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