Navy - Fitness Plan for Spring 2019

Reference: **PT\_JAN\_A**

Month: January

Week: 3rd - Jan 21 - 25

Notes:

14Jan2019: First Class Day

21Jan2019: Martin Lurther King Jr. Day

24Jan2019: IPRT/IPFT

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 21 | Tuesday - 22 | Wednesday - 23 | Thursday - 24 | Friday - 25 |
| N/A | N/A | N/A–Weight Ins | Kelly/Garza | Kelly/Garza |

Detail PT Plan:

**23Jan2019: 0545**

Location: Hobart Taylor Parking Lot

Uniform:

Blue on Gold

Green on Green

Warming Layers if necessary. Can be used for warmup but will not be used for exercise (unless deemed so by PTDO).

Equipment Needed:

Stop Watch

Score Sheet/Clipboard

IPRT:

PRT Warm Up (Reference **PRT\_WARM\_UP** in folder References):

1. 10 military four-count Pec Fly w/ Overhead Raise

2. 10 military four-count Chest Press / Shoulder Press

3. 10 military four-count Basic Squat

4. 10 military four-count Calf Raise

5. 10 military four-count Knee Blocks to the right

6. 10 military four-count Knee Blocks to the left

7. 10 military four-count 3 Side-Step Touch the Deck

8. 30 seconds of Quick Feet followed by 30 seconds of High Knees

PRT (Reference: **OPNAV INSTRUCTION 6110.1J** in folder References):

2 Minutes Push-Ups

2 Minutes Curls-Ups

1.5 Mile Run

Cooldown:

Whatever PTDO deems necessary.

**25Jan2019: 0545**

Location: Intermural Gym

Uniform:

Blue on Gold

Green on Green

Warming Layers if necessary. Can be used for warmup but will not be used for exercise (unless deemed so by PTDO)

Equipment Needed:

Dodgeball Bag

Warm Up:

Any warm up deemed necessary by PTDO.

Dodgeball:

Two Teams of about even teams are on the basketball court (or larger area if available). Balls are placed along the center line. Teams will be in push up position along the back line. Once told to start teams will run to the center and grab the balls. They will not be able to throw balls until they are back to the back line. Teams will throw balls until one team is left. Will play till the time is up.

Rules

1. You are out if: 1) you step on or over a sideline or centerline; 2) a thrown live ball hits your body; and 3) you throw a live ball and it is caught by an opponent.
2. A thrown live ball can only hit out 1 player.  Thrown balls that hit the ground, the wall, other balls, or other objects before hitting the opponent are considered dead balls, and are ineligible to hit players out.
3. You may block a thrown ball with a held ball. However, if you drop the blocking ball during the act of blocking, or if you fail to make a clean block (as in the thrown ball still ends up hitting or grazing your body afterwards), you are out.
4. If you are out, line up on the side in the order you got out (think of it as being in an “resurrection” line). If your teammate catches a ball, the player at the start of your team’s “resurrection” line comes back into play (the teammate must be in the line at the time of the catch to be eligible to be brought back in).
5. You can only hold a ball for 10 seconds, afterwards, it will be considered dead. Dead balls need to be rolled over immediately to the other team.
6. If the game comes down to 1 player per side, they have 10 seconds to hit each other out; if not, "Showdown" comes into effect. The game is paused, each player gets two balls, two balls are lined up at the ends of the centerline, and the centerline is dissolved. The first player to get the other player out wins.

Cooldown:

Any activity deemed necessary by PTDO.