Navy - Fitness Plan for Spring 2019

Reference: **PT\_JAN\_C**

Month: March

Week: 4th – Jan 28 – Feb 01

Notes:

30Jan2019: 12th Day of Class

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 28 | Tuesday - 29 | Wednesday - 30 | Thursday - 31 | Friday - 01 |
| Kelly/Garza | Rasay, J | N/A | Jensen | Kelly/Garza |

Detail PT Plan:

**28Jan2019: 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:

Ammo Cans x6 (Each Platoon will have 3)

Warm Up:

Any activities deemed necessary by PTDO.

Platoon Competition:

The plan is for each platoon to compete in a score-based competition. The goal is to accumulate points by doing exercises with more points being given for harder exercises. We will warm up and then give each Platoon two minutes to strategize. The whole competition will be split into two 20-minute halves with a 5 minutes recovery time between the halves. There are four rules: 1. Platoons cannot repeat an exercise until completing all others listed below. 2. Each Platoon cannot start a new exercise until they have completed the current exercise. 3. Every Midn from that Platoon must complete the exercise for the score to count unless stated that it is an accumulative amount of repetitions. 4. Platoon must complete each repetition together unless it is an accumulative amount of repetitions. I want Platoons to develop a sense of comradery, have fun, and get some PT in. Midn Staff **MAY** disperse themselves into a Platoon but if they do, they must stay with that Platoon. Midn Staff **WILL** proctor and make sure that the Platoon is doing the exercises right and keep track of the score in any way they deem fit. Platoon Commanders/Sergeants will oversee maintaining safety, making sure that the exercise is executed correctly and keeping track of exercises completed.

5 Points:

50 Crunches

25 Push-Ups

25 Jumping Jacks (4 Count)

10 Lunges (Alternating Leg = 1 Count)

25 Leg Lifts

20 Scissor Kicks

15 Points:

3 Suicides (Light post to light post, down and back = 1)

25 Hello Dollies (4 Count)

20 Diamond Push-Ups

20 Wide Grip Push-Ups

1-minute Plank

25 Jump Squats

25 Points:

35 Burpees

50 Squats (4 Count)

2 Parking Lot Runs (From one edge of the parking lot to the other, down and back = 1 Count)

40 Mountain Climbers (4 Count)

50 Flutter Kicks (4 Count)

2-Minute Plank

100 Points:

500 Pull-Up/Chin Ups (Accumulative)

50 Team Push-Ups (Everyone in a straight line in push-up position. First person will place feet on the shoulders of person behind and the people behind will do the same.)

750 Ammo Can Press (Accumulative) (Three people at a time)

500 Ammo Can Squat (Accumulative) (Only one person at a time and they must use two, one in each hand)

500 Ammo Can Lunges (Accumulative) (Only one person at a time and they must use two, one in each hand)

Cooldown:

Any activities deemed necessary by PTDO.

**29Jan2019: 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.

**31Jan2019: 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.

**31Jan2019: 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.