT	DAY 2 LIFT	20-30 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 5	June 30-July 6 DELOAD WEEK	Deload Workout A	Cardio of Choice 30-45 min	Active Rest	Deload Workout B	30-45 min Cardio of choice	Active Rest	Active Rest

### PRT PRACTICE RESULTS

1.5 mi run:

Sit ups (2 min):

Push ups (2 min):

### PHASE II

		MON	TUES	WED	THU	FRI	SAT	SUN
WK 6	July 7-13	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 7	July 14-20	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	1.5 mile Test Time: _____	Active Rest
WK 8	July 21-27	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	2.0 mile Test Time: _____	Active Rest
WK 9	July 28 -Aug 3	DAY 1 LIFT	DAY 2 LIFT	30-45 min Cardio of choice	DAY 3 LIFT	DAY 4 LIFT	PRT PRACTICE TEST	Active Rest
WK 10	Aug 4-10	Deload Workout A	Cardio of Choice 30-45 min	Active Rest	Deload Workout B	Cardio of Choice 30-45 min	Active Rest	Active Rest
WK 11	Aug 11-17	Circuit Training A	1.5-2.0 mile run (moderate pace)	Circuit Training B	2.0-3.0 mile run (light pace)	Circuit Training C	30-45 min Cardio of choice	Active Rest

### PRACTICE PRT RESULTS

1.5 mi run:

Sit ups (2 min):

Push ups (2 min):

**RPT SUMMER TRAINING**  
**PHASE 1: June 2-June 29**  
**Week 1-4**

**DAY 1**

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Bodyweight Jump Squats	4x5
<b>30-60 second rest</b>	
B1 DB Goblet Squat	4x10
B2 Cable/Band One-Arm Row	4x12ea arm
<b>60 second rest</b>	
C1 DB Half-Kneeling One-Arm Press	4x10ea arm
C2 Bodyweight Hip Bridge Hold	4x30 sec
<b>60 second rest</b>	
D1 Continuous Diamond Push-Ups	3x30 sec
D2 Continuous Flutter Kicks	3x30 sec

**20 second rest**

5-10 min static stretch for cool-down

**DAY 2**

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Stability Ball Hamstring Curls	3x10
A2 Leg Raises	3x10
<b>30 second rest</b>	
B1 Continuous Push-Ups	3x30 sec
B2 Mountain Climbers	3x30 sec
B3 Jumping Jacks	3x90 sec

**60 second rest**

**Sprints: 30 yd down and back**

Wk 1&2 = x3

**90 sec rest btw sprints**

Wk 3&4 = x5

**Run/Walk Intervals**

Wk 1&2 = x4

**Run 2 minutes - Walk 1 minute**

Wk 3&4 = x5

5-10 min static stretch for cool-down

**DAY 3**

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Jump Lunges	4x6ea
<b>30-60 second rest</b>	
B1 DB Bench Press	4x10
B2 Single Leg Hip Bridge	4x12ea
<b>60 second rest</b>	
C1 DB Front Foot Elevated Split Squat	4x6ea leg
C2 Cable/Band Straight Arm Pulldown	4x12
<b>60 second rest</b>	
D1 Continuous V-Ups	3x30 sec
D2 Continuous Bodyweight Squats	3x30 sec

**20 second rest**

5-10 min static stretch for cool-down

**DAY 4**

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Half-Kneeling Hip Flexor Stretch	3x20 sec ea
A2 Side Plank	3x30 sec ea
<b>60 second rest</b>	
B1 Bodyweight Walking Lunge	3x90 sec
B2 Push-ups	3x12
<b>60 second rest</b>	
C1 Burpees	3x30 sec
C2 Flutter Kicks	3x20 ea

**60 second rest**

**Run/Walk Intervals**

Wk 1&2 = x4

**Run 1 minute - Walk 1.5 minutes**

Wk 3&4 = x6

5-10 min static stretch for cool-down

## RPT SUMMER TRAINING

### PHASE 2: July 7-August 3

#### Week 6-9

#### Day 1

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Figure-4 Stretch	2x30 sec
A2 Dynamic Kneeling Hip Flexor Stretch	2x30 sec
<b>30 second rest</b>	
B1 2DB Front Squat	4x8
B2 Cable/Band Seated Row	4x8
<b>90 second rest</b>	
C1 DB Alternating Bench Press	3x6ea
C2 DB Single Leg RDL	3x6ea
<b>90 second rest</b>	
D1 Jump Rope	4x90sec
D2 Continuous Push-Ups	4x45 sec
<b>60 second rest</b>	

5-10 min static stretch for cool-down

#### Day 2

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Bird Dogs	3x10ea
A2 Hip Bridge Hold	3x30 sec
<b>30 second rest</b>	
B1 Mountain Climbers	4x30 sec
B2 Walking Lunge	4x60 sec
<b>60 second rest</b>	

**Run/Walk Intervals with Burpees** Wk 6-8 = x4

5-10 min static stretch for cool-down

**Run 90 seconds - Burpees 45 seconds - Walk 60 seconds**

**10 sec rest between Run, Burpees, and Walk during transition**

#### Day 3

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Prone Fly	3x10
A2 Plate I/Y/T Complex	3x6 ea
<b>60 second rest</b>	
B1 DB Bench Press	4x6
B2 Stability Ball Hamstring Curl	4x8
<b>60 second rest</b>	
C1 DB Reverse Lunges	4x6ea leg
C2 Cable/Band Lat Pulldown	4x8
<b>60 second rest</b>	
D1 Continuous Push-ups	4x30 sec
D2 Continuous Broad-Jump	4x30 sec

*Broad Jump = Jump outward for distance landing in a squat position*

5-10 min static stretch for cool-down

#### DAY 4

Active Warmup / Static Stretch as needed

Exercise	Reps/Sets
A1 Lying Cross Body Stretch	3x30 sec ea
A2 Rotational Side Plank	3x8ea
<b>30 second rest</b>	
B1 Push-up to Shoulder Taps	4x4ea
B2 Sprints - 40 yds and back	4x1 down&back
<b>60 second rest</b>	
C1 Diamond Push-up	3x8
C2 Flutter Kicks	3x30 ea
<b>60 second rest</b>	

**Sprint Intervals with Burpees** Wk 6&7 = x3

Wk 8 = x4

Sprint **60 yards down and back - Burpees** 30 seconds

**30 second rest** after sprint before burpees - **60 second rest** after burpees before next sprint

**Sprint Intervals with Sit-Ups** Wk 6&7 = x3

Wk 8 = x4

Sprint **80 yards down and back - Sit-ups** 30 seconds

**30 second rest** after sprint before burpees - **60 second rest** after burpees before next sprint

5-10 min static stretch for cool-down

## DELOAD TRAINING WEEK PLAN

*WK 5 & WK 10 Training*

A deload week is a scheduled reduction in total intensity and volume in training. The goal here is to allow your body to recovery from intense training but still move your body to maintain progress you have made through Phase I & II of training.

### DELOAD WORKOUT A

#### **1. Active Warm-Up**

#### **2. Bodyweight HIIT: 3 Rounds Continuous**

- A. Mountain Climbers x40
- B. Bodyweight Squats x40
- C. Alternating Reverse Lunges  
x20
- D. Full Sit Up x20
- E. Pushups x10
- F. Lateral Jump Burpee x10

#### **3. Static Stretch Routine**

### DELOAD WORKOUT B

#### **1. Active Warm-Up**

#### **2. Strength & Ply Circuit: 2-3 Rounds**

- Jump Squats x20
- Pushups x30
- Single Leg Situps x20 each
- Bodyweight Squats x25
- Plank x:60 sec
- Side Plank x:30sec ea
- Reverse Lunges x10 ea
- Single Leg Glute Bridge Hold x:30sec ea
- Release Pushups x10

*\*At bottom of pushup lifts hands off ground before pushing back up*

#### **3. Static Stretch Routine**

## CIRCUIT TRAINING

*WK 11 Training*

### Workout A

#### **5 rounds for time:**

- 15 reverse lunges per leg
- 15 pushups
- 15 bodyweight RDL per leg
- 15 flutter kicks each leg
- One-minute plank

### Workout B

#### **20 min AMRAP**

- 100 high knees
- 20 squats
- 20 plank shoulder taps
- 20 jump lunges
- 30 russian twists

### Workout C

#### **5 rounds for time**

- 12 jump squats
- 12 pushups
- 12 flutter kicks each leg
- 12 burpees
- One-minute plank

## ACTIVE WARMUP

Alternating Forward Lunge x5 each  
Mountain Climbers x10 seconds  
Body Weight Squats x10  
Dynamic Half Kneeling Adductor Stretch x5  
each Jump Squats x10 seconds  
Pushups x10  
Dynamic Kneeling Hip Flexor x5 each side

## STATIC STRETCH ROUTINE

***20-30 sec hold each stretch each side***

Kneeling Hip Flexor  
Half Kneeling Adductor/Groin  
Knee to Chest (lying on back)  
Leg Cross Body - Lower Back  
Figure-4  
Seated Hamstring  
Side Lying Quad  
Calf  
Overhead Triceps  
Cross Body Posterior Shoulder

## PROGRESSION & REGRESSION EXERCISE CHART

Use this chart of exercises when you come across a movement in the given workouts that are too challenging or not challenging enough for you. This chart can also be used to create your own workouts for example picking one exercise from each movement and putting them together into a circuit style workout.

Movement	Regression #1	Regression #2	Standard	Progression #1	Progression #2
<b>Squat</b>	Wall Sit	Goblet Squat	Back Squat	Front Squat	Overhead Squat
<b>Hinge</b>	Hip Bridge	Bodyweight RDL	RDL	SL RDL	Kettlebell Swings
<b>Lunge</b>	Split Squat	Assisted Reverse Lunge	Walking Lunge	Multiplanar Lunge	Split Squat Jumps
<b>Push (bodyweight)</b>	Wall Push-Up	Elevated Push-Up (bench/bar)	Push-Up	Med Ball Push-Up	Plyo Push-Up
<b>Push (external load)</b>	Machine Chest Press	BB Bench Press	DB Bench Press	Single Arm DB Press	Split -Stance Single Arm Cable Press
<b>Horizontal Pull</b>	Seated Row	DB Row	Bent-Over Row	Single Arm DB Row	Split-Stance Cable Row
<b>Vertical Pull</b>	Lat Pulldown	Assisted Chin-Up	Chin-Up	Pull-Up	Weighted Pull-Up
<b>Press</b>	Machine Shoulder Press	Kneeling Military Press	Military Press	Single Arm Military Press	Push Press
<b>Power</b>	Bodyweight Jump Squat (2 sec hold)	MB Reverse Overhead Throw	KB Swings	Continuous Goblet Squat Jumps	Hang Clean