



Day 1: Baseline Fitness Assessment

Week 1 Training Type: Assessment

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	Maximum in 1 minute	Rest 3-5 min
Pull-ups	Maximum strict or assisted	Rest 3-5 min
Forearm plank	Maximum, up to 3 minutes	Rest 3-5 min
1-mile run/walk	Timed effort	Record route/surface

Use the same versions, order, rest periods, and route on Day 30.

Workout Log

Event	Planned	Result	Form / Effort Notes
Push-ups	Maximum in 1 minute		
Pull-ups	Maximum strict or assisted		
Forearm plank	Maximum, up to 3 minutes		
1-mile run/walk	Timed effort		

Training Notes



Day 2: Full-Body Military Calisthenics Circuit

Week 1 Training Type: Circuit

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	8-15	2-4 rounds
Bodyweight squats	15-20	2-4 rounds
Pull-ups or band rows	3-8	2-4 rounds
Reverse lunges	8 per leg	2-4 rounds
Forearm plank	20-45 sec	2-4 rounds
Mountain climbers	20 total	2-4 rounds

Rest 60-120 seconds after each round.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4
Push-ups				
Bodyweight squats				
Pull-ups or band rows				
Reverse lunges				
Forearm plank				
Mountain climbers				

Training Notes



Day 3: Easy Running or Walk/Run Training

Week 1 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Warm-up	5-10 minutes	Easy
Main effort	20-30 minutes	Conversational pace
Beginner option	Jog 1 min / walk 2 min	Repeat
Cool-down	5 minutes	Walk and stretch

This is not a time trial.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Warm-up	5-10 minutes		
Main effort	20-30 minutes		
Beginner option	Jog 1 min / walk 2 min		
Cool-down	5 minutes		

Training Notes



Day 4: Push, Pull, and Core Workout

Week 1 Training Type: Strength

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	5 sets at ~50% max	~1 min
Pull-ups/assisted/band rows	4 sets	~1 min
Pike push-ups	3 x 6-10	~1 min
Forearm plank	3 x 20-45 sec	~1 min
Side plank	3 x 20-30 sec/side	~1 min
Dead bugs	3 x 8-10/side	~1 min

Stop each set before your form breaks down.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5
Push-ups					
Pull-ups/assisted/band rows					
Pike push-ups					
Forearm plank					
Side plank					
Dead bugs					

Training Notes



Day 5: Lower Body and Short Intervals

Week 1 Training Type: Strength + Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Bodyweight squats	3 x 15	As needed
Walking/reverse lunges	3 x 10/leg	As needed
Glute bridges	3 x 15	As needed
Calf raises	3 x 20	As needed
Fast interval	6 x 20 sec	Walk 100 sec

Keep the fast intervals strong and controlled, not all-out.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5	Set/Round 6
Bodyweight squats						
Walking/reverse lunges						
Glute bridges						
Calf raises						
Fast interval						

Training Notes



Day 6: Active Recovery

Week 1 Training Type: Recovery

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Light activity	20-30 minutes	Walk/cycle/swim
Mobility or stretching	10-15 minutes	Easy
Hydration	Throughout day	Record below
Sleep goal	7-9 hours	Record below

Finish feeling better than when you started.

Workout Log

Recovery Goal	Target	Completed	Notes
Light activity	20-30 minutes	Yes / No	
Mobility or stretching	10-15 minutes	Yes / No	
Hydration	Throughout day	Yes / No	
Sleep goal	7-9 hours	Yes / No	

Training Notes



Day 7: Complete Rest

Week 1 Training Type: Rest Day

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Formal workout	None	Rest
Balanced meals	Complete	Check off
Hydration	Complete	Check off
Sleep	7-9 hours	Record below

Prepare for Week 2.

Workout Log

Recovery Goal	Target	Completed	Notes
Formal workout	None	Yes / No	
Balanced meals	Complete	Yes / No	
Hydration	Complete	Yes / No	
Sleep	7-9 hours	Yes / No	

Training Notes



Day 8: Full-Body Calisthenics Circuit

Week 2 Training Type: Circuit

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	10-18	2-4 rounds
Bodyweight squats	20	2-4 rounds
Pull-ups/band rows	4-10	2-4 rounds
Alternating lunges	10 per leg	2-4 rounds
Plank shoulder taps	10 per side	2-4 rounds
Mountain climbers	30 total	2-4 rounds
Burpees/step-back burpees	5-8	2-4 rounds

Rest 60-90 seconds after each round.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4
Push-ups				
Bodyweight squats				
Pull-ups/band rows				
Alternating lunges				
Plank shoulder taps				
Mountain climbers				
Burpees/step-back burpees				

Training Notes



Day 9: Running Intervals

Week 2 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Warm-up	5-10 minutes	Easy
Fast interval	6 x 1 minute	Challenging
Recovery	6 x 2 minutes	Walk/jog
Beginner option	30 sec fast / 2 min walk	6 rounds
Cool-down	5-10 minutes	Easy

Record the pace or distance covered during each fast interval when possible.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Warm-up	5-10 minutes		
Fast interval	6 x 1 minute		
Recovery	6 x 2 minutes		
Beginner option	30 sec fast / 2 min walk		
Cool-down	5-10 minutes		

Training Notes



Day 10: Active Recovery

Week 2 Training Type: Recovery

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Easy walk	20-30 minutes	Low intensity
Hip-flexor stretch	20-30 sec/side	Gentle
Calf stretch	20-30 sec/side	Gentle
Chest/upper-back mobility	5-10 minutes	Gentle
Ankle mobility	2-3 minutes/side	Controlled

Do not stretch through sharp pain.

Workout Log

Recovery Goal	Target	Completed	Notes
Easy walk	20-30 minutes	Yes / No	
Hip-flexor stretch	20-30 sec/side	Yes / No	
Calf stretch	20-30 sec/side	Yes / No	
Chest/upper-back mobility	5-10 minutes	Yes / No	
Ankle mobility	2-3 minutes/side	Yes / No	

Training Notes



Day 11: Upper Body and Core Endurance

Week 2 Training Type: Strength

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	5 sets at 55-65% max	As needed
Pull-ups or rows	5 sets	As needed
Close-grip push-ups	3 x 5-10	As needed
Reverse snow angels	3 x 10-15	As needed
Forearm plank	3 x 30-60 sec	As needed
Side plank	3 sets/side	As needed
Slow mountain climbers	3 x 10/side	As needed

Use incline push-ups for the close-grip variation if needed.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5
Push-ups					
Pull-ups or rows					
Close-grip push-ups					
Reverse snow angels					
Forearm plank					
Side plank					
Slow mountain climbers					

Training Notes



Day 12: Legs, Stairs, or Hills

Week 2 Training Type: Strength + Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Bodyweight squats	3-4 x 20	Circuit
Reverse lunges	3-4 x 10/leg	Circuit
Single-leg glute bridge	3-4 x 8/leg	Circuit
Calf raises	3-4 x 20	Circuit
Wall sit	3-4 x 30-60 sec	Circuit
Hill/stair/flat acceleration	6 efforts	Recover 60-120 sec

Choose one safe running option for the final six efforts.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5	Set/Round 6
Bodyweight squats						
Reverse lunges						
Single-leg glute bridge						
Calf raises						
Wall sit						
Hill/stair/flat acceleration						

Training Notes



Day 13: Longer Easy Run

Week 2 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Warm-up	5-10 minutes	Easy
Main effort	25-35 minutes	Easy pace
Beginner option	Walk/run intervals	As needed
Cool-down	5 minutes	Walk

Keep this slower than your Day 1 mile effort.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Warm-up	5-10 minutes		
Main effort	25-35 minutes		
Beginner option	Walk/run intervals		
Cool-down	5 minutes		

Training Notes



Day 14: Complete Rest

Week 2 Training Type: Rest Day

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Formal workout	None	Rest
Pain check	No severe/worsening pain	Record below
Hydration	Complete	Check off
Sleep	7-9 hours	Record below

Begin Week 3 only if you are recovering normally.

Workout Log

Recovery Goal	Target	Completed	Notes
Formal workout	None	Yes / No	
Pain check	No severe/worsening pain	Yes / No	
Hydration	Complete	Yes / No	
Sleep	7-9 hours	Yes / No	

Training Notes



Day 15: Calisthenics Progress Check

Week 3 Training Type: Progress Check

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	3 sets at 60% Day 1 max	As needed
Pull-ups or rows	3 moderate sets	As needed
Forearm plank	2 sets at 75% Day 1 time	As needed
1-mile run	Easy effort	Record time/effort

This is not a maximum-effort retest.

Workout Log

Event	Planned	Result	Form / Effort Notes
Push-ups	3 sets at 60% Day 1 max		
Pull-ups or rows	3 moderate sets		
Forearm plank	2 sets at 75% Day 1 time		
1-mile run	Easy effort		

Training Notes



Day 16: Military Conditioning Circuit

Week 3 Training Type: Circuit

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	12-20	3-5 rounds
Jump squats/regular squats	10-15	3-5 rounds
Pull-ups/band rows	4-10	3-5 rounds
Reverse lunges	10 per leg	3-5 rounds
Hand-release push-ups	5-10	3-5 rounds
Forearm plank	30-60 sec	3-5 rounds
Mountain climbers	30 total	3-5 rounds
Burpees/step-back burpees	6-10	3-5 rounds

Rest 60-90 seconds after each round.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5
Push-ups					
Jump squats/regular squats					
Pull-ups/band rows					
Reverse lunges					
Hand-release push-ups					
Forearm plank					
Mountain climbers					
Burpees/step-back burpees					

Training Notes



Day 17: One-Minute Running Intervals

Week 3 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Warm-up	5-10 minutes	Easy
Fast interval	8 x 1 minute	Hard but controlled
Recovery	8 x 2 minutes	Walk/jog
Cool-down	5-10 minutes	Easy

Aim to keep the final interval close to the pace of the first.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Warm-up	5-10 minutes		
Fast interval	8 x 1 minute		
Recovery	8 x 2 minutes		
Cool-down	5-10 minutes		

Training Notes



Day 18: Active Recovery

Week 3 Training Type: Recovery

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Easy movement	20-30 minutes	Low intensity
Calf/ankle mobility	5 minutes	Gentle
Hip/hamstring mobility	5 minutes	Gentle
Shoulder/upper-back mobility	5 minutes	Gentle

Do not stretch through sharp pain.

Workout Log

Recovery Goal	Target	Completed	Notes
Easy movement	20-30 minutes	Yes / No	
Calf/ankle mobility	5 minutes	Yes / No	
Hip/hamstring mobility	5 minutes	Yes / No	
Shoulder/upper-back mobility	5 minutes	Yes / No	

Training Notes



Day 19: Push-Up, Pull-Up, and Core Volume

Week 3 Training Type: Strength

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	6 sets at 50-60% max	45-90 sec
Pull-ups or rows	5 sets	45-90 sec
Pike push-ups	3 x 8-12	45-90 sec
Plank shoulder taps	3 x 10/side	45-90 sec
Side plank	3 x 30-45 sec/side	45-90 sec
Dead bugs	3 x 10/side	45-90 sec

Accumulate quality repetitions instead of reaching failure early.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5	Set/Round 6
Push-ups						
Pull-ups or rows						
Pike push-ups						
Plank shoulder taps						
Side plank						
Dead bugs						

Training Notes



Day 20: Lower Body and Shuttle Training

Week 3 Training Type: Strength + Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Bodyweight squats	4 x 20	Circuit
Walking lunges	4 x 12/leg	Circuit
Glute bridges	4 x 15	Circuit
Calf raises	4 x 20	Circuit
Wall sit	4 x 45-60 sec	Circuit
25-yard shuttle out/back	6 reps	Rest 60-90 sec

Use a dry, stable surface and decelerate under control.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5	Set/Round 6
Bodyweight squats						
Walking lunges						
Glute bridges						
Calf raises						
Wall sit						
25-yard shuttle out/back						

Training Notes



Day 21: Complete Rest

Week 3 Training Type: Rest Day

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Formal workout	None	Rest
Joint pain check	None persistent	Record below
Fatigue/sleep check	Normal	Record below
Hydration and meals	Complete	Check off

Take extra recovery time if performance is declining or pain persists.

Workout Log

Recovery Goal	Target	Completed	Notes
Formal workout	None	Yes / No	
Joint pain check	None persistent	Yes / No	
Fatigue/sleep check	Normal	Yes / No	
Hydration and meals	Complete	Yes / No	

Training Notes



Day 22: Full-Body Military Calisthenics Workout

Week 4 Training Type: Circuit

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	15-20	3-4 rounds
Squats	20-25	3-4 rounds
Pull-ups or rows	5-10	3-4 rounds
Reverse lunges	10 per leg	3-4 rounds
Plank	45-60 sec	3-4 rounds
Mountain climbers	30 total	3-4 rounds
Burpees/step-back burpees	8	3-4 rounds
Fast run	100 yards	3-4 rounds

Rest 60-90 seconds after each round.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4
Push-ups				
Squats				
Pull-ups or rows				
Reverse lunges				
Plank				
Mountain climbers				
Burpees/step-back burpees				
Fast run				

Training Notes



Day 23: Goal-Distance Run

Week 4 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Distance choice	1 / 1.5 / 2 / 3 miles	Circle one
Warm-up	5-10 minutes	Easy
Goal-distance run	Controlled challenge	Record splits/pace
Cool-down	5-10 minutes	Easy

Do not start so fast that your pace collapses in the second half.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Distance choice	1 / 1.5 / 2 / 3 miles		
Warm-up	5-10 minutes		
Goal-distance run	Controlled challenge		
Cool-down	5-10 minutes		

Training Notes



Day 24: Active Recovery

Week 4 Training Type: Recovery

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Easy walk	20-30 minutes	Low intensity
Optional easy cycling/swimming	10-20 minutes	Gentle
Mobility work	10 minutes	Gentle
Hard running/jumping	None	Avoid

Reduce training stress before the final test week.

Workout Log

Recovery Goal	Target	Completed	Notes
Easy walk	20-30 minutes	Yes / No	
Optional easy cycling/swimming	10-20 minutes	Yes / No	
Mobility work	10 minutes	Yes / No	
Hard running/jumping	None	Yes / No	

Training Notes



Day 25: Test-Style Conditioning Circuit

Week 4 Training Type: Circuit

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Hand-release/standard push-ups	10	3-5 rounds
Pull-ups or rows	5	3-5 rounds
Bodyweight squats	15	3-5 rounds
Walking lunges	8 per leg	3-5 rounds
Plank	30 sec	3-5 rounds
Shuttle run	50 yards total	3-5 rounds

Rest 1 minute after each round.

Workout Log

Exercise	Set/Round 1	Set/Round 2	Set/Round 3	Set/Round 4	Set/Round 5
Hand-release/standard push-ups					
Pull-ups or rows					
Bodyweight squats					
Walking lunges					
Plank					
Shuttle run					

Training Notes



Day 26: Easy Cardio and Strides

Week 4 Training Type: Cardio

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Easy run/walk-run	20-25 minutes	Conversational
Controlled stride	4 x 15-20 sec	Walk 60-90 sec
Cool-down	5 minutes	Easy

A stride is a smooth acceleration, not an all-out sprint.

Workout Log

Segment	Planned	Actual	Pace / Distance / Notes
Easy run/walk-run	20-25 minutes		
Controlled stride	4 x 15-20 sec		
Cool-down	5 minutes		

Training Notes



Day 27: Light Full-Body Workout

Week 4 Training Type: Taper

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	2 x 8-10	Easy
Squats	2 x 12-15	Easy
Pull-ups or rows	2 x 3-5	Easy
Reverse lunges	2 x 6/leg	Easy
Plank	2 x 20-30 sec	Easy

Finish feeling like you could complete another round.

Workout Log

Exercise	Set/Round 1	Set/Round 2
Push-ups		
Squats		
Pull-ups or rows		
Reverse lunges		
Plank		

Training Notes



Day 28: Complete Rest

Week 4 Training Type: Rest Day

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Formal workout	None	Rest
Equipment prep	Shoes/clothes/timer/water	Check off
Test location	Confirmed	Check off
Sleep	7-9 hours	Record below

Prepare for the Day 30 assessment.

Workout Log

Recovery Goal	Target	Completed	Notes
Formal workout	None	Yes / No	
Equipment prep	Shoes/clothes/timer/water	Yes / No	
Test location	Confirmed	Yes / No	
Sleep	7-9 hours	Yes / No	

Training Notes



Day 29: Pre-Test Shakeout

Week 4 Training Type: Taper

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Easy walk or jog	10-15 minutes	Easy
Bodyweight squats	1 x 10	Easy
Push-ups	1 x 5	Easy
Forearm plank	1 x 20 sec	Easy
Dynamic mobility	5 minutes	Gentle

Do not test your maximums today.

Workout Log

Exercise	Set/Round 1
Easy walk or jog	
Bodyweight squats	
Push-ups	
Forearm plank	
Dynamic mobility	

Training Notes



Day 30: Final Fitness Assessment

Week 4 Training Type: Assessment

Date: _____

Workout Duration: _____ minutes

Completed: Yes / No

Planned Workout Protocol

Exercise / Segment	Target	Rest / Notes
Push-ups	Maximum in 1 minute	Compare with Day 1
Pull-ups	Maximum strict or assisted	Compare with Day 1
Forearm plank	Maximum, up to 3 minutes	Compare with Day 1
1-mile run/walk	Timed effort	Same route/surface

Use the same versions, order, rest periods, surface, and equipment whenever possible.

Workout Log

Event	Day 1 Result	Day 30 Result	Change / Notes
Push-ups			
Pull-ups			
Forearm plank			
1-mile run/walk			

Training Notes
