

# Basic Training Fit

[FrontManTactical.com](http://FrontManTactical.com)

**Overview:** The first thing people judge you on in the military is your level of physical fitness. So if you show up out of shape people notice. Whether you are enlisted or an officer this will negatively affect opportunities thrown your way during your time in the military. This is why physical fitness is the number one thing to work on before you join. So get started and get after it. Because I was in shape I was given a slot to Airborne school, this can be you, too!

This plan is going to be 4 workouts for you to do weekly for 6 weeks before you ship out. If you follow this plan you will be in shape and set yourself up to succeed. Even once you're done you can use these workouts to maintain and increase your level of physical fitness.

(If you aren't in the military but want to get in shape this plan is for you, too!)

## **PT Tests by Branch:**

- **Army:** 2-min. Push Ups, 2-min. Sit Ups, 2-mile Run
- **Marines:** 2-min. Crunches, Max Pull-Ups, 3-mile Run
- **Air Force:** 1-min. Push Ups, 1-min. Sit Ups, 1.5-mile Run
- **Navy:** 2-min. Push Ups, 2-min. Sit Ups, 1.5-mile Run
- **Coast Guard:** 1-min. Push Ups, 1-min. Sit Ups, 1.5-mile Run

# Workout 1: Push Ups and Abs

**The Why:** Have you seen the movies where the drill sergeants make the privates push? Well get ready because it is real. Aside from being forced to do to endless push ups, most branches test you on your ability to do push ups. This is because you can do them practically anywhere and you can get a really good workout just by doing push ups with different hand placement.

## **Starter:**

- 5 Round Circuit
  - 5 Reps: Normal Push Ups
  - 10 Reps: Crunch
  - 5 Reps: Narrow Push Ups
  - 30 Second Plank

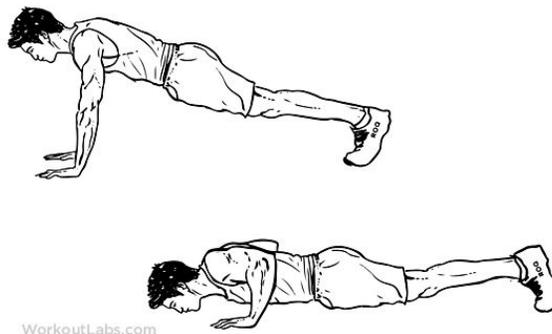
## **Intermediate:**

- 5 Round Circuit
  - 10 Reps: Wide Push Ups
  - 15 Reps: Sit Ups
  - 10 Reps: Normal Push Ups
  - 45 Second Plank

## **Expert:**

- 5 Round Circuit
  - 15 Reps: Normal Push Ups
  - 20 Reps: Flutter Kick
  - 15 Reps: Narrow Push Ups
  - 1 Minute Plank

**Tips:** Follow this picture and ensure you go low. Your push ups won't count if you do not go parallel to the ground. Also, the lower you go the more you will activate your chest.



## Workout 2: Interval Runs

**The Why:** Every branch tests on how fast you can run a set number of miles and the best way to increase your time is to run intervals. This means giving max effort to raise your heartrate and then jogging for a set time, then repeating. Doing these workouts will increase your 2-3 mile time and prepare you to succeed on the PT Test.

### **Starter:**

- 60-120's (6 total rounds)
  - 60 Seconds of max effort
  - 120 Seconds of jogging.

### **Intermediate:**

- 400m x 4 times
  - at your projected mile time for the PT Test
- 200m x 4 times
  - at your projected mile time for the PT Test

### **Expert:**

- 400m x 6 times
  - at your projected mile time for the PT Test
- 800m x 3 times
  - at your projected mile time for the PT Test

**Tips:** Ensure you warm up by jogging before going full force. This will prevent injuries and allow you to actually run faster.

You can do these runs at a track or a measured distance on a road.

## Workout 3: Pull Ups and Abs

**The Why:** While only the Marines test for pull ups for everyone, many schools across all branches will test you on your pull ups. Also, pull ups are one of the best exercises to develop your back and all you need is a bar to hang off of. This is why they are necessary to do and get proficient in.

### **Starter:**

- Pull Up Pyramid
  - 1-2-3-4-5-4-3-2-1
- 3 Rounds Ab Circuit
  - 10 Sit Ups
  - 10 Crunches
  - 30 Second Plank
- 2 Sets of 3 Chin Ups

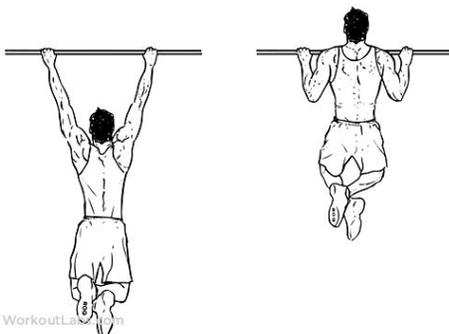
### **Intermediate:**

- 4 sets of 5 Pull Ups
- 3 Rounds Ab Circuit
  - 15 Flutter Kicks
  - 15 Crunches
  - 1 Minute Plank
- 4 Sets of 5 Chin Ups

### **Expert:**

- 5 Sets of Max Pull Ups
  - Make sure to hit at least 10 reps for your first two sets.
- 3 Rounds Ab Circuit
  - 20 Flutter Kicks
  - 20 Crunches
  - 15 V-Ups
- 4 Sets of 5 Chin Ups

**Tips:** If you are unable to perform a pull up yet, do pull up negatives. Use a chair or stool to get you up to the bar and slowly let yourself down to the bottom. This will improve you back strength and still get you a good workout



## Workout 4: Long Run

**The Why:** No matter where you go in the military there are going to be runs. There is just no way around it. This is why you need to become conditioned enough to be able to run long distances. If you are able to do this, running with your unit won't be as miserable. Also you do not want to be known as the guy who falls out of runs. I fell out once... never again because people start to think, "Maybe he can't hang."

### **Starter:**

- Warm Up: Jog 25 Meters x 4
  - Slowly Speeding up each 25 meters
- 2.5 Mile Run
  - Push yourself to be able to finish this in 20 Min.

### **Intermediate:**

- Warm Up: Jog 25 Meters x 4
  - Slowly Speeding up each 25 meters
- 3.5 Mile Run
  - Push yourself to be able to finish this in 27 Min.

### **Expert:**

- Warm Up: Jog 25 Meters x 4
  - Slowly Speeding up each 25 meters
- 5 Mile Run
  - Push yourself to be able to finish this in 35 Min.

**Tips:** Get the proper running shoes! Do your research online and get the right running shoe for your running form and needs. Do not just buy a pair of Nike's because you know that brand. Here is a link to choose the right shoe for you! <http://www.roadrunnersports.com/rrs/content/choosing-running-shoes/>

# Schedule

## **Week 1 & 2: Starter**

- Take the PT test for your respective branch so you can set a baseline for your level of physical fitness. **WRITE THIS DOWN!**
- For the first two weeks do the starter workouts. This is to get your body used to working out. If you jump in and go too hard you could injure yourself or become too sore to keep going.

## **Week 3 & 4: Intermediate**

- Once you make it to week 3 it's time to increase the distances and times you run, while also increasing the reps on all the exercises.
- Make sure you are properly warming up. Getting injured will only set you back longer!

## **Week 5 & 6: Expert**

- Now that you're in the last two weeks it's time to push yourself harder. The workouts are gonna be harder and longer but you need to push through.
- Once you are done with week 6 take your PT Test again and see how much improved! Please share the results you achieved with us!

**Nutrition and Rest:** One app for your phone you need to get is MyFitnessPal. This is where you can track all the food you eat to help you reach your goals whether to gain or lose weight. You input your height and weight, set your goals, and then the app sets how many calories you need to eat daily.

**Warming Up:** Warm up before every workout with dynamic warm ups. Stretch the key muscle groups you worked out that day and foam roll if your lower body was used.

**Sleep:** Get at least 6-8 hours of sleep a night. If you are not sleeping your body isn't getting the crucial time to recover that it needs. You may not think you need the sleep but your body does. This doesn't mean sleep in later. This means getting to bed earlier and still waking up early to get after it.