

15 DAY APFT PREP PLAN

This 15 day plan was written for a military member who had two weeks to pass his fitness test of 1.5 mile run, pushups, and situps. It is not designed for those members who have not exercised in months, but for those who just need an extra push to surpass the minimums. You could also use this routine to help you hit the maximum standards if you are hitting a plateau in your testing for the Most Common PFT. Knowing that this test is the most common fitness test in the military and law enforcement, I thought I would post the routine online as it is a combination of three routines:

Here is an explanation of the chart below:

1) Supplemental Plan

You can use this plan below in addition to your current workout if you wish but it is a pretty challenging plan and would not do this unless you are pretty fit now and seeking to improve your PFT scores so you are near maxing the test.

2) Stand-alone Plan

If you are an intermediate / beginner level (not complete beginner) I would recommend to just follow the plan for the next two weeks. This will challenge your pushups and situps and push you in the running category as well. If you are not used to running 1-2 miles then I would not attempt this program as this is NOT a program for beginners.

3) Goal Pace Runs

Learning to pace your runs will help you score better on 1.5, 2, and 3 mile timed run tests. Typically, I like to teach at a 400m track so students will learn the distance and muscle memory the time to do that distance. For instance, if you want to score a 12 minute 2 mile run - that means you need a 6 minute mile, 3 minute 1/2 mile, and a 90 second 1/4 mile *(400m) run. This will help you understand not to start out too fast on your timed run and a strategy to PACE the run. Just divide your timed run distance / goal into 1/4 mile distances and strive to learn the pace at 1/4 mile, then 1/2 mile and so on...

4) 400m runs

You can also replace this distance with a 300m run distance especially if you are seeking to ace the 300m sprint used by many law enforcement departments around the United States as well as the FBI Academy. BUT instead of running at goal 1.5 mile pace you should run it at goal 300m sprint pace.

Try this routine if you wish. It does work and let me know how you do after the 15 Day PFT Challenge. This is not something I would repeat several times in a row but only once in a while. Your pushups / situps muscles need rest like all other muscle groups. Typically, I recommend resting 48 hours after hard pushups / ab workouts before challenging that muscle group again. Please feel free to email if you have any questions at stew@stewsmith.com

This workout plan was created by Stew Smith a retired Navy Seal and has several great reviews. To see the exact article copy and paste the following into your browser:

<http://www.military.com/military-fitness/fitness-test-prep/15-days-from-pft>

15 DAY APFT PREP PLAN

Day 1

Repeat 3-4 times

Pushups max reps 1 min

Situps - 15-20 reps in 30 seconds

1.5 mile run warmup

Repeat 2-4 times

400m run at goal pace

squats - 20

lunges - 10/leg

situps - 20 in 30 seconds

Day 2

Run 400m - rest 5:00 / stretch

Run 1.5 mile run timed

Do 100 pushups and 100 situps total throughout the day

Day 3

Repeat 3 times

Max pushups

Pace Situps 15-20 in 30 seconds

Repeat 2 times

1.5 mile at close to goal pace - rest 10 minutes in between

Day 4

Warm-up jog 10:00

Repeat 5 times

400m run at goal pace

squats - 20

Lunges - 10/leg

Do 100 pushups and 100 situps total throughout the day

Day 5

Repeat 4 times

Max Pushups

Pace Situps 15-20 in 30 seconds

Warmup Jog 5:00

1/4 mile at goal pace

1/2 mile at goal pace

3/4 mile at goal pace

1 mile at goal pace

stretch / rest 2 min in between each set...

Day 6

1.5 mile run warmup

Repeat 3-5 times

400m run

squats - 20

lunges - 10/leg

Do 100 pushups and 100 situps total throughout the day

Day 7

100-150 pushups and situps in as few sets as possible - no rest

Repeat 4 times

Run 400m run @ full speed - rest 2 minutes

Run 1.5-2 mile run timed



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Day 8

3 miles at close to goal pace as possible
Do 100 pushups and 100 situps total throughout the day

Day 9

Repeat 2-4 times
bike or run - 2 minutes fast
squats - 20
lunges 10/leg
pushups - max reps
situps - 40-50 in 1 minute
Bike Pyramid:
Manual mode level 2,4,6
Hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long

Day 10

Warmup Jog 5:00
1/4 mile at goal pace
1/2 mile at goal pace
3/4 mile at goal pace
1 mile at goal pace
1.5 mile run
Do 100 pushups and 100 situps total throughout the day

Day 11

Pushup test 1 or 2 minutes
Situp test 1 or 2 minutes
Bike Pyramid:
Manual mode level 2,4,6
Hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long

Day 12

Repeat 2 times
800m run at goal pace - rest 2 min
Run 1.5 mile run timed
no pushups / situps

Day 13

Swim or elliptical glide or both 20:00 of either or both
no pushups / situps

Day 14

Warm-up jog 5:00
stretch well - sleep well - get ready to test with a day of rest...
no pushups / situps

Day 15

Test Day