

## **Things to Improve On Over the Summer:**

Some of you may be wondering how you could improve your **physical training** (PT) scores while at home over the summer, and lacking that high quality fitness facility that is at your school. The following are some ways to improve your PT scores.

**Sit-ups:** In my experience, the best way to improve the sit-ups is through a combination of ab exercises, in particular Mad Russians and Crunches. A Mad Russian is where the starting position is laying flat with your hands behind your head, pulling your knees up and performing a sit-up, touching your knees to your elbows, and returning to the start position. A Crunch is performed similarly to a normal sit-up, however you keep your face parallel to the ceiling and moving to a position that is slightly uncomfortable. Alternating between these two exercises nightly will build both strength and endurance.

**Push-ups:** To improve your push-ups, consider trying pull-ups, curl-ups, and inclined push-ups. The curl- and pull-ups work the biceps and triceps (and the abs a bit), and the inclined push-ups work the deltoids. Be sure to not only perform the aforementioned exercises, but also standard push-ups to improve form.

**The Run:** This is perhaps the easiest to improve out of all the events. Running at your own pace for a period longer than the PFT (i.e. 2 miles) seems to be the best way to improve. Running is all about endurance, and long runs during the summer will make the PFT seem that much easier.

Be sure to give yourself trial PFTs over the summer. However, don't just stop at the 1:00 mark or the maximum number of repetitions; keep going until you can't do any more. This will make your future PFT experiences easier to overcome.

Below is an example total body workout:

PUSHUPS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
FLUTTER KICKS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
SITUPS	10 REPS
FLUTTER KICKS	10 REPS
PUSHUPS	10 REPS
BICYCLE	10 REPS
ARM CIRCLES	10 REPS
WATER BREAK	
ARM CIRCLES	10 REPS
BICYCLE	10 REPS
PUSHUPS	10 REPS
FLUTTER KICKS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
SITUPS	10 REPS
FLUTTER KICKS	10 REPS
PUSHUPS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
WATER BREAK	
PUSHUPS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
FLUTTER KICKS	10 REPS
SITUPS	10 REPS
PUSHUPS	10 REPS
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PUSHUPS	10 REPS
BICYCLE	10 REPS
ARM CIRCLES	10 REPS
WATER BREAK	

<b>CALISTHENICS</b>	<b>PROCEDURES</b>
<b>ARM CIRCLES</b>	Place your arms straight out from your sides, rotate them counter-clockwise making a circle. Repeat in the clockwise direction.
<b>BICYCLE</b>	Lie on your back with your knees bent and interlock your hands behind your head. Touch your right elbow to your left knee and then alternate with the left elbow to right knee.
<b>CRUNCH</b>	Using the sit-up position, come up to a 10-degree angle and hold for a 10 count. Do not touch elbows to knees.
<b>FLUTTER KICKS</b>	Lie on your back and place your hands underneath your lower back. Alternate lifting your legs in a four count exercise.
<b>LUNGES</b>	Stand at attention and move your right foot forward while bending your left knee down. Alternate using the left leg.
<b>PUSH-UP</b>	From the up position; face is down with back straight and hands shoulder width apart; lower chest until arms are at 90-degree angle and return to the up position.
<b>SIT-UP</b>	Lie on your back; arms will cross your chest with fingers to collarbone; bend your knees so that your feet are flat on the ground; touch your elbows to your knees.

Running Workout Listed Below:

WEEK 1

3 OUT OF 5 DAYS

Warm Up: 2 Laps around a full track

Running: Interval Training

4x's Sprint for 15 sec  
Recover (slow jog) 1 Min

4x's Sprint for 20 sec  
Recover (slow jog) 1.10 Min

4x's Sprint for 25 sec  
Recover (slow jog) 1.20 Min

2 OUT OF 5 DAYS

Long Distance Run: 30-45 Min (slow pace)

WEEK 2

Warm Up: 2 Laps around a full track

Running: Interval Training

4x's Sprint for 15 sec  
Recover (slow jog) 45 sec

4x's Sprint for 20 sec  
Recover (slow jog) 1.00 Min

4x's Sprint for 25 sec  
Recover (slow jog) 1.10 Min

2 OUT OF 5 DAYS

Long Distance Run: 40-50 Min (slow pace)

WEEK 3

Warm Up: 2 Laps around a full track

Running: Interval Training

4x's Sprint for 20 sec  
Recover (slow jog) 1 sec

4x's Sprint for 25 sec  
Recover (slow jog) 1.10 Min

4x's Sprint for 30 sec  
Recover (slow jog) 1.20 Min

2 OUT OF 5 DAYS

Long Distance Run: 40-50 Min (slow pace)

Here is a weekly workout developed by one of Detachment 550's finest athletes.

**Day1: Set 1- Half of push up max**

**Half of sit up max**

**Half of push up max**

**Half of sit up max**

**Set 2 - 20 Arm circles**

**8 Body builders**

**20 Bicycles**

**Set 3 - 15 Lunges**

**20 push ups**

**10 diamond push ups**

**Set 4 - 10 crunches**

**20 flutter kicks**

**10 sit ups**

**Day 2: Jog ½ mile**

**Run 1 mile**

**Jog ½ mile**

**Lunges across football field (narrow side), there and back**

**Day 3: Repeat Day 1**

**Day 4: Jog ½ mile**

**3 sets of suicides**

**Jog 1.5 miles**

**Day 5: Rest**

**Day 6: Max push ups in 1 minute**

**Max sit ups in 1 minute**

**Max 1.5 mile run**

**Day 7: Rest**