Navy - Fitness Plan for Spring 2019

Reference: **PT\_APR\_A**

Month: April

Week: 1st – Apr 01-05

Notes:

N/A

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 01 | Tuesday - 02 | Wednesday - 03 | Thursday - 04 | Friday - 05 |
| Kelly/Garza | Thomas | N/A | Kelly | N/A |

Detail PT Plan:

**01Apr2019: 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:

Frisbee

Traffic Cones x 8

Warm Up:

Any activities deemed necessary by PTDO.

Ultimate Frisbee:

Ultimate Frisbee is a non-contact disc sport played by two teams of seven players. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that player is attacking. A player may not run while holding the disc unless the player has recently caught the Frisbee which they may take 3 steps in any direction. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc.

Cooldown:

Any activities deemed necessary by PTDO.

**02Apr2019: 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.

**04Apr2019: 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.