

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre Test: Pushups in 2 min, Plank 2 min, 1.5 mile run	10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 3 sets of 1 min plank	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	1 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
20 min swim	4 10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	5 2 mile run at 8-10 min pace, 3 sets of 40 crunches, 3 sets of 30 push ups	6 30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	7 15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	8 REST	9 Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
Active Rest	11 15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	12 6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	13 30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	14 25 min run 8 min pace	15 REST	16 Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
20 min Swim	18 15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	19 Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	20 30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans	21 30 min run (8-10 min pace)	22 REST	23 Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
Active Rest	25 15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	26 6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	27 30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	28 15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups	29 REST	30 Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run

MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 min Swim 1	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 2	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog 3	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 4	30 min run (8-10 min pace) 5	REST 6	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 7
30 min long run @ 8:30 min mile pace 8	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 9	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 10	30-35 min swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 11	30 min run (easy), 5 sets of 20 crunches 12	REST 13	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 14
30 min Swim 15	30 min long run @ 8:30 min mile pace 16	30 min run (8-10 min pace) 17	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 18	30 min run (8-10 min pace) 19	REST 20	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 21
Active Rest 22	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 23	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 24	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 25	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups 26	REST 27	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 28
15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 29	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 30					

JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30-35 min of jog/swim, 2 sets of body lunges, 3 sets of 1 min plank hold	1 Active Rest	2 1 st Day of INDOC- BCA	3	4 5
6	Introductory INDOC PRT	7	8	9	10	11 12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JULY

