

My 8 Week Fitness Program In Preparation for West Point R-Day

8/1/15

WEEK 1	MONDAY (R-Day -56 Days)	TUESDAY (R-Day -55)	WEDNESDAY (R-Day -54)	THURSDAY (R-Day -53)	FRIDAY (R-Day -52)	NOTES
	Run 1 mile at a 11:00 per mile pace	Do 3 rounds of: 2 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups 2 Dips of only the negative* 2 Knees to elbows* 40 sec of Front Plank Rest 30 seconds	Run Intervals 4 x 30s/60s (30s/60s = run fast for 30 seconds, then walk or light jog for 60 seconds)	Do 3 rounds of: 2 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups 2 Dips of only the negative* 2 Knees to elbows* 25 sec of Side Plank Both Sides Rest 30 seconds	Foot march 2 miles wearing a backpack that weighs at least 10 pounds and combat boots (to break them in)	
WEEK 2	MONDAY (R-Day -49)	TUESDAY (R-Day -48)	WEDNESDAY (R-Day -47)	THURSDAY (R-Day -46)	FRIDAY (R-Day -45)	NOTES
	20 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR Run 1 mile at a 10:50 per mile pace	Do 3 rounds of: 3 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups 3 Dips of only the negative* 3 Knees to elbows* 40 sec of Front Plank Rest 30 seconds	Run Intervals 5 x 30s/60s (30s/60s = run fast for 30 seconds, then walk or light jog for 60 seconds)	Do 3 rounds of: 3 Pull-Ups with a band* 4 Push-Ups on your knees* 4 Squats 4 Sit-Ups 3 Dips of only the negative* 3 Knees to elbows* 25 sec of Side Plank Both Sides Rest 30 seconds	Tempo Run 4 x 400m at a 2:08 pace LIGHT jog 400m between intervals (400m is one time around a normal high school track, or about a quarter mile)	
WEEK 3	MONDAY (R-Day -42)	TUESDAY (R-Day -41)	WEDNESDAY (R-Day -40)	THURSDAY (R-Day -39)	FRIDAY (R-Day -38)	NOTES
	Run 1.5 miles at a 10:50 per mile pace	Do 3 rounds of: 4 Pull-Ups with a band* 5 Push-Ups on your knees* 5 Squats 5 Sit-Ups 4 Dips of only the negative* 4 Knees to elbows* 40 sec of Front Plank Rest 30 seconds	Run Intervals 5 x 30s/60s 1 x 45s/90s (30s/60s = run fast for 30 seconds, then walk or light jog for 60 seconds)	Do 3 rounds of: 4 Pull-Ups with a band* 5 Push-Ups on your knees* 5 Squats 5 Sit-Ups 4 Dips of only the negative* 4 Knees to elbows* 25 sec of Side Plank Both Sides Rest 30 seconds	Foot march 2 miles wearing a backpack that weighs at least 15 pounds and combat boots (to break them in)	
WEEK 4	MONDAY (R-Day -35)	TUESDAY (R-Day -34)	WEDNESDAY (R-Day -33)	THURSDAY (R-Day -32)	FRIDAY (R-Day -31)	NOTES
	23 minutes of: Swim 25 meters then Rest Work to Rest Ratio 1:2 OR Run 1.5 miles at a 10:40 per mile pace	Do 3 rounds of: 5 Pull-Ups with a band* 5 Push-Ups on your knees* 5 Squats 5 Sit-Ups 5 Dips of only the negative* 5 Knees to elbows* 40 sec of Front Plank Rest 30 seconds	Run Intervals 5 x 30s/60s 2 x 45s/90s (30s/60s = run fast for 30 seconds, then walk or light jog for 60 seconds)	Do 3 rounds of: 5 Pull-Ups with a band* 5 Push-Ups on your knees* 5 Squats 5 Sit-Ups 5 Dips of only the negative* 5 Knees to elbows* 25 sec of Side Plank Both Sides Rest 30 seconds	Tempo Run 5 x 400m at a 2:04 pace LIGHT jog 400m between intervals (400m is one time around a normal high school track, or about a quarter mile)	
WEEK 5	MONDAY (R-Day -28)	TUESDAY (R-Day -27)	WEDNESDAY (R-Day -26)	THURSDAY (R-Day -25)	FRIDAY (R-Day -24)	NOTES
	Run 2 miles	Do 4 rounds of: 3 Pull-Ups with a band*	Run Intervals 5 x 30s/60s	Do 4 rounds of: 3 Pull-Ups with a band*	Foot march 3 miles wearing a backpack that weighs	

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

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

W E E K 7	MONDAY (R-Day -14)	TUESDAY (R-Day -13)	WEDNESDAY (R-Day -12)	THURSDAY (R-Day -11)	FRIDAY (R-Day -10)	NOTES
	Run 2.5 miles at a 10:30 per mile pace	Do 3 rounds of: 6 Pull-Ups with a band* 6 Push-Ups on your knees* 6 Squats 6 Sit-Ups 6 Dips of only the negative* 6 Knees to elbows* 45 sec of Front Plank Rest 30 seconds	Run Intervals 5 x 30s/60s 3 x 45s/90s 1 x 60s/120s (30s/60s = run fast for 30 seconds, then walk or light jog for 60 seconds)	Do 3 rounds of: 6 Pull-Ups with a band* 6 Push-Ups on your knees* 6 Squats 6 Sit-Ups 6 Dips of only the negative* 6 Knees to elbows* 30 sec of Side Plank Both Sides Rest 30 seconds	Foot march 3 miles wearing a backpack that weighs at least 20 pounds and combat boots <i>(to break them in)</i>	

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

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

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.