

GET IN SHAPE FOR BASIC TRAINING

Ready to get started? Here is a workout schedule that will prepare you for the rigors of basic training and help you to get the most out of it.

We recommend that you work out at least 3-5 times per week, and at least six weeks prior to Basic Military Training.

(Note: For your health and safety, you should consult a doctor prior to beginning this or any physical fitness regimen.)

14 week program

Week 1

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 1 minute jog
- 5 minute walk
- 1 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 2

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 3 minute jog
- 5 minute walk
- 3 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 3

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk
- 5 minute jog
- 3-5 minute walk
- 2 minute stretch

Week 4

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk

5 minute jog
3-5 minute walk
2 minute stretch

Week 5

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
4 minute sit-up/push-up intervals
4 minute walk
6 minute jog
4 minute walk
6 minute jog
3-5 minute walk
2 minute stretch

Week 6

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
4 minute sit-up/push-up intervals
4 minute walk
7 minute jog
4 minute walk
7 minute jog
3-5 minute walk
2 minute stretch

Week 7

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
6 minute sit-up/push-up intervals
4 minute walk
8 minute jog
4 minute walk
8 minute jog
3-5 minute walk
2 minute stretch

Week 8

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
6 minute sit-up/push-up intervals
4 minute walk
9 minute jog
4 minute walk
9 minute jog
3-5 minute walk
2 minute stretch

Week 9

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
4 minute sit-up/push-up intervals
4 minute walk

13 minute run
3-5 minute walk
2 minute stretch

Week 10

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
4 minute sit-up/push-up intervals
4 minute walk
15 minute run
3-5 minute walk
2 minute stretch

Week 11

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
2 minute sit-up/push-up intervals
4 minute walk
17 minute run
3-5 minute walk
2 minute stretch

Week 12

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
2 minute sit-up/push-up intervals
1 minute walk
17 minute run
3-5 minute walk
2 minute stretch

Week 13

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
2 minute sit-up/push-up intervals
2 minute walk
2 minute jog
17 minute run
3-5 minute walk
2 minute stretch

Week 14

Complete the following in one session 3-5 times a week:

5 minute stretch/warm-up
2 minute sit-up/push-up intervals
3 minute jog
17 minute run
3-5 minute walk
2 minute stretch