



U.S. AIR FORCE

TRAINING FOR

BASIC MILITARY TRAINING

Here is a 14-week training schedule that will prepare you for the rigors of Basic Military Training. We recommend that you work out at least three to five times per week and at least six weeks prior to BMT. This regime includes stretching, running, push-ups and sit-ups.

STRETCHING

Five to seven minutes of stretching before and after workout can help flexibility and prevent common injuries. Stretching should be performed in a slow, controlled manner for 10 to 30 seconds with some tension in the muscle. Avoid bouncing or using jerky movements as this may cause injury.

SIT-UPS

Lay down with your feet together or up to 12 inches apart, your knees bent at a 90-degree angle with a spotter holding your feet at the ankles. Cross your arms over your chest. Now bring your upper body forward until your elbows touch the top of your knees. Lower yourself back to the ground and repeat. Any resting must be done in the up position.

RUNNING

If you're new to running, it is recommended that you start out slow. Keep a steady pace and initially build your pace until you can run consistently for 30 to 40 minutes.

PUSH-UPS

The proper push-up can be completed by getting into the front-leaning rest position with your arms about a shoulder's width apart, your feet touching and your body forming a straight line. Remember to keep your head up. Lower your upper body until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then to the up position (arms fully extended). This is one repetition. Any resting must be done in the up position.

(Note: For your health and safety, you should consult a doctor prior to beginning this or any physical regimen.)

GRADUATION FITNESS STANDARDS FOR MALES

Standard	1.5 Mile Run	Push-ups	Sit-ups	Pull-ups
Liberator (min)	11:57	45	50	0
Thunderbolt	9:30	55	60	5
Warhawk	8:55	65	70	10

A one-minute time interval is used for push-ups, sit-ups and pull-ups.

GRADUATION FITNESS STANDARDS FOR FEMALES

Standard	1.5 Mile Run	Push-ups	Sit-ups	Pull-ups
Liberator (min)	14:21	27	50	0
Thunderbolt	12:00	32	55	2
Warhawk	10:55	40	60	5

A one-minute time interval is used for push-ups, sit-ups and pull-ups.

WEEK 1

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 5-minute walk
- 1-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 2

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 5-minute walk
- 3-minute jog
- 5-minute walk
- 3-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 3

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 4-minute walk
- 5-minute jog
- 4-minute walk
- 5-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 4

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 4-minute sit-/push-up intervals
- 4-minute walk
- 5-minute jog
- 4-minute walk
- 5-minute jog
- 3-to-5-minute walk

WEEK 5

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 4-minute sit-/push-up intervals
- 4-minute walk
- 6-minute jog
- 4-minute walk
- 6-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 6

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 4-minute sit-/push-up intervals
- 4-minute walk
- 7-minute jog
- 4-minute walk
- 7-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 7

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 6-minute sit-/push-up intervals
- 4-minute walk
- 8-minute jog
- 4-minute walk
- 8-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 8

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 6-minute sit-/push-up intervals
- 4-minute walk
- 9-minute jog
- 4-minute walk
- 9-minute jog
- 3-to-5-minute walk
- 2-minute stretch

WEEK 9

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 4-minute sit-/push-up intervals
- 4-minute walk
- 13-minute run
- 3-to-5-minute walk
- 2-minute stretch

WEEK 10

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 4-minute sit-/push-up intervals
- 4-minute walk
- 15-minute run
- 3-to-5-minute walk
- 2-minute stretch

WEEK 11

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 4-minute walk
- 2-minute stretch
- 17-minute run
- 3-to-5-minute walk
- 2-minute stretch

WEEK 12

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 1-minute walk
- 17-minute run
- 3-to-5-minute walk
- 2-minute stretch

WEEK 13

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 2-minute walk
- 2-minute jog
- 17-minute run
- 3-to-5-minute walk
- 2-minute stretch

WEEK 14

Complete the following in one session, 3 to 5 times a week.

- 5-minute stretch/warm-up
- 2-minute sit-/push-up intervals
- 3-minute jog
- 17-minute run
- 3-to-5-minute walk
- 2-minute stretch