	MONDAY (R-Day -56 Days)	TUESDAY (R-Day -55)	WEDNESDAY (R-Day -54)	THURSDAY (R-Day -53)	FRIDAY (R-Day -52)
	Run	Do 3 rounds of:	Run Intervals	Do 3 rounds of:	Foot march 2 miles wearing a
w	1 mile	2 Pull-Ups with a band*	4 x 30s/60s	2 Pull-Ups with a band*	backpack that weighs
E	at a	4 Push-Ups on your knees*		4 Push-Ups on your knees*	at least 10 pounds
E	11:00 per mile pace	4 Squats		4 Squats	and combat boots
К		4 Sit-Ups		4 Sit-Ups	(to break them in)
		2 Dips of only the negative*		2 Dips of only the negative*	
1		2 Knees to elbows*	(30s/60s = run fast for	2 Knees to elbows*	
		40 sec of Front Plank	30 seconds, then walk or	25 sec of Side Plank Both Sides	
		Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	

NOTES

	MONDAY (R-Day -49)	TUESDAY (R-Day -48)	WEDNESDAY (R-Day -47)	THURSDAY (R-Day -46)	FRIDAY (R-Day -45)
	20 minutes of:	Do 3 rounds of:	Run Intervals	Do 3 rounds of:	Tempo Run
w	Swim 25 meters then Rest	3 Pull-Ups with a band*	5 x 30s/60s	3 Pull-Ups with a band*	4 x 400m at a 2:08 pace
E	Work to Rest Ratio 1:2	4 Push-Ups on your knees*		4 Push-Ups on your knees*	
E	OR	4 Squats		4 Squats	
К	OK .	4 Sit-Ups		4 Sit-Ups	LIGHT jog 400m between intervals
	Run	3 Dips of only the negative*		3 Dips of only the negative*	
2	1 mile	3 Knees to elbows*	(30s/60s = run fast for	3 Knees to elbows*	(400m is one time around
	at a	40 sec of Front Plank	30 seconds, then walk or	25 sec of Side Plank Both Sides	a normal high school track,
	10:50 per mile pace	Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	or about a quarter mile)

NOTES	i

	MONDAY (R-Day -42)	TUESDAY (R-Day -41)	WEDNESDAY (R-Day -40)	THURSDAY (R-Day -39)	FRIDAY (R-Day -38)
	Run	Do 3 rounds of:	Run Intervals	Do 3 rounds of:	Foot march 2 miles wearing a
w	1.5 miles	4 Pull-Ups with a band*	5 x 30s/60s	4 Pull-Ups with a band*	backpack that weighs
E	at a	5 Push-Ups on your knees*	1 x 45s/90s	5 Push-Ups on your knees*	at least 15 pounds
E	10:50 per mile pace	5 Squats		5 Squats	and combat boots
K		5 Sit-Ups		5 Sit-Ups	(to break them in)
		4 Dips of only the negative*		4 Dips of only the negative*	
3		4 Knees to elbows*	(30s/60s = run fast for	4 Knees to elbows*	
		40 sec of Front Plank	30 seconds, then walk or	25 sec of Side Plank Both Sides	
		Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	

NOTES

	MONDAY (R-Day -35)	TUESDAY (R-Day -34)	WEDNESDAY (R-Day -33)	THURSDAY (R-Day -32)	FRIDAY (R-Day -31)
	23 minutes of:	Do 3 rounds of:	Run Intervals	Do 3 rounds of:	Tempo Run
w	Swim 25 meters then Rest	5 Pull-Ups with a band*	5 x 30s/60s	5 Pull-Ups with a band*	5 x 400m at a 2:04 pace
E	Work to Rest Ratio 1:2	5 Push-Ups on your knees*	2 x 45s/90s	5 Push-Ups on your knees*	
Е	OR	5 Squats		5 Squats	
К	ON .	5 Sit-Ups		5 Sit-Ups	LIGHT jog 400m between intervals
	Run	5 Dips of only the negative*		5 Dips of only the negative*	
4	1.5 miles	5 Knees to elbows*	(30s/60s = run fast for	5 Knees to elbows*	(400m is one time around
	at a	40 sec of Front Plank	30 seconds, then walk or	25 sec of Side Plank Both Sides	a normal high school track,
	10:40 per mile pace	Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	or about a quarter mile)
	•				

NOTES	

	MONDAY (R-Day -28) TUESDAY (R-Day -27)		WEDNESDAY (R-Day -26)	THURSDAY (R-Day -25)	FRIDAY (R-Day -24)	
	Run	Do 4 rounds of:	Run Intervals	Do 4 rounds of:	Foot march 3 miles wearing a	
W	2 miles	3 Pull-Ups with a band*	5 x 30s/60s	3 Pull-Ups with a band*	backpack that weighs	

NOTES	

E	at a	4 Push-Ups on your knees*	3 x 45s/90s	4 Push-Ups on your knees*	at least 15 pounds	
E	10:40 per mile pace	4 Squats		4 Squats	and combat boots	
K		4 Sit-Ups		4 Sit-Ups	(to break them in)	
		3 Dips of only the negative*		3 Dips of only the negative*		
5		3 Knees to elbows*	(30s/60s = run fast for	3 Knees to elbows*		
		45 sec of Front Plank	30 seconds, then walk or	30 sec of Side Plank Both Sides		
		Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds		

	MONDAY (R-Day -21)	TUESDAY (R-Day -20)	WEDNESDAY (R-Day -19)	THURSDAY (R-Day -18)	FRIDAY (R-Day -17)
	27 minutes of:	Do 4 rounds of:	Run Intervals	Do 4 rounds of:	Tempo Run
w	Swim 25 meters then Rest	4 Pull-Ups with a band*	4 x 30s/60s	4 Pull-Ups with a band*	6 x 400m at a 2:00 pace
E	Work to Rest Ratio 1:2	5 Push-Ups on your knees*	3 x 45s/90s	5 Push-Ups on your knees*	
E	OR	5 Squats	1 x 60s/120s	5 Squats	
K	ON .	5 Sit-Ups		5 Sit-Ups	LIGHT jog 400m between intervals
	Run	4 Dips of only the negative*		4 Dips of only the negative*	
6	2 miles	4 Knees to elbows*	(30s/60s = run fast for	4 Knees to elbows*	(400m is one time around
	at a	45 sec of Front Plank	30 seconds, then walk or	30 sec of Side Plank Both Sides	a normal high school track,
	10:30 per mile pace	Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	or about a quarter mile)

	10:30 per mile pace	Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	or about a quarter mile)
	MONDAY (R-Day -14)	TUESDAY (R-Day -13)	WEDNESDAY (R-Day -12)	THURSDAY (R-Day -11)	FRIDAY (R-Day -10)
	Run	Do 3 rounds of:	Run Intervals	Do 3 rounds of:	Foot march 3 miles wearing a
v	2.5 miles	6 Pull-Ups with a band*	5 x 30s/60s	6 Pull-Ups with a band*	backpack that weighs
E	at a	6 Push-Ups on your knees*	3 x 45s/90s	6 Push-Ups on your knees*	at least 20 pounds
I	10:30 per mile pace	6 Squats	1 x 60s/120s	6 Squats	and combat boots
(6 Sit-Ups		6 Sit-Ups	(to break them in)
		6 Dips of only the negative*		6 Dips of only the negative*	
' I		6 Knees to elbows*	(30s/60s = run fast for	6 Knees to elbows*	
		45 sec of Front Plank	30 seconds, then walk or	30 sec of Side Plank Both Sides	

light jog for 60 seconds)

MONDAY (R-Day -7)	TUESDAY (R-Day -6)	WEDNESDAY (R-Day -5)	THURSDAY (R-Day -4)	FRIDAY (R-Day -3)
30 minutes of:	Do 5 rounds of:	Run Intervals	Do 5 rounds of:	Run Intervals
Swim 25 meters then Rest	3 Pull-Ups with a band*	5 x 30s/60s	3 Pull-Ups with a band*	4 x 400m at a 1:54 pace
Work to Rest Ratio 1:2	4 Push-Ups on your knees*	3 x 45s/90s	4 Push-Ups on your knees*	1 x 800m at a 3:49 pace
OR	4 Squats	2 x 60s/120s	4 Squats	
OK .	4 Sit-Ups		4 Sit-Ups	LIGHT jog 400m between intervals
Run	3 Dips of only the negative*		3 Dips of only the negative*	
2.5 miles	3 Knees to elbows*	(30s/60s = run fast for	3 Knees to elbows*	(400m is one time around
at a	45 sec of Front Plank	30 seconds, then walk or	30 sec of Side Plank Both Sides	a normal high school track,
10:20 per mile pace	Rest 30 seconds	light jog for 60 seconds)	Rest 30 seconds	or about a quarter mile)
	30 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR Run 2.5 miles at a	30 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups Run 2.5 miles at a Do 5 rounds of: 3 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 3 Dips of only the negative* 3 Knees to elbows* 45 sec of Front Plank	30 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR Run 11tervals 5 x 30s/60s 4 Push-Ups on your knees* 4 Squats 4 Stit-Ups Run 3 Dips of only the negative* 2.5 miles at a 45 sec of Front Plank Run Intervals 8 x 30s/60s Run Intervals 5 x 30s/60s 2 x 60s/120s 2 x 60s/120s (30s/60s = run fast for at a 30 seconds, then walk or	30 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups Run 3 Dips of only the negative* 2.5 miles at a 45 sec of Front Plank Do 5 rounds of: 8 Run Intervals 5 x 30s/60s 3 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 2 x 60s/120s 4 Squats 4 Squats 4 Sit-Ups 3 Dips of only the negative* 3 Sinees to elbows* 4 Squats 4 Sit-Ups 3 Dips of only the negative* 3 Knees to elbows* 3 Seconds, then walk or 30 sec of Side Plank Both Sides

Rest 30 seconds

NOTES		

NOTES

NOTES

Rest 30 seconds

Please consult your physician or health care provider before starting this or any other fitness program, especially if you lack experience with exercising. An important part of a healthy lifestyle includes proper nutrition, and the Department of Physical Education suggests all candidates to eat a well balanced diet full of various fruits, vegetables and lean protein. Please ensure you are properly hydrated prior to and following all exercises session and you conduct a proper warm-up and cool-down in accordance with the information provided on the DPE website. Additionally, eat a healthy snack immediately following exercises, then a balanced meal no more than 2 hours following exercise completion.

^{*}NOTE: You will execute the alternate exercise for this category. Please ensure proper form and movement standards are maintained throughout the duration of activity; please refer back to the DPE website videos for proper form and technique on the exercise and alternate variations*