

PT Plans

Summer 2013

<p>PD, 4C, CD1</p> <p>Upper body weight workout (different forms of push-ups)</p> <p>go to track or area open for squat jumps burpees long strides side jumps regular squats in between each set sprints</p>	<p>PD, 4C, CD1</p> <p>1/2 go to track or area open and perform squat jumps, burpees, long stride, side jumps, regular squats (in between sets sprints)</p> <p>1/2 in MMA room perform condition drill (up downs, planks, pushups, diamond push-ups, side to side push-ups, sit ups, 3 man rolls</p> <p>APFT 2 mile run</p>	<p>PD, 4C, CD1</p> <p>Wake up! (push up burn out) regular diamond wide side to side incline decline 8 count)</p> <p>Leg breakers (weighted long strides buddy carries squats back pedal sprints)</p>
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<p>Four for the Core Modified Cindy, 15 Reps x 15 Min:</p> <ul style="list-style-type: none"> - Pushups - Rower - Air Squat <p>4 x 400 meter (1:30 rests) 6 x 100 meter (20 second rests)</p>	<p>Ruck March (Southern Hills) (40LB Ruck)</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec <p>Giant City w/release Pull-ups 2 sets Stretching</p>	<p>PD Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min -Wide arm push up 1 min -Supine bicycle 1 min -Close arm push up 1 min -Crunches one min -Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Southern Hills (Fartlek Run) Pull-ups 2 sets Stretching</p>	<p>Kesnar (30 sec x 4)</p> <ul style="list-style-type: none"> -Pull ups -Dips -Tire Flips -Burpees -Sledge Hammer -Box Jumps -Wall Ball -Dumbbell Snatch -Water Carry -Log Press
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*Conditioning Marches conducted every other Friday at 1500 beginning on 3 FEB. 3 miles, 4 miles, 5 miles, 6 miles or on Thursday mornings.

PD
4 for the Core

PU/SU Pyramid
20,18,16...2

Last man up run
APFT Route

Stretch

PD
4 for the Core

Circuits: (In gym) pushups, sit ups, mountain climbers, flutter kicks, squats, one lap sprint around gym

1 mile cool down jog on track

Stretch

APFT

<p>PD</p> <ul style="list-style-type: none"> -Clapping push-up x45sec -Mountain Climber x45sec -Elevated Push-ups x45sec -V-ups x45sec -Regular Push-up x45sec -Flutter Kicks x45sec -Shoulder Push-up x45sec -Crunches x45sec -Bench dips x45sec -Planks knee to chest alternating x45sec <p>2 x 800 (90 sec rest) 2x 400 meter (1:30 rests) 2 x 200 meter 4 x 100 meter (20 second rests)</p>		<p>PD</p> <p>SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min - Regular to failure (1 min) <p>Campus Loop (Steady Pace)</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD</p> <p>1 mile run on indoor track for MS IIIs and selected MS IVs</p> <p>APFT for remaining MS IVs</p>	<p>APFT</p>

P.D, 4-C

- Normal pushup (1 min)
- Flutter kicks (30sec)
- Diamond pushup (1 min)
- Flutter kicks (30sec)
- Wide arm pushup (1 min)
- Flutter kicks (30sec)
- Cobra (1 min)
- Flutter kicks (30sec)

- Ability group firehouse run

- Cool down

P.D, 4-C

- Normal pushup (1min)
- Crunches (30sec)
- Diamond pushup (1min)
- Crunches (30sec)
- Cobra (1min)
- Crunches (30sec)

- Southern hills route Last man up on the way out
- Ability groups back

- Cool down

P.D, 4-C

- Sprints across the Towers Bridge A and B group.
- Normal Pushup 15 reps
 - Modified supine bicycle 20reps
 - Diamond Pushup 15 reps
 - Crunches 20 reps
 - Wide arm Pushup 15 reps
 - Rower 20 reps
 - Dive Bombers 15 reps
 - Flutterkicks 20 reps
 - 1 leg Pushup 15 reps

 - Cool down

<p>PD</p> <p>45sec each:</p> <ul style="list-style-type: none"> -Plyometric PU-Clappers -Mountain Climbers -Elevated PU -V-Ups -Reg. PU -Flutter Kick -Shoulder PU -Crunches -Bench Dips -Front Plank Knee to Chest <p>2 x 800 meter</p> <p>4 x 400 meter</p> <p>2 x 200 meter</p> <p>2 x 100 meter</p>		<p>PD</p> <p>SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min <p>Campus Loop (Steady Pace)</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD</p> <p>Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min - Wide arm push up 1 min - Supine bicycle 1 min - Close arm push up 1 min - Crunches one min - Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Southern Hills (Fartlek Run)</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>Kesnar Hall Circuit (1 min x 4)</p> <ul style="list-style-type: none"> - Pull ups - Dips - Tire Flips - Burpees - Sledge Hammer - Box Jumps - Wall Ball - Dumbbell Snatch - Water Carry - Log Press - Mountain Climber

<p>PD, 4C</p> <p>1 min regular</p> <p>1 min close</p> <p>1 min wide</p> <p>1 min alternate one -leg</p> <p>1 min cobra</p> <p>30 sec rest between sets</p> <p>Firehouse run: ability groups</p> <p>Stretch</p>	<p>PD</p> <p>Agility drills: frog jumps, bear crawls, wall jumps, crab walk, lateral slides</p> <p>Two groups: Jog to bridge by towers.</p> <p>Groups begin at opposite ends, run over bridge do 25 pushups alternating each time with 50 crunches</p> <p>Stretch</p>	<p>PD</p> <p>1 min regular</p> <p>30 sec flutter kicks</p> <p>1 min close</p> <p>30 sec flutter kicks</p> <p>1 min wide</p> <p>30 sec flutter kicks</p> <p>1 min alternate one-leg</p> <p>30 sec flutter kicks</p> <p>1 min cobra</p> <p>30 sec flutter kicks</p> <p>2 x 800</p> <p>2 x 400</p> <p>2 x 200</p> <p>2 x 100</p> <p>Stretch</p>
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<p>PD 45sec each: -Pause PU -V-Ups -Dive bombers -Flutter Kicks -T roll -Quadraplex -Spiderman PU -Crunches -Close Arm PU -Plank -Reg PU -Right side plank -Wide Arm PU -Left side plank -8 Count PU -Front Plank to knee</p> <p>2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter</p>		<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min - Regular to failure (1 min) <p>Giant City w/ release run</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min - Wide arm push up 1 min - Supine bicycle 1 min - Close arm push up 1 min - Crunches one min - Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Firehouse Hill x4</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>Kesnar Hall Circuit (1 min x 2)</p> <ul style="list-style-type: none"> - Pull ups - Dips - Tire Flips - Burpees - Sledge Hammer - Box Jumps - Wall Ball - Dumbbell Snatch - Water Carry - Log Press - Mountain Climber
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<p>PD 1 Group on push up, sit-up improvement; 1 group does 45, 90's and then alternate PU, SU improvement (1min each)= -standard pushups -crunches -close arm -flutter kicks -wide arm -v-ups -cobra -modified supine bicycle -one-legged pushups -planks</p> <p>30 sec rest in between all; switch after 15minutes Stretch</p>	<p>PD -push-ups, -crunches, -side-straddle hop -mountain climber -cobra -modified supine bicycle -squats -flutter kicks</p> <p>1st set 90 secs each 2nd set 60 secs each 3rd set 30 secs each Run a lap in between exercises</p> <p>Cool down</p>	<p>PD, 4 for the Core Poker PT. Bring a deck of cards to formation, then peel one card at a time. -Hearts = pushups -Diamonds = wide arm/close hand pushup, -Clubs = sit ups, -Spades= flutter kicks.</p> <p>-Whatever number comes up, do that many (jacks 11, queen 12, king 13).</p> <p>-Aces mean a lap around the track. cool down</p>
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<p>PD <u>Circuit Training</u> -Squat Jumps -Burpees -Half Jacks -Ricochets -Push-ups -Flutter Kicks -Wide arm PU -V-Ups -Sit-ups w/ a twist 1st Rep 90sec 2nd Rep 60sec 3rd Rep 30sec</p> <p>Run in between each exercise with sprints, high knees, and butt kicks</p> <p>Recovery Drills</p>	<p>PD, 4 for the core</p> <p>15mins: -Shuttle run -Rowers -Push-ups</p> <p>Last man up run APFT route</p>	
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<p>PD 45sec each: -Plyometric PU- Clappers -Mountain Climbers -Elevated PU -V-Ups -Reg. PU -Flutter Kick -Shoulder PU -Crunches -Bench Dips -Front Plank Knee to Chest</p> <p>2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter</p>	<p>Ruck March Lake Route</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min <p>Giant City w/release Pull-ups 2 sets Stretching</p>	<p>PD 1 mile run on indoor track for MS IIIs and selected MS IVs</p> <p>APFT for remaining MS IVs</p>	
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<p>PD 45sec each: -Pause PU -V-Ups -Dive bombers -Flutter Kicks -T roll -Quadraplex -Spiderman PU -Crunches -Close Arm PU -Plank -Reg PU -Right side plank -Wide Arm PU -Left side plank -8 Count PU -Front Plank to knee</p> <p>2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter</p>	<p>Ruck March</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min - Regular to failure (1 min) <p>Giant City w/ release run</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min -Wide arm push up 1 min -Supine bicycle 1 min -Close arm push up 1 min -Crunches one min -Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Firehouse Hill x3</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>Kesnar Hall Circuit (1 min x 2)</p> <ul style="list-style-type: none"> - Pull ups - Dips - Tire Flips - Burpees - Sledge Hammer - Box Jumps - Wall Ball - Dumbbell Snatch - Water Carry - Log Press - Mountain Climber
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<p>PD</p> <ul style="list-style-type: none"> -push-ups, -crunches, -side-straddle hop -mountain climber -cobra -modified supine bicycle -squats -flutter kicks <p>1st set 90 secs each 2nd set 60 secs each 3rd set 30 secs each Run a lap in between exercises</p> <p>Cool down</p>	<p>P.D, 4-C</p> <ul style="list-style-type: none"> -Normal pushup (1min) Crunches (30sec) -Diamond pushup (1min) Crunches (30sec) -Cobra (1min) -Crunches (30sec) <p>-Southern hills route Last man up on the way out -Ability groups back</p> <p>Cool down</p>	<p>P.D, 4-C</p> <p>Sprints across the Towers Bridge A and B group.</p> <ul style="list-style-type: none"> -Normal Pushup 15 reps -Modified supine bicycle 20reps -Diamond Pushup 15 reps -Crunches 20 reps -Wide arm Pushup 15 reps -Rower 20 reps -Dive Bombers 15 reps -Flutterkicks 20 reps -1 leg Pushup 15 reps <p>Cool down</p>
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<p>PD 45sec each: -Pause PU -V-Ups -Dive bombers -Flutter Kicks -T roll -Quadraplex -Spiderman PU -Crunches -Close Arm PU -Plank -Reg PU -Right side plank -Wide Arm PU -Left side plank -8 Count PU -Front Plank to knee</p> <p>2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter</p>		<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min - Regular to failure (1 min) <p>Giant City w/ release run</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min - Wide arm push up 1 min - Supine bicycle 1 min - Close arm push up 1 min - Crunches one min - Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Firehouse Hill x4</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>Kesnar Hall Circuit (1 min x 2)</p> <ul style="list-style-type: none"> - Pull ups - Dips - Tire Flips - Burpees - Sledge Hammer - Box Jumps - Wall Ball - Dumbbell Snatch - Water Carry - Log Press - Mountain Climber
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<p>Four for the Core Modified Cindy, 15 Reps x 15 Min:</p> <ul style="list-style-type: none"> - Pushups - Rower - Air Squat <p>4 x 400 meter (1:30 rests) 4 x 100 meter (20 second rests)</p>	<p>N/A</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec <p>Campus Loop (steady pace) Pull-ups 2 sets Stretching</p>	<p>PD Gratzke PU/SU Fire House Hills x 3 Pull-ups 2 sets Stretching</p>	<p>Kesnar (30 sec x 4)</p> <ul style="list-style-type: none"> -Pull ups -Dips -Tire Flips -Burpees -Sledge Hammer -Box Jumps -Wall Ball -Dumbbell Snatch -Water Carry -Log Press
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<p>Four for the Core Modified Cindy, 15 Reps x 15 Min:</p> <ul style="list-style-type: none"> - Pushups - Rower - Air Squat <p>4 x 400 meter (1:30 rests) 6 x 100 meter (20 second rests)</p>	<p>Ruck March (Southern Hills) (40LB Ruck)</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec <p>Giant City w/release Pull-ups 2 sets Stretching</p>	<p>PD Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min -Wide arm push up 1 min -Supine bicycle 1 min -Close arm push up 1 min -Crunches one min -Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec - Close arm push up 30 sec <p>Southern Hills (Fartlek Run) Pull-ups 2 sets Stretching</p>	<p>Kesnar (30 sec x 4)</p> <ul style="list-style-type: none"> -Pull ups -Dips -Tire Flips -Burpees -Sledge Hammer -Box Jumps -Wall Ball -Dumbbell Snatch -Water Carry -Log Press
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<p>PD1</p> <p>Two Groups, run sprints on bridge. Exercises below in between sprints (one min each)</p> <ul style="list-style-type: none"> -Push –up -Sit-up -Close arm push-up -Flutter kicks -Wide arm-push up -V-up -1 leg push-ups -Supine bicycle -Dive bomb push-up -Side to side flutter kicks <p>Cool down, personal stretch</p>	<p>PD1, 4C</p> <p>Perform 1 minute of each of the following push-ups with 30 seconds of flutter kicks in between</p> <ul style="list-style-type: none"> -Regular -Close arm -Wide arm -Dive-bomb -One leg -Cobra -Side to side push up <p>APFT route Last man up. Ability group run back.</p> <p>Cool down, personal stretch</p>	<p>PD1, 4C</p> <p>Alpha: Upper track 30-60's Bravo: gym</p> <p>1 minute buddy exercises.</p> <ul style="list-style-type: none"> -Push-up (partner resistant) -Sit-up -Squats -Fireman carry -Side straddle hop -Flutter kicks -Dips -Mtn. Climber <p>Switch Alpha and Bravo after 15min</p> <p>Cool down, personal stretch</p>
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<p>PD 45sec each:</p> <ul style="list-style-type: none"> -Pause Push-ups -V-ups -Dive Bombers -Flutter Kicks -T Roll -Quadruplex -Spiderman Push-ups -Cruches -Close arm push-ups -Front plank -Normal push-ups -Left side plank -Wide push-ups -Right side plank -8 Count Push-ups -Front Plank Knee to Chest 2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter 	<p>NO PT</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min <p>Giant City w/release Pull-ups 2 sets Stretching</p>	<p>PD Gratzke PU/SU Fire House Hills x 4 Pull-ups 2 sets Stretching</p>	<p>Kesnar Hall Circuit (45 sec x 2) Pull ups Mtn Climb Dips Tire Flips Burpees Water carry Dumbbell swings Sledge Hammer Single leg squat Wall Ball Log Press Box Jumps</p>
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PD, 4C
-Frog Jumps, Lunges,
Frankenstein's, Sprints,
Squats, Spider Man
Pushups. (in between
exercises 20 Pushups)
- 8 count pushups, flutter
kicks, and over head arm
claps

Southern Hills Route

Recovery Drill

PD, 4C
Military presses, dumbbell
pushups, squats, lunges,
dumbbells curls, fly's, side
fly's, dumbbell boxes, one
legged squats

60-120s on track

Recovery Drills

PD, 4C
Bench press, squat
machine, dumbbell curls
1-2 minutes and 30
seconds break
MMA room:
Up Downs, Planks, 3 man
rolls, over head arm claps,
and flutter kicks.

Recovery Drills

<p>PD 45sec each: -Plyometric(clappers) PU -Mountain Climbers -Elevated PU -V-ups -Push-up bar/brick -Flutter kicks -Shoulder PU -Crunches -Bench Dips -Planks to knee alternating 2 x 800 meter 4 x 400 meter 2 x 200 meter 2 x 100 meter</p>	<p>Ruck March</p>	<p>PD SGT Ken's PU - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min Giant City w/release Pull-ups 2 sets Stretching</p>	<p>PD Gratzke PU/SU Fire House Hills x 4 Pull-ups 2 sets Stretching</p>	<p>Kesnar Hall Circuit (45 sec x 2) Pull ups Mtn Climb Dips Tire Flips Burpees Water carry Dumbbell swings Sledge Hammer Single leg squat Wall Ball Log Press Box Jumps</p>
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*Conditioning Marches conducted every other Thursday morning. 3 miles, 4 miles, 5 miles, 6 miles.

<p>PD</p> <p>Modified supine bicycle</p> <p>Cobra</p> <p>Motivator</p> <p>Flutter kicks</p> <p>Resistance training:</p> <p style="padding-left: 40px;">Military press</p> <p style="padding-left: 40px;">Flutter kicks</p> <p style="padding-left: 40px;">Bicep curls</p> <p>Side straddle hop</p> <p>Mountain climber</p> <p>Fire House Run</p>	<p>PD, CD1</p> <p>1 minute of push-up, sit-up, side straddle hop, and mountain climber</p> <p>Run: last man up run</p> <p>Split into ability group on way back: Southern hills route</p>	<p>PD</p> <p>Circuit training:</p> <p style="padding-left: 40px;">Push-ups, crunches, side straddle hop, mountain climber, cobra, modified supine bicycle, squats, and flutter kicks</p> <p>1 minute each station and run one lap to next station</p>
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<p>PD 45sec each: -Pause Push-ups -V ups -Dive Bomber -Flutter Kicks -T Roll -Quadruplex -Spiderman Push-ups -Crunches -Close/normal/wide -Front/Side Planks -8 Count Push-up -Front Plank Knee to chest</p> <p>2 x 800 meter (90 Sec rest) 2 x 400 meter(1:30 rests) 2 x 200 meter 4 x 100 meter (20 sec rest)</p> <p>A: 800 = 3:00 min, 400 = 1:30, 200 = 45 sec B: 800 = 3:30 min, 400 = 1:45, 200 = 50 sec C: 800 = 4:00 min, 400 = 2:00 min, 200 = 60 sec</p>	<p>NO PT</p>	<p>PD SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min <p>Lake Loop (steady pace for 4 miles) Pull-ups 2 sets Stretching</p>	<p>PD Gratzke PU/SU Fire House Hills x 4 Pull-ups 2 sets Stretching</p>	<p>Kesnar Hall Circuit (45 sec x 2) Pull ups Mtn Climb Dips Tire Flips Burpees Water carry Dumbbell swings Sledge Hammer Single leg squat Wall Ball Log Press Box Jumps</p>
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*Conditioning Marches conducted every other Thursday morning. 3 miles, 4 miles, 5 miles, 6 miles.

PD, 4C

CD1

2X each set

Sprints

20 Pushups

Buddy Carry

20 Flutter kicks

Shuttle run

15 Buddy weight pushups

Stretch

PD, 4C

The Motivater (60secX2)

Flutter Kick (60secX2)

Pushups (60secX2)

Side Strattle Hop (60secX2)

Over Head Arm Clap

(60secx2)

V Up (60secX2)

Fire House Run

Stretch

PD

PU/SU pyramid 20..15..10

Southern Hills Run

Stretch

<p>PD</p> <ul style="list-style-type: none"> -Pause Push-ups x45sec -V ups x45sec -Dive Bomber x45sec -Flutter Kicks x45sec -T Roll x45sec -Quadruplex x45sec -Spiderman Push-ups x45sec -Crunches x45sec -Close arm Push-ups x45sec -Front Plank x45sec -Normal Push-ups -Left side Plank -Wide arm Push-up -Right Side plank -8 Count Push-up -Front plank knee to chest <p>2 x 800 (90 sec rest) 2x 400 meter (1:30 rests) 2 x 200 meter 4 x 100 meter (20 second rests)</p>		<p>PD</p> <p>SGT Ken's PU</p> <ul style="list-style-type: none"> - Close/Normal/ Wide/Shoulder (2 min) - Crunches 45 sec - Repeat PU (90 sec) - Crunches 30 sec - Repeat PU (60 sec) - Crunches 30 sec - Front Plank 1 min - Side planks 1 min - Regular to failure (1 min) <p>Southern Hills Run</p> <p>Pull-ups 2 sets</p> <p>Stretching</p>	<p>PD</p> <p>Gratzke</p> <ul style="list-style-type: none"> - Regular push up 1 min - Regular sit up 1 min -Wide arm push up 1 min -Supine bicycle 1 min -Close arm push up 1 min -Crunches one min -Inverted (bench) push up 1 min - Plank 1 min - Resistance buddy push up 1 min - Resistance buddy push up 1 min - Regular sit up 30 sec - Regular push up 30 sec - Plank 30 sec -Close arm push up 30 sec -Fire House X2 Pull-ups 2 sets <p>Stretching</p>	<p>Kesnar Hall Circuit (45 sec x 2)</p> <p>Pull ups</p> <p>Dips</p> <p>Tire Flips</p> <p>Burpees</p> <p>Water carry</p> <p>Dumbbell swings</p> <p>Sledge Hammer</p> <p>Single leg squat</p> <p>Wall Ball</p> <p>Log Press</p> <p>Box Jumps</p>
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