



HOOAH 4 HEALTH APFT TRAINING SCHEDULE

1st Month

Monday	Wednesday	Friday
Week 1 Push-ups & sit-ups 3 sets, 30 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 30 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 3 sets, 30 seconds Run Commander's Run
Week 2 Push-ups & sit-ups 3 sets, 30 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 30 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 4 sets, 30 seconds Run 30-40 minutes, slow pace
Week 3 Push-ups & sit-ups 4 sets, 30 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 30 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 3 sets, 45 seconds Run 30 minutes or longer
Week 4 Push-ups & sit-ups 3 sets, 45 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 45 seconds Run 30-40 minutes, slow pace	Pyramid 2 sets 5 count Run Fartleks, 2 miles (Use ¼ mile markers)

2nd Month

Monday	Wednesday	Friday
Week 5 Push-ups & sit-ups 3 sets, 45 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 45 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 4 sets, 45 seconds Run Commander's Run
Week 6 Push-ups & sit-ups 4 sets, 45 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 45 seconds Run 30-40 minutes, slow pace	Deck of Cards (1/2) Run Last-man-up, 2 miles
Week 7 Push-ups & sit-ups 3 sets, 60 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 60 seconds Run 30-40 minutes, slow pace	Diagnostic APFT
Week 8 Push-ups & sit-ups 3 sets, 60 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 60 seconds Run 30-40 minutes, slow pace	Pyramid 1 set, 10 count Run Fartleks, 2 miles (Use ¼ mile markers)
Week 9 Push-ups & sit-ups 4 sets, 60 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 60 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 4 sets, 60 seconds Run Commander's Run

3rd Month

Monday	Wednesday	Friday
Week 10 Push-ups & sit-ups 4 sets, 60 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 75 seconds Run 30-40 minutes, slow pace	Deck of Cards (FULL) Run Last-man-up, 2 miles
Week 11 Push-ups & sit-ups 3 sets, 75 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 75 seconds Run 30-40 minutes, slow pace	Diagnostic APFT
Week 12 Push-ups & sit-ups 3 sets, 75 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 75 seconds Run 30-40 minutes, slow pace	Pyramid 2 set, 10 count Run Fartleks, 2 miles (Use ¼ mile markers)
Week 13 Push-ups & sit-ups 4 sets, 75 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 4 sets, 75 seconds Run 30-40 minutes, slow pace	Diagnostic APFT

Final Weeks

Monday	Wednesday	Friday
Week 14 Push-ups & sit-ups 4sets, 75 seconds Run 20-30 minutes, moderate pace	Push-ups & sit-ups 3 sets, 90 seconds Run 30-40 minutes, slow pace	Push-ups & sit-ups 1 set, 2 minutes Run Commander's Run
Week 15 No push-ups or sit-ups Run Easy Run	APFT	APFT

Calendar Key

Push-ups and Sit-ups - If you have not been doing push-ups or sit-ups at all, begin your routine this way:

- Do push-ups done from the knees for the first three weeks.
- Do sit-ups with the arms across the chest instead of behind the head for the first three weeks.

Moderate Pace - an 8-10 minute mile.

Slow Pace – a 9-12 minute mile.

Commander's Run - The commander's run can be just another slow run. As the program progresses, it becomes a speed workday as it does in the 2nd and 3rd months.

Deck of Cards - Shuffle a deck of playing cards, then do sit-ups for every red card drawn and push-ups for every black card. Do repetitions equaling the numeric value of the card. To allow a more gradual build-up, perhaps let the aces be just one repetition the first time around and 11 repetitions the second time around. Another option is to do half a deck initially and gradually build to a full deck.

Fartlek – The word *Fartlek* means “speed play”. After a proper warm-up period, begin *Fartleks* by running fast until you begin fatiguing, then slowing the pace to recover, then repeating for the duration of the run. This type of running is similar to interval training in that the intensity of effort is varied.

Any fast run should be run with caution. A good warm-up jog before dashing out on the sprints is important to prevent injury.

Last – Man- Up – A formation run. During a continuous run of moderate intensity, the group leader instructs the last runner to sprint to the front of the formation. Once at the front of the formation, the soldier then resumes the steady pace of the group. The leader then gives the command for the next soldier to move forward.

Pyramid - A method of varying set activity during exercise to increase endurance and strength. For example, complete 10 dumbbell curls with 10 pound of weight, 8 dumbbell curls with 20 pounds of weight and 5 dumbbell curls with 30 pounds of weight. Because of the inverse relationship between the repetitions and the weight, when charted the graph appears like a “pyramid”.

Components of Physical Fitness

Cardiorespiratory (Aerobic) Endurance – Efficiency of the heart and lungs to deliver oxygen and nutrients, and transport waste product from the cells.

Target Heart Rate (Percent of Maximum) in Beats per Minutes

Age	60%	70%	75%	80%	85%	100%
Under 20	126	147	158	168	179	210
20	120	140	150	160	170	200

Target Heart Rate in Ten Seconds

Age	60%	70%	75%	80%	85%	100%
Under 20	21	24	26	28	30	35
20	20	23	25	27	28	33

Muscular Strength – Greatest amount of force a muscle group can exert in one movement.

Muscular Endurance – Ability of a muscle group to perform repeated movements with moderate resistance for a period of time.

Flexibility - The range of motion around a joint.

Body Composition – Relationship between body fat and lean body mass – muscle, bone, water and organs.

Principle of Physical Training

To achieve a training effect:

Progression – The intensity and/or time of exercise must gradually increase.

Regularity – One must exercise consistently. Minimum is 3x per week.

Overload – Exercise must exceed the normal demands placed on the body.

Variety – Reduces boredom and increases motivation and progress. This principle is not a necessity.

Recovery – A hard day should be followed by an easier day. Another way to permit recovery is to alternate the muscle groups exercised each day. If you are still sore, wait one more day.

Balance – A Program should include activities that develop all components of fitness. Overemphasizing any one component may hinder another. Any program should also include balancing muscle groups (e.g. exercising biceps and triceps, quads and hamstrings, etc. together).

Specificity – Training must be geared for the particular improvement desired. To get better at push-ups, you must do push-ups.