



Week 1: Build the Foundation

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 1: Baseline Fitness Assessment

- Maximum proper push-ups in 1 minute
- Maximum strict or assisted pull-ups
- Maximum forearm plank, up to 3 minutes
- Timed 1-mile run or walk/run
- Rest 3-5 minutes between events and record every result

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

Day 2: Full-Body Military Calisthenics Circuit

- Complete 2-4 rounds
- Push-ups: 8-15
- Bodyweight squats: 15-20
- Pull-ups or band rows: 3-8
- Reverse lunges: 8 per leg
- Forearm plank: 20-45 seconds
- Mountain climbers: 20 total
- Rest 60-120 seconds after each round

Day 3: Easy Running or Walk/Run Training

- Complete 20-30 minutes at an easy effort
- Beginner: jog 1 minute, walk 2 minutes, and repeat
- Intermediate/advanced: run continuously at a conversational pace
- Finish with 5 minutes of walking and light stretching

This is not a time trial.

Day 4: Push, Pull, and Core Workout

- Push-ups: 5 sets at about half of your Day 1 maximum
- Pull-ups, assisted pull-ups, or band rows: 4 sets
- Pike push-ups: 3 x 6-10
- Forearm plank: 3 x 20-45 seconds
- Side plank: 3 x 20-30 seconds per side
- Dead bugs: 3 x 8-10 per side
- Rest about 1 minute between sets



Week 1: Build the Foundation

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Day 5: Lower Body and Short Intervals

- Complete 3 sets: squats 15, lunges 10 per leg, glute bridges 15, calf raises 20
- Then complete 6 intervals: run quickly for 20 seconds and walk for 100 seconds
- Keep the fast efforts strong and controlled rather than all-out

Day 6: Active Recovery

- Complete 20-30 minutes of light walking, cycling, swimming, mobility work, or stretching
- Keep the intensity low enough that you finish feeling better than when you started

Day 7: Complete Rest

- Do not perform a formal workout
- Eat balanced meals and drink enough water
- Prepare for Week 2 and aim for 7-9 hours of sleep

Week 1 Checkpoint

- Review your Day 1 scores and training notes
- Adjust exercise variations or circuit rounds before Week 2 if your form was breaking down
- Mild soreness can be normal; sharp, severe, or worsening pain is not

Consistency is more important than trying to make every workout a maximum-effort test.



Week 2: Increase Training Volume

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 8: Full-Body Calisthenics Circuit

- Complete 2-4 rounds
- Push-ups: 10-18
- Bodyweight squats: 20
- Pull-ups or band rows: 4-10
- Alternating lunges: 10 per leg
- Plank shoulder taps: 10 per side
- Mountain climbers: 30 total
- Burpees or step-back burpees: 5-8
- Rest 60-90 seconds between rounds

Day 9: Running Intervals

- Complete 6 rounds: run at a challenging pace for 1 minute, then walk or jog for 2 minutes
- Beginner option: run for 30 seconds and walk for 2 minutes
- Cool down with 5-10 minutes of easy walking or jogging

Day 10: Active Recovery

- Walk easily for 20-30 minutes
- Complete gentle hip-flexor, calf, chest, upper-back, and ankle mobility work
- Hold post-workout stretches for about 20-30 seconds each



Week 2: Increase Training Volume

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 11: Upper Body and Core Endurance

- Push-ups: 5 sets at 55-65% of your Day 1 maximum
- Pull-ups or rows: 5 sets
- Close-grip push-ups: 3 x 5-10
- Reverse snow angels: 3 x 10-15
- Forearm plank: 3 x 30-60 seconds
- Side plank: 3 sets per side
- Slow mountain climbers: 3 x 10 per side

Day 12: Legs, Stairs, or Hills

- Complete 3-4 rounds: squats 20, reverse lunges 10 per leg, single-leg glute bridges 8 per leg, calf raises 20, wall sit 30-60 seconds
- Then complete 6 hill repeats, stair climbs, or 20-second flat-ground accelerations
- Recover for 60-120 seconds between efforts

Day 13: Longer Easy Run

- Complete 25-35 minutes at an easy pace
- Beginners may continue using walk/run intervals
- Keep the pace slower than your Day 1 mile effort

Do not increase both speed and distance aggressively in the same session.

Day 14: Complete Rest

- Take the day off from structured exercise
- Begin Week 3 only if you are not experiencing severe pain or unusual exhaustion



Week 3: Improve Military Work Capacity

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 15: Calisthenics Progress Check

- Push-ups: 3 sets at 60% of your Day 1 maximum
- Pull-ups or rows: 3 moderately difficult sets
- Plank: 2 sets at about 75% of your Day 1 time
- Complete an easy 1-mile run

This is a progress check, not another maximum-effort assessment.

Day 16: Military Conditioning Circuit

- Complete 3-5 rounds
- Push-ups: 12-20
- Jump squats or regular squats: 10-15
- Pull-ups or band rows: 4-10
- Reverse lunges: 10 per leg
- Hand-release push-ups: 5-10
- Forearm plank: 30-60 seconds
- Mountain climbers: 30 total
- Burpees or step-back burpees: 6-10
- Rest 60-90 seconds between rounds

Day 17: One-Minute Running Intervals

- Complete 8 rounds: run hard for 1 minute, then walk or jog for 2 minutes
- Choose a pace that allows the final interval to stay close to the first



Week 3: Improve Military Work Capacity

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 18: Active Recovery

- Complete 20-30 minutes of easy movement
- Focus mobility work on calves, ankles, hips, hamstrings, shoulders, and upper back

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

- Push-ups: 6 sets at 50-60% of your maximum
- Pull-ups or rows: 5 sets
- Pike push-ups: 3 x 8-12
- Plank shoulder taps: 3 x 10 per side
- Side plank: 3 x 30-45 seconds per side
- Dead bugs: 3 x 10 per side
- Rest 45-90 seconds between sets

Day 20: Lower Body and Shuttle Training

- Complete 4 rounds: squats 20, walking lunges 12 per leg, glute bridges 15, calf raises 20, wall sit 45-60 seconds
- Then complete 6 shuttle repetitions between markers about 25 yards apart
- Rest 60-90 seconds and use a dry, stable surface

Day 21: Complete Rest

- Take the day off from structured exercise
- Use extra recovery time if you have persistent joint pain, unusual fatigue, poor sleep, or declining performance



Week 4: Test Preparation and Taper

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 22: Full-Body Military Calisthenics Workout

- Complete 3-4 rounds
- Push-ups: 15-20
- Squats: 20-25
- Pull-ups or rows: 5-10
- Reverse lunges: 10 per leg
- Plank: 45-60 seconds
- Mountain climbers: 30 total
- Burpees or step-back burpees: 8
- Fast run: 100 yards
- Rest 60-90 seconds between rounds

Day 23: Goal-Distance Run

- Choose 1 mile, 1.5 miles, 2 miles, or 3 miles based on your branch and fitness level
- Run at a controlled but challenging pace
- Record total time and approximate pace

Day 24: Active Recovery

- Walk easily for 20-30 minutes and complete light mobility work
- Optional: gentle cycling or swimming
- Avoid hard running, jumping, and high-volume push-ups

Day 25: Test-Style Conditioning Circuit

- Complete 3-5 rounds
- Hand-release or standard push-ups: 10
- Pull-ups or rows: 5
- Bodyweight squats: 15
- Walking lunges: 8 per leg
- Plank: 30 seconds
- Shuttle run: 50 yards total
- Rest 1 minute between rounds



Week 4: Test Preparation and Taper

Choose beginner, intermediate, or advanced variations based on your current ability.

Day 26: Easy Cardio and Strides

- Complete 20-25 minutes of easy running or walk/run intervals
- Then complete 4 controlled strides: run quickly for 15-20 seconds and walk for 60-90 seconds

Day 27: Light Full-Body Workout

- Complete 2 easy rounds
- Push-ups: 8-10
- Squats: 12-15
- Pull-ups or rows: 3-5
- Reverse lunges: 6 per leg
- Plank: 20-30 seconds

Finish feeling like you could have completed another round.

Day 28: Complete Rest

- Take the entire day off
- Prepare your shoes, clothing, timer, water, and testing location for Day 30

Day 29: Pre-Test Shakeout

- Easy walk or jog: 10-15 minutes
- Bodyweight squats: 10
- Easy push-ups: 5
- Short plank: 20 seconds
- Gentle dynamic mobility

Do not perform a hard workout or test your maximums.

Day 30: Final Fitness Assessment

- Repeat your Day 1 push-up, pull-up, plank, and 1-mile assessments
- Use the same exercise versions, sequence, rest periods, surface, and equipment whenever possible
- Compare repetitions, time, form, recovery, and perceived effort

Record the results in the final page of the workout log.