

	<b>Week 1</b>
Day 1 3 Minute Intervals	400-meter sprint x 4 (Aim for 2 mins or less) Whatever is left in the 3 minutes once you finish is your rest. Ex. 2:00 work/1:00 rest
Day 2 Complete 4 Rounds	20 Pushups 25 Sit-ups 30 Air Squats 1 minute plank
Day 3	Run 2-3 miles at a moderate pace
Day 4 Complete 1 round as quickly as possible	20 Burpees 20 Sit-ups 20 Overhead arm claps 15 Burpees 15 Sit-ups 15 Overhead arm claps 10 Burpees 10 Sit-ups 10 Overhead arm claps
Day 5	Run 25 mins at moderate pace Sprint 30s on/30s off for 5 mins
Day 6	Rest
Day 7	Rest

	<b>Week 2</b>
<b>Day 1</b>  <b>AMRAP</b> <b>20 Mins</b>	5 lunges (each side) 10 Pushups 15 Squats 20 Leg Raises (As many rounds as possible)
<b>Day 2</b>  <b>3 Minute Intervals</b>	400-meter sprint x 5  (Aim for 2 mins or less)  Whatever is left in the 3 minutes once you finish is your rest. Ex. 2:00 work/1:00 rest
<b>Day 3</b>  Complete 5 rounds as fast as possible	10 Hand-release pushups 10 unassisted sit-ups 10 Squats 10 flutter kicks (4-count) 10 Burpees
<b>Day 4</b>  <b>Endurance Run</b>	Timed 1.5 mile (max effort like you're taking your actual PT test)
<b>Day 5</b>  <b>AMRAP</b> <b>30 Mins</b>	10 Pushups 10 Air Squats 10 wide grip pushups 10 Flutter kicks (4-count) 10 diamond pushups 10 lunges (each side) 10 Russian twists (4-count)
<b>Day 6</b>	Rest
<b>Day 7</b>	Rest

	<b>Week 3</b>
Day 1 3 Minute Intervals	400-meter sprint x 6 (Aim for 1:55 or less) Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:55 work/1:05 rest
Day 2 Complete 1 round as fast as possible	20 push-ups 30 second left side plank 20 Incline push-ups 30 second right side plank 20 Decline push-ups 1 minute plank 20 push-ups
Day 3	Run 2-3 miles at a moderate pace
Day 4 Complete 5 rounds for time	20 Meter bear crawl 25 Squats 25 Calf raises 25 Glute Bridges 20 Meter crab walk
Day 5	Run 25 mins at moderate pace Sprint 30s on/30s off for 8 mins
Day 6	Rest
Day 7	Rest

	<b>Week 4</b>
Day 1 AMRAP 30 Mins	10 Burpees 10 Hand-release Pushups 10 Squat Jumps 20 Flutter Kicks (4-count) 30 overhead arm claps
Day 2 3 Minute Intervals	400-meter sprint x 6 (Aim for 1:55 or less) Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:55 work/1:05 rest
Day 3 Complete 1 round as fast as possible	Leg circles (to the right) for 30s Leg circles (to the left) for 30s 20 mountain climbers (4-count) 20-meter crab walk 20 Unassisted sit-ups 20 Glute Bridges 20-meter crab walk
Day 4 Endurance Run	Timed 2 miles (sub 9 min per mile pace)
Day 5 Complete 5 rounds for time	10 Incline Push-ups 20 Air squats 10 Decline Push-ups 10 lunges (each leg) 10 Push-ups 20 calf raises
Day 6	Rest
Day 7	Rest

	<b>Week 5</b>
Day 1  3 Minute Intervals	400-meter sprint x 7  (Aim for 1:50 or less)  Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:50 work/1:10 rest
Day 2  Complete 5 Rounds for time	25 Pushups 25 Sit-ups 30 Air Squats 1 minute plank
Day 3	Run 3-4 miles at a moderate pace
Day 4  Complete 1 round as fast as possible	30 Burpees 30 Sit-ups 30 Overhead arm claps 20 Burpees 20 Sit-ups 20 Overhead arm claps 15 Burpees 15 Sit-ups 15 Overhead arm claps
Day 5	Run 30 mins at moderate pace Sprint 30s on/30s off for 8 mins
Day 6	Rest
Day 7	Rest

	<b>Week 6</b>
Day 1 AMRAP 35 Mins	10 lunges (each side) 20 Pushups 30 Squats 20 Leg Raises
Day 2 Complete 3 Rounds	400-meter sprint x 7 (Aim for 1:50 or less) Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:50 work/1:10 rest
Day 3 Complete 5 rounds for time	20 pushups 20 unassisted sit-ups 20 Squats 20 flutter kicks (4-count) 20 Thrusters
Day 4 Endurance Run	Timed 2 miles (Sub 8:30 per mile pace)
Day 5 AMRAP 35 mins	10 Hand-release Pushups 10 Air Squats 10 wide grip pushups 10 Flutter kicks (4-count) 10 diamond pushups 10 lunges (each side) 10 Russian twists (4-count)
Day 6	Rest
Day 7	Rest

	<b>Week 7</b>
Day 1  3 Minute Intervals	400-meter sprint x 8  (Aim for 1:45 or less)  Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:45 work/1:15 rest
Day 2  Complete 1 round as fast as possible	30 push-ups 1 min left side plank 30 push-ups 1 min right side plank 30 push-ups 1 minute plank 10 Push-ups
Day 3	Run 3-4 miles at a moderate pace
Day 4  Complete 5 rounds for time	5 rounds for time 20 Meter bear crawl 30 Squats 30 Calf raises 30 Glute Bridges 30 4-count Russian twists 20 Meter crab walk
Day 5	Run 30 mins at moderate pace Sprint 30s on/30s off for 10 mins
Day 6	Rest
Day 7	Rest

	<b>Week 8</b>
Day 1 AMRAP 40 mins	20 Burpees 20 Pushups 20 Squat Jumps 30 Bicycles (4-count) 50 overhead arm claps 1 min plank
Day 2 3 minute intervals	Timed 2 miles (Sub 8:30 per mile pace)
Day 3 Complete 1 round as fast as possible	Leg circles (to the right) for 1 min Leg circles (to the left) for 1 min 20 4-count mountain climbers 20-meter crab walk 20 Unassisted sit-ups 30 Glute Bridges 20-meter crab walk
Day 4 Endurance Run	Timed 2 miles (sub 8 min per mile pace)
Day 5 Complete 3 rounds for time	20 Incline Push-ups 30 Air squats 20 Decline Push-ups 15 lunges (each leg) 20 Push-ups 30 calf raises
Day 6	Rest
Day 7	Rest