Navy - Fitness Plan for Spring 2019

Reference: **PT\_FEB\_A**

Month: February

Week: 1th – Feb 4-8

Notes:

N/A

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 04 | Tuesday - 05 | Wednesday - 06 | Thursday - 07 | Friday - 08 |
| N/A | Drake | Kelly/Garza | D’Amato | N/A |

Detail PT Plan:

**05FEB2019: 0545**

Location: Hobart Taylor Parking Lot

Uniform:

Blue on Gold

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

Equipment Needed:

N/A

Warm Up (Reference WARMUP\_A in folder Reference)

Warm Up A – sprint warm up

Sprint Workout:

I want to try to increase the running speed as well as to try to get into fat burning using a simple sprint workout. Try your hardest to go as fast as you can.

|  |  |  |  |
| --- | --- | --- | --- |
| Sets | Distance | Rest | Instructions |
| 10 | 40-meter sprint  @95% | Walk back to start. | Rest at set 5 for 3 mins. 4-min rest after 10. |
| 3 | 400 meter sprint | 3-min rest between each. | Sprint as fast as possible |
| 4 | 100 meter strides | Walk back to start | Easy Strides. Rest 3 mins. |
| 50 | 4 count jumping jacks | None. | Regular 4 count jumping jacks. |
| As time allows | Shuttle Run – Down and back between light posts twice. | 2 min. | Continue till time is up or is close to being up. |

Cooldown:

Walking with static stretching afterwards.

**06FEB2019: 0530**

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.

**07FEB2019: 0545**

Location: Hobart Taylor Parking Lot

Uniform:

Blue on Gold

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

Equipment Needed:

Ammo Cans x6

Warm Up:

Any warm up deemed necessary by PTDO.

Push Up/Curl Up Stations:

If large enough break into groups and spread them in between stations. Station Interval is 10 mins will little breaks in between exercises. Will switch to another station once completed and do the workouts from each station. If finished workout at a station, they will repeat till it is time to switch. 1 min rest when starting over in a station. Ammo cans can be removed if not enough people.

Stations 1: Ammo Cans

Workout 1: Ammo Can Press (25 reps)

Workout 2: Ammo Can Lunges (25 reps)

Workout 3: Ammo can Squats (25 reps)

Station 2: Abs

Workout 1: Crunches (25 reps)

Workout 2: Bicycles (25 reps)

Workout 3: Flutter Kicks (25 reps)

Workout 4: Scissor Kicks (25 reps)

Station 3: Arms

Workout 1: Normal (25 reps)

Workout 2: Diamond (25 reps)

Workout 3: Close Grip (Triceps) (25 reps)

Workout 4: Wide Push Ups (25 reps)

Station 4: Running

2x2 Path – 2 light posts by 2 light posts in Hobart Taylor Parking Lot

Sprint short end. Jog the Long ends. Do not stop.

Cooldown:

Any activity deemed necessary by PTDO.