

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Repeat 3-4 times Pushups max reps 1 min Situps - 15-20 reps in 30 seconds</p> <p>1.5 mile run warmup</p> <p>Repeat 2-4 times 400m run at goal pace squats - 20 lunges - 10/leg situps - 20 in 30 seconds</p>	<p>Run 400m - rest 5:00 / stretch</p> <p>Run 1.5 mile run timed</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p>Repeat 3 times Max pushups Pace Situps 15-20 in 30 seconds</p> <p>Repeat 2 times 1.5 mile at close to goal pace - rest 10 minutes in between</p>	<p>Warm-up jog 10:00</p> <p>Repeat 5 times 400m run at goal pace squats - 20 Lunges - 10/leg</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p>Repeat 4 times Max Pushups Pace Situps 15-20 in 30 seconds</p> <p>Warmup Jog 5:00</p> <p>¼ mile at goal pace ¼ mile at goal pace ¼ mile at goal pace 1 mile at goal pace stretch / rest 2 min in between each set...</p>
Day 6	Day 7	Day 8	Day 9	Day 10
<p>1.5 mile run warmup</p> <p>Repeat 3-5 times 400m run squats - 20 lunges - 10/leg</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p>100-150 pushups and situps in as few sets as possible - no rest</p> <p>Repeat 4 times Run 400m run @ full speed - rest 2 minutes</p> <p>Run 1.5-2 mile run timed</p>	<p>3 miles at close to goal pace as possible</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p>Repeat 2-4 times bike or run - 2 minutes fast squats - 20 lunges 10/leg pushups - max reps situps - 40-50 in 1 minute</p> <p>Bike Pyramid: Manual mode level 2,4,6,... hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long</p>	<p>Warmup Jog 5:00 ¼ mile at goal pace ¼ mile at goal pace ¼ mile at goal pace 1 mile at goal pace 1.5 mile run</p> <p>Do 100 pushups and 100 situps total throughout the day</p>
Day 11	Day 12	Day 13	Day 14	Day 15
<p>Pushup test 1 or 2 minutes Situp test 1 or 2 minutes</p> <p>Bike Pyramid: Manual mode level 2,4,6,... hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long</p>	<p>Repeat 2 times 800m run at goal pace - rest 2 min</p> <p>Run 1.5 mile run timed</p> <p>no pushups /</p>	<p>Swim or elliptical glide or both 20:00 of either or both</p> <p>no pushups / situps</p>	<p>Warm-up jog 5:00 stretch well - sleep well - get ready to test with a day of rest...</p> <p>no pushups / situps</p>	<p>Sample Test Day</p> <p>Test your fitness test today at the time you need to take it for real later this month...</p>

Military Athlete Body Weight Training Program

DP Hallahan



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