Navy - Fitness Plan for Spring 2019

Reference: **PT\_APR\_C**

**(YES, THERE ARE TWO MOCK PRT)**

Month: April

Week: 3rd – Apr 15-19

Notes:

19Apr2019: Good Friday

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 15 | Tuesday - 16 | Wednesday - 17 | Thursday - 18 | Friday - 19 |
| Kelly/Garza | Orpilla | N/A | D’Amato | Kelly/Garza |

Detail PT Plan:

**15Apr2019: 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:

Road Guard Vest x6

Warm Up:

Any activities deemed necessary by PTDO.

Unit Run with Exersices:

Amass everyone into one big formation and run the campus loop, stopping for exercises now and then, as many times needed until time expires. Road Guards will be picked randomly. Exercises will be handled by an upper classman.

Cooldown:

Any activities deemed necessary by PTDO.

**16Apr2019: 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:

Stop Watch

Warm Up:

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

9. Then jog to the start point.

Mock PRT: (Reference: **OPNAV INSTRUCTION 6110.1J** in folder References):

If time is still left, have Midn repeat the whole PRT again.

2 Minutes Push-Ups

2 Minutes Curls-Ups

1.5 Mile Run

Cooldown:

Any activities deemed necessary by PTDO.

**18Apr2019: 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:

Stop Watch

Warm Up:

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

9. Then jog to the start point.

Mock PRT: (Reference: **OPNAV INSTRUCTION 6110.1J** in folder References):

If time is still left, have Midn repeat the whole PRT again.

2 Minutes Push-Ups

2 Minutes Curls-Ups

1.5 Mile Run

Cooldown:

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