Navy - Fitness Plan for Spring 2019

Reference: **PT\_JAN\_B**

Month: January

Week: 3rd – Jan 21-18

Notes:

21Jan2019: Martin Luther King Day - (All PT events are pushed back by a day)

PTDO:

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

Detail PT Plan:

**22Jan2019: 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:

Logs x2

Safety Vests x6

Road Guards – Midn Gaeta, Wood, Bennett, D’Amato, Zepeda, Garza

Ammo Cans x6

Warm Up:

Any activities deemed necessary by PTDO.

Navy/Marine PT:

I want to build comraderies within the unit by having each platoon compete in fun but challenging activities. 1st and 2nd Platoon will compete with a series of events that go like this.

Note: Platoon Commanders/Sgts will oversee executing these instructions as well as Platoon safety. 3 Road guards will be attached to each Platoon and will ensure that these instructions are kept. Midn Staff will follow, and **MAY** participate with a platoon of their choosing and can move freely however they like (highly encouraged to participate and motivate).

1. Log run around the campus, starting and ending from the Hobart Taylor parking lot with 3 ammo cans. Will be completed in a clockwise manor. How each platoon will complete these tasks will be up to each Platoon. **However, every single Platoon member must be within 20 feet of the log/ammo cans (AS IN PLATOONS WILL BE TOGETHER). No one will be left behind.**
2. Once back at Hobart, each Platoon will “drop” (don’t drop the log, please) the log/ammo cans and continue to do 800 single count cumulative pushups. As in the whole Platoon must execute 800 pushups in total.
3. Once finished with pushups, Platoons will do 1000 Chinese Situps. (Reference Chinese\_Situps in folder References). Platoon Commanders/Sgts will oversee learning and teaching Platoon this exercise.
4. Next will be 800 single count squats.
5. If time permits, each person in the Platoon will execute 10 sprints. A sprint will consist of the distance from one light post to another.

Cooldown:

Any activities deemed necessary by PTDO.

**24Jan2019: 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.

**25Jan2019: 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.