Navy - Fitness Plan for Spring 2019

Reference: **PT\_FEB\_B**

Month: February

Week: 2nd – Feb 11-15

Notes:

11Feb2019: 20th Class Day

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 11 | Tuesday - 12 | Wednesday - 13 | Thursday - 14 | Friday - 15 |
| Kelly/Garza | Bennett | N/A | Wood | Kelly/Garza |

Detail PT Plan:

**11FEB2019: 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:

Traffic Cones x4

Warm Up:

Any activities deemed necessary by PTDO.

Sharks and Minnows:

Four cones will be placed in about a football field sized rectangle. The goal is to have fun and get the blood pumping by keeping people inside the cones and playing a modified Sharks and Minnows game. One Midn will be picked to be “it” and they will stand in the middle of the field. Everyone else will stand at one end of the field. When the Midn who is “it” will yell go and the Midn who are at the end of the field must run to the opposite side without being touched by the Midn who is “it”. If a Midn is touched they also become “it” and will try to get other Midn to be “it”. The Midn who aren’t it will continue to run end to end trying not to be touched. When there is one Midn is left, they win and will become “it” for the next round. A modified way to is instead running across the field the whole field is used and can be ran around in.

Cooldown:

Any activities deemed necessary by PTDO.

**12FEB2019: 0545**

Location: Hobart Taylor Parking Lot/PRT Start Point

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:

Road Guard Vest x6

Watch/Time keeping device – brought by individual

Warm Up:

Any activities deemed necessary by PTDO. Most likely jog to the start point.

Mile Repeats:

Midn will start at the Hobart Taylor Parking Lot and will jog to the PRT start point. Midn will then continually run a Mile Repeat for the duration of the PT time. The Mile Repeat loop is starting from the PRT start point and running down the straight till they get to University Drive/Sandra Bland Pwky. They will turn right and run till they reach the road that is in front of the unit. They will continue to run till they reach the road that runs next to the Gym which will lead them back to the original position they started at. They will be able to rest for 3 minutes after they complete 50 curl ups and 25 pushups and then they will do it again. Random Midn will be given Road Guard Vest and they will run in the opposite direction.

Cooldown:

Any activities deemed necessary by PTDO.

**14FEB2019: 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:

Stopwatch/Timer

Warm Up:

Any activities deemed necessary by PTDO.

Stations:

Split into 4 groups with a group leader. Each station will be 20 minutes. Midn will repeat exercises if finished with their station’s set with a 1-minute rest.

Station 1: Arms (20 Each)

Push-Ups

Diamond Push-Ups

Wide Grip Push-Ups

Plank (1-Minute hold MIN.)

Station 2: Abs (20 Each)

Crunches

Bicycles

Flutter Kicks

Scissor Kicks

Station 3: Legs (20 Each)

Air Squats

Walking Lunges

Lunges

Jump Squats

Station 4: Running

2x2 Path NON-STOP (No Walking)

Short Ends = Sprint

Long Ends = Jog (Rest Period)

Cooldown:

Any activities deemed necessary by PTDO.

**15Mar2019: 0515**

**(NOTE: THIS PLAN COULD CHANGE DEPENDING ON CO)**

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:

Road Guard Vest x6

Warm Up:

Any warm up deemed necessary by PTDO.

Goat Farm Run (Reference GOAT\_FARM\_RUN in folder References)

I want to do a long and slow run that we used to do when I was a 4th Class Midn. It’s long and slow but it builds camaraderie over the long-distance run. Everyone should know at least one cadence. More we have the more fun we have.

Cooldown:

Any activity deemed necessary by PTDO.