

# 1-285<sup>th</sup> PT Platoon Training Schedule March 7 2011 to March 31 2011

Disclaimer:

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## Reading for Week 1:

Locate and download The Army Holistic Health and Fitness, FM 7-22 is a leading edge fitness program which is tied well into current methodologies such as CrossFit, P90X etc. The Army did a great job on this manual and there are good instructions, descriptions of form and resources. You can find it online here: [https://armypubs.army.mil/epubs/DR\\_pubs/DR\\_a/ARN44522-FM\\_7-22-002-WEB-7.pdf](https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN44522-FM_7-22-002-WEB-7.pdf)

If that doesn't work for you you can Google FM 7-22 and download a PDF or view it in another format.

Some humor to think on:

<http://eternallycool.net/wp-content/uploads/2007/11/fat-david.jpg>

A good core workout to toss in your routine:

[http://www.metacafe.com/watch/3421020/core\\_blasting\\_workout\\_without\\_sit\\_ups\\_or\\_crunches/](http://www.metacafe.com/watch/3421020/core_blasting_workout_without_sit_ups_or_crunches/)

This last reference is great for understanding lifts if you go to the gym by yourself and can't afford a trainer. I use this all the time:

<http://www.workout-x.com/fitness/exercise-videos>

## Reading for Week 2:

I focused on one major topic of dispute: Toning.

Here is a good link to 'toning' and what toning really is:

<http://www.hotbodytraining.com/why-high-reps-arent-for-toning/>

There are a lot of misconceptions on Toning. Bottom line. High reps/ low weight won't get you there. Body weight can.

<http://www.stumptuous.com/lies-in-the-gym>

This one ties into the last but expands on more myths.

Here are some more fitness myths:

<http://www.gymjunkies.com/fitness-myths/>

### **Reading for Week 3:**

I hope most of you are feeling / seeing some results. For those of you on the weight loss program don't be surprised if in the past two weeks you may have gained some weight. This is your body building muscle to keep up with the workouts. Luckily muscle mass burns a lot of calories and a larger muscle mass burns more calories longer. At this point in time ensure your calories in are less than your calories out and you'll really start to see the weight burn off. Remember to keep yourself fed though. Eat 6 smaller meals each day or between 3 meals eat a handful of nuts or other higher protein type food.

Try to balance your calories in this formula:

50% of your caloric intake in carbs

30% of your caloric intake in protein

less than 20% of your caloric intake in Fat.

This is not a gram count but a calorie count

1 gram of carbohydrate = 4 Calories

1 gram of protein = 4 calories

1 gram of fat = 9 calories!!

Also 1 gram of alcohol = 7 calories.

Reading for the week:

Read chapters 1 and 2 of the TC 3-22.20

Here is a good article on nutrition

<http://www.crossfit.com/cf-info/start-diet.html>

### **Reading for Week 4**

I want you guys to do some research online and dig up a fitness or nutrition article that interests you.

Read up on it and be prepared to share your information with your peers. Print off the article and bring it to drill at the end of the week.

The following is the PT plan for the month. Remember that if you are already active with a program and are seeing results then please continue on your own. If, however, you are not being successful with your own program then take a minute and try this out. Each day should be able to be done in 30 minutes.

The key, as in everything, is to push yourself!

Respond to your team lead with your results from your workout this week. This is due by Sunday evening every week. Team leads ensure compliance.

### **Monday 3/7/11 : Active and Static Stretching:**

This is out of the TC so for details reference page 8-2 through 8-14

#### **Preparation Drill:**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

Followed immediately by:

#### **Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

Purpose - This will get your muscles moving in an active method to break free to lactic acid in your muscles and then stretch them out. You shouldn't even break a sweat.

**Tuesday 3/8/11:**

**Preparation Drill:**

10 Pushups

10 Situps

10 Squats

10 Windmill

10 Arm swings front and back each arm

**Exercise:**

For time complete three rounds of:

25 situps

25 pushups

25 squats

25 prone row

25 crunches

Push for a fast time with proper form. Go to your knees on pushups if you have to. Remember this is to make you stronger. Work yourself.

**Recovery Drill**

Static Stretching per your own needs (5 minutes)

**Notes:**

Ensure you complete each of the exercises and quickly move to the next exercise. When you complete all 5 activities start at the top again. 3 Rounds means you complete each exercise three times.

Document your time for the e-mail to your team lead.

**Wednesday 3/9/11:**

**Preparation Drill**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

**Exercise:**

Find a nice, safe, place to run.

1 Mile run: Set a timer or keep count. Sprint 10 seconds, relax run 20 seconds and repeat.

**Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

## **Thursday 3/10/11:**

### **Preparation Drill:**

- 10 Pushups
- 10 Situps
- 10 Squats
- 10 Windmill
- 10 Arm swings front and back each arm

### **Exercise:**

55 - 45 - 35 - 25 (or a proportioned set) of Pushups  
try to hit your goal in 1 minute. After 1 minute drop to your knees and push the remainder out.  
Rest for only 1 minute or until your partner is complete.  
Begin the second set and continue until your 4 minutes is done.

### **Abs:**

- 2 minutes straight leg situps
- 1:30 minutes flutter kicks
- 1:00 supine bike
- 1:00 side bridge left
- 1:00 side bridge right
- 1:00 front bridge.

### **Recovery Drill:**

- Hold 30 Seconds - Overhead Arm Pull
- Hold 30 Seconds - Rear Lunge
- Hold 30 Seconds - Extend and Flex
- Hold 30 Seconds - Thigh Stretch
- Hold 30 Seconds - Single Leg over

### **Notes:**

We've done this workout twice now on Drill weekends. This one, if you can make the goal, will cause you to max the PT test on pushups. It builds the speed and endurance necessary for the 2 minute drill.

## **Friday 3/11/11:**

### **Preparation Drill**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

### **Exercise:**

Run 2 x 1 mile.

Run 1st mile as fast as you can. Rest until your heart rate is <14 beats in 6 seconds. Run 2nd mile as fast as you can.

### **Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

## **Saturday 3/12/11 - Rest Day**

**Sunday 3/13/11 - Rest Day e-mail your Team Lead your workout plan from the week or your results from this one.**

**Monday 3/14/11:**

**Preparation Drill:**

Run 400 Meters  
10 Pullups  
10 Pushups  
10 Situps  
10 Squats  
10 Windmills

For the Tabata workout on Monday you can use the online tabata timer here:

<http://www.beach-fitness.com/tabata/>

**Exercise:**

Tabata (20 seconds of exercise 10 seconds of rest repeated for 8 sets)

Push Ups  
Flutter Kicks  
Squats  
Sit Ups  
Prone Row  
Forward Lunges

**Recovery Drill:**

Run 400 Meters  
Static Stretching

**Tuesday 3/15/11:**

**Preparation Drill**

Run 400 Meters  
10 Pullups  
10 Pushups  
10 Situps  
10 Squats  
10 Windmills

**Exercise:**

This is out of the TC so for details reference page 8-2 through 8-14

For Time, complete two rounds of the following. Move Fast!

20 Reps - Bend and Reach  
20 Reps- Rear Lunge  
20 Reps - High Jumper  
20 Reps - Rower  
20 Reps - Squat Bender  
20 Reps - Windmill  
20 Reps - Forward Lunge  
20 Reps- Prone Row  
20 Reps - Bent-leg Body twist  
20 Reps - Pushup

**Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull  
Hold 30 Seconds - Rear Lunge  
Hold 30 Seconds - Extend and Flex  
Hold 30 Seconds - Thigh Stretch  
Hold 30 Seconds - Single Leg over

## **Wednesday 3/16/11:**

### **Preparation Drill**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

### **Exercise:**

6 x 400 M Repeat sprints

Find a track or a section of road that you measured. Run as hard as you can each 400m. Keep Time. You should see your second and third run improve over your first. The remaining may degrade but they goal is to keep it within 10% of the first time.

### **Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

**Thursday 3/17/11:**

**Preparation Drill:**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

**Exercise:**

1M Push up Drill.

Goal for Guys

55,45,35,25

Goal For Girls

35,30,25,20,15

1 Minute of exercise, push out remainder on your knees.

1 Minute ONLY of rest and repeat.

**Recovery Drill:**

Run 400 Meters

Static Stretching

**Friday 3/18/11:**

**Preparation Drill**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

**Exercise:**

Run:

10X 100M Sprints

3X 200M Sprints

2X 400M Sprints

1X 800M Sprint

**Recovery Drill**

Run 400 M slowly

Static Stretching.

**Saturday 3/19/11: Rest**

**Sunday 3/20/11: Rest Day e-mail your Team Lead your workout plan from the week or your results from this one.**

For the Tabata workout on Monday you can use the online tabata timer here:

<http://www.beach-fitness.com/tabata/>

**Monday 3/21/11:**

**Preparation Drill:**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

**Exercise:**

Tabata (20 seconds of exercise 10 seconds of rest repeated for 8 sets)

Push Ups

Bent Leg Body Twist

Forward Lunges alternating legs (ie work both)

Rower

Power Jump

**Recovery Drill:**

Static Stretching

**Tuesday 3/22/11:**

**Preparation Drill**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

**Exercise:**

3 mile run

**Recovery Drill:**

Static Stretching

**Wednesday 3/23/11:**

**Preparation Drill**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

**Exercise:**

Conditioning Drill 1 from TC 3-22.2 Page 9-5

3 rounds of

Power Jump x 10

V-Up x 10

Mountain Climbing x 10

Leg tuck and twist x 10

Single leg pushup x 10

**Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

**Thursday 3/24/11:**

**Preparation Drill**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

**Exercise:**

10 X 50M Sprints

Run 1 Mile for time

10 X 50M Sprints

**Recovery Drill**

Run 400 M slowly

Static Stretching.

**Friday 3/25/11:**

**Preparation Drill**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

**Exercise:**

3 rounds of

Sprint 50M

25 Pushups

25 Squats

25 Situps

25 4 count jumping jacks

Try not to take a break and try to sprint the sprint.

**Recovery**

Run 400M

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

**Saturday 3/26/11: Rest**

**Sunday 3/27/11: Rest Day e-mail your Team Lead your workout plan from the week or your results from this one.**

## **Monday 3/28/11 :**

### **Preparation Drill**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

### **Exercise:**

1M Push up Drill.

Goal for Guys

55,45,35,25

Goal For Girls

35,30,25,20,15

1 Minute of exercise, push out remainder on your knees.

1 Minute ONLY of rest and then repeat.

Abs:

2:00 of Straight Leg Situps

1:30 of Flutter Kicks

1:00 of Supine Bike

1:00 Left Bridge (Plank)

1:00 Right Bridge

1:00 Front Bridge (Plank, Watching TV)

Take a 2 Minute Break and Repeat

### **Recover Drill:**

Static Stretching from the TC on your own.

**Tuesday 3/29/11:**

**Preparation Drill:**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

**Exercise:**

Run 4x100 M Sprint

Run 300M of 25M Shuttle Sprint (Down 25M and Back 6 times)

2 X 400 M for time

**Recovery Drill:**

400 M Cool down run (nice and easy)

Static Stretching per TC

## **Wednesday 3/30/11:**

### **Preparation Drill**

Run 400 Meters

10 Pullups

10 Pushups

10 Situps

10 Squats

10 Windmills

### **Exercise:**

For time

3 X Sets of:

10 Reps moderate - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps fast - High Jumper

10 Reps slow - Rower

10 Reps moderate - Squat Bender

10 Reps fast - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps moderate - Bent-leg Body twist

10 Reps fast - Pushup

### **Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

## **Thursday 3/31/11:**

### **Preparation Drill:**

10 Reps slow - Bend and Reach

10 Reps slow - Rear Lunge

10 Reps slow - High Jumper

10 Reps slow - Rower

10 Reps slow - Squat Bender

10 Reps slow - Windmill

10 Reps slow - Forward Lunge

10 Reps slow - Prone Row

10 Reps slow - Bent-leg Body twist

10 Reps slow - Pushup

Followed immediately by:

### **Recovery Drill:**

Hold 30 Seconds - Overhead Arm Pull

Hold 30 Seconds - Rear Lunge

Hold 30 Seconds - Extend and Flex

Hold 30 Seconds - Thigh Stretch

Hold 30 Seconds - Single Leg over

**Drill is Friday 4/1- Sunday 4/3.**

**Bring all your workout results to Drill for review by CPT Woudenberg**

**Friday will be a hike up Picacho Peak**

**Saturday will be a Diagnostic PT test or Record for those who have been in the program for 3 months**

**Sunday will be PT.**