	Week 1
Day 1	400-meter sprint x 4
3 Minute	(Aim for 2 mins or less)
Intervals	Whatever is left in the 3 minutes once you finish is your rest Ex. 2:00 work/1:00 rest
Day 2	20 Pushups
25	25 Sit-ups
Complete	30 Air Squats
4 Rounds	1 minute plank
Day 3	Run 2-3 miles at a moderate pace
*	20 Burpees
Day 4	20 Sit-ups
1815-1818-181	20 Overhead arm claps
Complete	15 Burpees
1 round	15 Sit-ups
as	15 Overhead arm claps
quickly	10 Burpees
as	10 Sit-ups
possible	10 Overhead arm claps
Day 5	Run 25 mins at moderate pace
CONSTRUCTION OF THE PROPERTY O	Sprint 30s on/30s off for 5 mins
Day 6	Rest
Day 7	Rest

	Week 2
Day 1 AMRAP 20 Mins	5 lunges (each side) 10 Pushups 15 Squats 20 Leg Raises (As many rounds as possible)
Day 2	400-meter sprint x 5
3 Minute Intervals	(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 3 Complete 5 rounds as fast as possible	10 Hand-release pushups 10 unassisted sit-ups 10 Squats 10 flutter kicks (4-count) 10 Burpees
Day 4 Endurance Run	Timed 1.5 mile (max effort like you're taking your actual PT test)
Day 5 AMRAP 30 Mins	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)
Day 6	Rest
Day 7	Rest

7	Week 3
Day 1	400-meter sprint x 6
3 Minute	(Aim for 1:55 or less)
Intervals	Whatever is left in the 3 minutes once you finish is your rest Ex. 1:55 work/1:05 rest
Day 2	20 push-ups
No. of the Control of	30 second left side plank
Complete	20 Incline push-ups
1 round	30 second right side plank
as fast as	20 Decline push-ups
possible	1 minute plank
1979	20 push-ups
Day 3	Run 2-3 miles at a moderate pace
Day 4	20 Meter bear crawl
Day 4	25 Squats
Complete	25 Calf ruises
5 rounds	25 Glute Bridges
for time	20 Meter crab walk
Dove	D
Day 5	Run 25 mins at moderate pace Sprint 30s on/30s off for 8 mins
Day 6	Rest
Day 7	Rest

	Week 4
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	400-meter sprint x 6
3 Minute Intervals	(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	Leg circles (to the right) for 30s Leg circles (to the left) for 30s
Complete 1 round as	20 mountain climbers (4-count) 20-meter crab walk
fast as	20 Unassisted sit-ups
possible	20 Glute Bridges 20-meter crab walk
Day 4	Timed 2 miles
Endurance Run	(sub 9 min per mile pace)
Day 5	10 Incline Push-ups 20 Air squats
Complete	10 Decline Push-ups
5 rounds	10 lunges (each leg)
for time	10 Push-ups 20 calf raises
Day 6	Rest
Day 7	Rest

	Week 5
Day 1	400-meter sprint x 7
3 Minute	(Aim for 1:50 or less)
Intervals	Whatever is left in the 3 minutes once you finish is your rest. Ex. 1:50 work/1:10 rest
Day 2	
53	25 Pushups
Complete	25 Sit-ups
5	30 Air Squats
Rounds	1 minute plank
for time	
Day 3	Run 3-4 miles at a moderate pace
100	30 Burpees
Day 4	30 Sit-ups
Pagnamodella	30 Overhead arm claps
Complete	20 Burpees
1 round	20 Sit-ups
as fast as	20 Overhead arm claps
possible	15 Burpees
199	15 Sit-ups
	15 Overhead arm claps
Day 5	Run 30 mins at moderate pace
H0017885	Sprint 30s on/30s off for 8 mins
Day 6	Rest
Day 7	Rest

	Week 6
Day 1	10 lunges (each side)
AMRAP	20 Pushups 30 Squats
35 Mins	20 Leg Raises
55 111115	2v Leg Miloto
Day 2	400-meter sprint x 7
Complete	(Aim for 1:50 or less)
3	Whatever is left in the 3 minutes once you finish is your rest.
Rounds	Ex. 1:50 work/1:10 rest
Day 3	20 pushups
TI.	20 unassisted sit-ups
Complete 5	20 Squats 20 flutter kicks (4-count)
rounds for	20 Thrusters
time	
Day 4	
A-E - E2	Timed 2 miles
Endurance	(Sub 8:30 per mile pace)
Run	
Day 5	10 Hand-release Pushups
6.5000 4 .6.5500	10 Air Squats
AMRAP	10 wide grip pushups 10 Flutter kicks (4-count)
35 mins	10 Flutter kicks (4-count) 10 diamond pushups
	10 lunges (each side)
	10 Russian twists (4-count)
Day 6	Rest
Day 7	Rest

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

	Week 8	
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	