



# ALERT Basic Training

## Physical Training Preparation Schedule

Plan on starting this 8 weeks prior to your arrival at Basic Training.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Three rounds for time.</p>	<p><b>Circuit Training</b> 10 flutter-kicks 10 jumping jacks 5 burpees</p> <p>Three rounds for time.</p>	<p><b>Run</b> 1 mile run in under 10 minutes.</p>	<p><b>Tabata</b> 10 seconds of push-ups 20 seconds of rest</p> <p>Five rounds.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Three rounds for time.</p>
Week 2	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Four rounds for time.</p>	<p><b>Circuit Training</b> 10 flutter-kicks 10 jumping jacks 5 burpees</p> <p>Four rounds for time.</p>	<p><b>Run</b> 1 mile run in under 10 minutes.</p> <p>Run five 100-meter sprints with 1 minute breaks.</p>	<p><b>Tabata</b> 15 seconds of push-ups 15 seconds of rest</p> <p>Six rounds.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Four rounds for time.</p>
Week 3	<p><b>ALERT PT Test</b> 2 minutes max of push-ups 2 minutes max of sit-ups 2 mile run</p> <p>Record numbers and email to ALERT.</p>	<p><b>Push-up Pyramid</b> 1 push-up then break 2 push-ups then break 3 push-up then break</p> <p>Continue up to 7 and then back down to 1</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Five rounds for time.</p>	<p><b>Run</b> 1 mile run in under 9 minutes.</p> <p>Run seven 100-meter sprints with 45 second breaks.</p>	<p><b>Squat Pyramid</b> 1 up to 7 and back down to 1</p> <p>Use the pyramid pattern from Day 2 of this week.</p>
Week 4	<p><b>Push-up Pyramid</b> 1 up to 8 and back down to 1</p>	<p><b>Squat Pyramid</b> 1 up to 8 and back down to 1</p>	<p><b>Run</b> 2 mile run in under 20 minutes.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Five rounds for time.</p>	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Five rounds for time.</p>

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 5	<p><b>Push-up Pyramid</b> Diamond Push-up 1 up to 6, back down to 1</p> <p>Wide Arm Push-up 1 up to 6, back down to 1</p>	<p><b>Circuit Training</b> 10 squats 10 flutter-kicks 10 squat jumps</p> <p>Five rounds for time.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Six rounds for time.</p>	<p><b>Run</b> 2 mile run in under 18 minutes.</p> <p>Run five 100-meter sprints with 45 second breaks.</p>	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Six rounds for time.</p>
Week 6	<p><b>ALERT PT Test</b> 2 minutes max of push-ups 2 minutes max of sit-ups 2 mile run</p> <p>Record numbers and email to ALERT.</p>	<p><b>Squat Pyramid</b> 1 up to 9 and back down to 1</p>	<p><b>Tabata</b> 20 seconds of push-ups 10 seconds of rest</p> <p>Eight rounds.</p>	<p><b>Circuit Training</b> 10 sit-ups 10 flutter-kicks 10 squat</p> <p>Seven rounds for time.</p>	<p><b>Run</b> 2 mile run in under 17 minutes.</p> <p>Run eight 100-meter sprints with 45 second breaks.</p>
Week 7	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Eight rounds for time.</p>	<p><b>Push-up Pyramid</b> Diamond Push-up 1 up to 7, back down to 1</p> <p>Wide Arm Push-up 1 up to 7, back down to 1</p>	<p><b>Circuit Training</b> 10 squats 10 flutter-kicks 15 squats jumps</p> <p>Six rounds for time.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Six rounds for time.</p>	<p><b>Run</b> 2 mile run in under 17 minutes.</p> <p>Run eight 100-meter sprints with 30 second breaks.</p>
Week 8	<p><b>Circuit Training</b> 5 push-ups 10 sit-ups 15 squats</p> <p>Ten rounds for time.</p>	<p><b>Tabata</b> 20 seconds of push-ups 10 seconds of rest</p> <p>Eight rounds.</p>	<p><b>Circuit Training</b> 10 sit-ups 10 flutter-kicks 10 squats</p> <p>Eight rounds for time.</p>	<p><b>Run</b> 2 mile run in under 16 minutes.</p> <p>Run ten 100-meter sprints with 30 second breaks.</p>	<p><b>Ab-blast</b> 10 sit-ups 10 flutter-kicks 10 crunches</p> <p>Seven rounds for time.</p>

\* You may start this program at any time before Basic Training and you do not have to do it at the pace or sequence that we have prescribed. If you find the PT is too easy or too hard you may adjust them as needed. They are just designed to help you.