

## DAILY 16 PROGRAM

1. The Daily 16 Program is a comprehensive series of warmup, conditioning, and cool-down exercises. The Daily 16 warmup exercises facilitate gradual distribution of blood flow to the muscles, preparing both the cardiovascular and musculoskeletal systems for the exercise session, by effectively targeting both the upper and lower body. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissues, which is believed to reduce injury risks. The Daily 16 conditioning exercises include traditional calisthenics that are safe in providing a total body workout, which can vary in duration, degree of difficulty, and level of intensity. The Daily 16 cool-down exercises (the same exercises used in the warmup) allow the body to gradually return to the pre-exercise state.

2. There are three different ways the Daily 16 Program can be used during physical training:

a. Daily 16 Warmup. A series of warmup and dynamic stretching exercises that should be conducted prior to the main activity (e.g., formation run, obstacle course, circuit course, etc.), of every physical training session.

b. Daily 16 Workout. A series of conditioning exercises that can be used as augmentation to another conditioning activity (circuit course, Physical Fitness Test, etc.), or can be used as a conditioning activity in of itself by simply increasing the number of repetitions or by slowing down the execution of the repetition.

c. Daily 16 Cool-Down. A series of cool-down exercises that should be used as the final activity of a physical training session.

3. Daily 16 Warmup and Dynamic Stretching Descriptions

a. Warmup Exercises

(1) Heel to Toe Rocking. Starting position is standing with feet together and hands on hips. Rock back onto the heels, pause, then rock forward onto the toes and pause. Repeat 10 to 15 repetitions.

(2) Partial Squats. Starting position is standing with feet shoulder width apart, arms at the sides. Keeping the heels on the ground, partially squat until hands are near mid-calf. The knees should only bend to about 60 degrees, just short of a sitting position. Return to the starting position. Repeat 10 to 15 repetitions.

(3) Butt Kicks. Starting position is standing with feet shoulder width apart, hands on hips. Shift weight onto the right foot and quickly bend the left knee five times, bringing the left heel toward the buttocks. Switch legs and repeat. Repeat the whole cycle two or three times, until a total of 15 to 20 repetitions are done on each leg.

(4) Double Time in Place. Starting position is standing with arms at the sides. Slowly begin to run in place and gradually increase speed. While double-timing, conduct "punches to the front" (throw easy punches to the front of the body). Switch to "punches to the sky" (throw easy punches straight up to the sky). Finish with "arm circles", (begin small then transition to large arm circles; repeat in other direction).

(5) Neck Flexion and Extension. Starting position is standing with feet shoulder width apart, hands on hips. Flex the neck forward bringing the chin toward the chest, pause. Extend the head back and pause. Repeat for 5 to 10 repetitions.

(6) Neck Lateral Flexion. Starting position is standing with feet shoulder width apart, hands on hips. Tilt the head to the left side, bringing the left ear toward the left shoulder, pause. Switch sides and repeat. Repeat for 5 to 10 repetitions.

(7) Trunk Flexion and Extension. Starting position is standing with feet shoulder width apart, hands on hips. Extend the trunk backward bringing a slight hyperextension of the trunk and pause. Repeat for 5 to 10 repetitions.

(8) Trunk Lateral Flexion. Starting position is standing with feet shoulder width apart, hands on hips. Bend the trunk to the left side, pause, then switch to the right side and pause. Repeat for 5 to 10 repetitions. Proceed to the Stretching Exercises.

## b. Dynamic Stretching Exercises

(1) Upper Back Stretch. Starting position is standing with feet shoulder width apart. Extend the arms and clasp the hands in front of the chest. Push the arms forward rounding the shoulders and upper back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the upper back.

(2) Chest Stretch. Starting position is standing with feet shoulder width apart. Clasp hands together behind the lower back, palms up. Pull the arms up toward the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt in the front of the chest and shoulders.

(3) Modified Hurdler Stretch. Starting position is in the sitting position. Extend the left leg out while tucking the right leg in front of the hips with the knee pointing outward. Bend the torso forward toward the left knee. The stretching should be felt over the back of the left thigh. Hold the position for 10 seconds and breath naturally. Switch sides and repeat.

(4) Hip and Back Stretch. Starting position is in the sitting position. Extend the right leg straight out and cross the left leg over the right leg by bending the left knee and placing the left foot on the ground next to the right knee. Turn the upper torso to the left pushing the left knee to the right with the right elbow. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the lower back and left hip. Switch sides and repeat.

(5) Groin Stretch. Starting position is in the sitting position with both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the ground. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the inside of both thighs.

(6) Calf Stretch. Starting position is standing with arms at the sides. Place the left foot approximately 2 feet forward and slightly bend the right knee. Lean forward toward the left foot pointing the left toes up to the sky. Hold the position for 10 seconds and breath naturally. Grabbing the left foot and gently pulling it towards you can increase the level of intensity. The stretch should be felt over the left calf. Switch sides and repeat.

(7) Iliotibial Band (ITB) Stretch. Starting position is standing with arms at the sides. Place the left foot behind and a few inches to the right of the right foot. Bring the left arm over the head. Place your body weight on the left leg and bend at the waist to the right. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left hip. Switch sides and repeat.

(8) Hamstring Stretch. Starting position is lying down with the back flat against the ground. Bring the left knee toward the chest grasping the left leg just below the knee. Gently straighten the left knee and hold for the count. The right leg should remain on the ground. Hold the position for 10 seconds and breath naturally. The stretch should be felt on the back of the left thigh. Switch sides and repeat.

(9) Neck Stretch. Starting position is standing with feet shoulder width apart. Move both arms behind the back and grasp the left wrist with the right hand. Tilt the head to the right and pull the left arm to the right. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left shoulder and left side of the neck. Switch sides and repeat.

(10) Triceps Stretch. Starting position is standing, arms at the sides. Bend the left elbow and bring the left arm up and back placing the left hand between the shoulder blades. Gently pull the left elbow with the right hand behind the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the back of the upper arm. Switch sides and repeat.

(11) Quadriceps Stretch. Starting position is lying down on the left side. Bend the left hip and knee to 90 degrees. Grasp the right ankle with the right hand and pull the right knee straight back. Do not hyperextend the lower back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh. Switch sides and repeat.

(12) Lying Down ITB Stretch. Starting position is lying down on the ground. Bring the left leg with the knee straight across the body. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left hip. Switch sides and repeat.

(13) Posterior Shoulder Stretch. Starting position is standing with feet shoulder width apart, arms at the sides. Bend the left elbow and bring the left arm across the chest. Give a gentle pull with the right hand. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the posterior left shoulder. Switch sides and repeat.

(14) Hip Flexor Stretch. Starting position is standing, hands on hips. Step the left foot forward 3 to 4 feet. Place the right knee on the ground. Gently move the left knee forward. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh and hip. Switch sides and repeat.

(15) Single-Leg Lower Back Stretch. Starting position is lying with the back flat against the ground. Bring the right knee toward the chest grasping the right knee. Gently pull the knee tight into the chest. The left leg should remain on the ground. Hold the position for 10 seconds and breath naturally. The stretch should be felt along the lower back to the right buttock. Switch sides and repeat.

(16) Prone Abdominal Stretch. Starting position is lying on the stomach with the hands placed near the shoulders as if in the down position of a pushup. Slowly raise the upper body, keeping the waist on the ground. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the abdomen.

#### 4. Daily 16 Conditioning Exercise Descriptions

a. Pushups. Starting position is lying on your stomach with hands shoulder width apart, toes on the ground, and elbows, back, and knees straight. On the first and third count, lower the chest to the ground; bend the elbows to at least 90 degrees. On the second and fourth count, extend the arms back to the starting position. This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps.

b. Crunches. Starting position is lying on the back with the hips bent to 90 degrees and the knees bent, feet off the ground. Bend the elbows to 90 degrees and fold across the chest or rib cage. On the first and third count raise the upper torso off the ground touching the thighs with the forearms. On the second and fourth count, return to the starting position. The arms must remain in constant contact with the chest/rib cage when executing the crunch. This should be done in a slow and controlled manner. This exercise conditions the abdominal muscles.

c. Dirty Dogs. Starting position is on the hands and knees. On the first and third count raise the left leg to the side, while keeping the knee bent. On the second and fourth count return the leg to the starting position. Switch sides and repeat. This exercise conditions the hip abductors.

d. Wide Pushups. Starting position is lying on the stomach with hands beyond shoulder width apart, toes on the ground, and elbows, back, and knees straight. On the first and third count, lower the chest to the ground, bending the elbows to at least 90 degrees. On the second and fourth count, extend the arms back to the starting position. This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps. With the wider hand position, the chest muscles increase their workload.

e. Dive Bomber Pushups. Starting position is lying on the stomach with hands and toes on the ground, and elbows and knees straight. The hands will be slightly beyond shoulder width apart. The hips will be raised up and the shoulders will be behind the hands. On the first count, lower the chest down and forward to the ground, the shoulders will be even with the hands. On the second count, continue forward extending the elbows where now the shoulders are in front of the hands. On the third count, reverse the direction lowering the chest down and back to the ground, the shoulders will be even with hands. On the fourth count, continue back and up to the starting position. This exercise is done in a smooth, continuous motion. This exercise conditions the chest and anterior shoulder primarily, and secondarily, the triceps through a greater range of motion.

f. Elbow to Knee Crunches. Starting position is lying on the back with the right foot flat on the ground and, the left foot crossed over the right knee, and the arms crossed over the chest. On the first and third count, raise the upper torso off the ground rotating to the left touching the right elbow to the left thigh. On the second and fourth count, return to the starting position. This exercise should be done in a slow and controlled manner. Switch sides and repeat. This exercise conditions the abdominal muscles with more emphasis on the oblique.

g. Side Crunches. Starting position is lying on the left side with the left arm across the chest and right arm along the side of the body. On the first and third count, raise the upper torso and feet off the ground sliding the right hand down the thigh. On the second and fourth count, return to the starting position. Switch sides and repeat. This exercise conditions the abdominal muscles with emphasis on the internal oblique and external oblique.

h. Prone Flutter Kicks. Starting position is lying on the stomach. On the first count raise the left leg off the ground while the right leg remains on the ground . On the second count, lower the left leg to the starting position. On the third count, raise the right leg off the ground while the left leg remains on the ground. On the fourth count, lower the right leg to the starting position. This exercise conditions the muscles that extend the hip and back.

i. Back Extension. Starting position is lying on the stomach with hands behind the head. On the first and third count, raise the upper torso and legs off the ground. On the second and fourth count, lower the upper torso and legs to the starting position. This exercise conditions the muscles that extend the back.

j. Donkey Kicks. Starting position is on the hands and knees. On the first and third count, kick the left leg back and up straightening the knee. On the second and fourth count, bend the knee and hip bringing the left knee into the chest. The back should not hyperextend during this exercise. Switch sides and repeat. This exercise conditions the muscles that extend the hip.

k. Hip Adduction. Starting position is lying on the left side with the right leg bent setting the right foot in front of the left knee. On the first and third count, raise the straight left leg off the ground squeezing the thighs together. On the second and fourth count, lower the left leg to the starting position. The left toes should be pointing straight-forward not to the sky. Switch side and repeat. This exercise conditions the muscles on the inner thigh.

l. Side Leg Raises. Starting position is lying on the left side with the left knee bent, the hip vertical and the toes on the right foot pointing forward not to the sky. On the first and third count, raise the right leg approximately 18 inches leading with the heel. The toes will still point forward, not to the sky. On the second and fourth count, lower the right leg to the starting position. Switch sides and repeat. This exercise conditions the muscles on the side of the hip and thigh.

m. Steam Engines. Starting position is standing with the feet shoulder width apart and hands behind the head. On the first count, touch the right elbow to the left knee by bending and raising the left knee and twisting and bending the upper torso to the left. On the second count, return to the starting position. On the third count, touch the left elbow to the right knee by bending and raising the right knee and twisting and bending the upper torso to the right. On the fourth count, return to the starting position. This exercise should be done in a slow and controlled cadence. This exercise conditions the abdominal muscles, primarily the oblique, and secondarily, the hip and thigh.

n. Lunges. Starting position is standing with the feet shoulder width apart and hands on the hips. On the first count, touch the right knee to the ground by stepping forward with the left foot and bending both knees. On the second count, return to the starting position. On the third count, touch the left knee to the ground by stepping forward with the right foot and bending both knees. On the fourth count, return to the starting position. Do not bend the forward knee more than 90 degrees. This exercise should be done in a slow and controlled cadence. This exercise conditions the muscles that extend the hip and knee of the forward leg.

o. Side Straddle Hops. Starting position is standing with the feet together and arms at the sides. On the first and third count, jump and land with both feet just beyond shoulder width apart while bringing the hands together overhead. On the second and fourth count, jump back to the starting position. This exercise is done in a smooth, continuous motion. This exercise conditions the upper arm, hip, and thigh.

## 5. Daily 16 Warmup/Cool-Down, Stretching and Exercise Cards

### STRETCHING CARD A

Chest Stretch  
Triceps Stretch  
Posterior Shoulder Stretch  
Iliotibial Band (ITB) Stretch  
Modified Hurdler Stretch  
Hip and Back Stretch  
Quadriceps Stretch  
Lower Back Stretch  
Abdominal Stretch

### EXERCISE CARD 1

Wide Pushups  
Donkey Kicks  
Crunches  
Dive Bomber Pushups  
Dirty Dogs  
Side Crunches  
Back Extensions  
Lunges  
Side Straddle Hops

STRETCHING CARD B

Upper Back Stretch  
 Chest Stretch  
 Shoulder & Neck Stretch  
 Triceps Stretch  
 Posterior Shoulder Stretch  
 Lying Down (ITB) Stretch  
 Modified Hurdler Stretch  
 Groin Stretch  
 Calf Stretch

EXERCISE CARD 2

Pushups  
 Crunches  
 Side Leg Raises  
 Diamond Pushups  
 Elbow-to-Knee Crunches  
 Prone Flutter Kicks  
 Hip Abduction  
 Lunges  
 Steam Engines

STRETCHING CARD C

Active Hamstring Stretch  
 Groin Stretch  
 Hip Flexor Stretch  
 Lower Back Stretch  
 ITB Stretch  
 Calf Stretch  
 Neck Stretch  
 Upper Back Stretch  
 Chest Stretch

WARM-UP/COOL-DOWN CARD

Toe-Heel Rocking  
 Partial Squats  
 Butt Kicks  
 Trunk Bends  
 Neck Bends  
 Run in Place  
 Punch to the Front  
 Punch to the Sky  
 Arm Circles

\*Stretch Card (10 Seconds)

\*Exercise Cards

a. Cardiovascular Endurance Circuit #1. This circuit is designed to improve the cardio-respiratory system by exercising hard at each of the eight exercise stations, with a steady recovery time (slow jog) between stations. Recommended course length is approximately 1/4 to 1/2 mile in length.

Station #1: Ab Crunch	20 reps
Station #2: Bend and Thrust	20 reps
Station #3: Sprint	1 rep
Station #4: Inclined Pushups	20 reps
Station #5: Star Jumps	20 reps
Station #6: Dorsal Raise	20 reps
Station #7: Knee Lifts	20 reps
Station #8: Dips	20 reps

b. Cardiovascular Endurance Circuit #2. Recommended course length is 1/2 to 1.0-mile, with 14 events/stations:

Station #1: Stationary Run	30 seconds
Station #2: Pushup	30 seconds
Station #3: Side Straddle Hop	30 seconds
Station #4: Crunches	30 seconds
Station #5: Ski Jumps	30 seconds
Station #6: Flutter Kicks	30 seconds
Station #7: Bend and Reach (slow reps)	30 seconds
Station #8: Wide Pushups	30 seconds
Station #9: Bicycle	30 seconds
Station #10: Knee Bender	30 seconds
Station #11: Steam Engines (Daily 16)	30 seconds
Station #12: Twisting Situp	30 seconds
Station #13: Lunges (Daily 16)	30 seconds
Station #14: All-Fours Run	30 seconds

c. Upper Body Strength Circuit #2. This circuit is designed to improve upper body strength and endurance, and is normally conducted following a cardiovascular training session. Proper form and full range of motion are important. Eight stations are set up over a course length of approximately 500 yards.

Station #1: Crunches	20 reps
Station #2: Pullups	3 sets @ max effort
Station #3: Dorsal Raises	20 reps
Station #4: Tricep Dips	40 reps
Station #5: Situps	2 sets of 5 reps
Station #6: Rope Heaves	20 reps
Station #7: Pushups	20 reps
Station #8: Sprint	1 rep

d. Upper Body/Abdominal Strength Circuit #3. This circuit is designed to encompass a cardiovascular/anaerobic (sprint) portion that incorporates eight exercise stations with no set course length required. This circuit is conducted without a set time signal, e.g., personnel s move immediately to a station after each exercise is completed. Recommended one to two complete course rotations, with a possible time decrease to 20 seconds (vice 30) on the second running.

Station #1: Elevated Pushup	30 seconds
Station #2: Twisting Situp	30 seconds
Station #3: Parallel Dips	30 seconds
Station #4: Ab Crunch (feet unsecured)	30 seconds
Station #5: Wide Pushup	30 seconds
Station #6: Flutter Kicks	30 seconds
Station #7: Diamond Pushup	30 seconds
Station #8: Bicycle	30 seconds

e. Lower Body/Upper Body Strength (Weight Room) Circuit #4. This circuit is designed to follow a cardiovascular session. There are 13 exercise stations and the circuit should be conducted in one to two complete rotations. Each exercise should encompass slow and controlled movements, striving for muscle failure within 8-12 repetitions. A preliminary session, for personnel to become familiar with weight room layout and starting weight limits and execution is recommended.

Station #1: Leg Press	8-12 reps
Station #2: Leg Raise	8-12 reps
Station #3: Leg Extension	8-12 reps
Station #4: Leg Curl	8-12 reps
Station #5: Heel Raise	8-12 reps
Station #6: Bench Press	8-12 reps
Station #7: Seated Row	8-12 reps
Station #8: Military Press	8-12 reps
Station #9: Lat Pulldown	8-12 reps
Station #10: Shrugs	8-12 reps
Station #11: Triceps Extension	8-12 reps
Station #12: Biceps Curl	8-12 reps
Station #13: Incline Situp	8-12 reps

f. Fartlek Training. Fartlek training is designed to develop strength, stamina, and endurance by combining running (cardiovascular) and calisthenics (strength and endurance). Fartleks consist of various running exercises, which strive to overload the cardiovascular system by allowing only partial recovery between each intense training segments; this sequence is repeated for the duration of the training session. Fartleks are normally conducted over a minimum 3-mile course, preferably with varying terrain and intermittent exercise stations to create the work overload.

(1) Initial/Baseline Fartlek:

- Warmup (Daily 16 warmup routine)
- Warmup run at easy pace for 5-10 minutes
- Run fast, steady pace for 3/4-1 3/4 miles
- Walk/Jog at moderate pace for 5 minutes (recovery)
- Run easily - sprinting 15-20 meters occasionally
- Run full speed uphill for 175-200 meters
- Cool-down by running easily for 1/2-1 mile
- Cool-down (Daily 16 cool-down routine)

(2) Cardiovascular/Muscular Endurance Fartlek: Recommended course length is 3.0-3.5 miles. Location and spacing of exercise stations is normally based on terrain. After a unit orientation run, the Fartlek course should be run as an individual effort.

Station #1: Mountain Climbers	20 reps
Station #2: Bends and Thrust	20 reps
Station #3: Ab Crunches (feet unsecured)	20 reps
Station #4: Sprint	175-200 meters
Station #5: Situp w/Twist	20 reps
Station #6: Pullups or Pushups	10-20 reps
Station #7: Dorsal Raises	20 reps
Station #8: Star Jumps	20 reps
Station #9: Squat Thrusts	20 reps

6. Remedial Physical Fitness Program Schedules

a. Upper Body Strength (Weekly) Circuit. A 3 day per week routine is recommended to improve overall upper body strength deficiencies. Conduct tests every 2 weeks and increase weights and reps as necessary.

Monday: Weight Training

Pullups	2 sets to fatigue
Lat Pulldown*	2 sets of 15 reps
Seated Row*	2 sets of 15 reps
Biceps Curl (EZ-Curl Bar)*	2 sets of 15 reps
Alternating Bicep Curls (Dumbbell)	2 sets of 15 reps

\* Strive for momentary muscular fatigue at the end of each set. Allow 45-60 seconds rest between sets and 2-3 minutes rest between exercises.

Tuesday: Cross Training - Cardiovascular/Abdominal Training

Wednesday: Pullup/Pushup/Crunch Pyramid \*\*

Set #1:	1 Pullups/2 Pushups
Set #2:	2 Pullups/4 Pushups
Set #3:	3 Pullups/6 Pushups/25 Crunches
Set #4:	4 Pullups/8 Pushups
Set #5:	5 Pullups/10 Pushups/25 Crunches
Set #6:	4 Pullups/8 Pushups
Set #7:	3 Pullups/6 Pushups/25 Crunches
Set #8:	2 Pullups/4 Pushups
Set #9:	1 Pullups/2 Pushups

\*\* Decrease/Increase reps in pyramid based on the individuals ability and progression of strength, the minimal rest between sets, and spotter assistance necessary to complete required reps.

Thursday: Rest

Friday: Repeat Monday training session

b. Strength and Endurance Training Schedule (20 weeks). This training schedule's primary fitness element is running, but also strives to combine aspects of strength, endurance, and flexibility. The running portion of the program provides the base of cardiovascular endurance necessary to augment all other physical skills. In addition to the progressive overload running program, strength training and flexibility exercises (e.g., Daily 16), addressing lower and upper body resistance training must be incorporated. Weight training can augment or be substituted for the Daily 16 exercises. Each training period will include a warmup prior to exercise and a cool-down session to follow.

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WEEK 1,2 Endurance Strength

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Monday Run 40 min @ 10 min/mile pace Lower Body Resistance  
Daily 16 or Weight Training (1 set)

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Tuesday None Upper Body Resistance -  
Daily 16 or Weight Training (1 set)

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Wednesday Run 30 min @ 10 min/mile pace Lower Body - (1 set)

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Thursday None Upper Body - (1 set)

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Friday Run 30 min @ 10 min/mile pace Lower Body - (1 set)

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WEEK 3,4 Endurance Strength

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Monday Run 44 min @ 10 min/mile Lower Body - (1 set)

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Tuesday None Upper Body - (1 set)

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Wednesday Run 33 min @ 10 min/mile Lower Body - (1 set)

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Thursday None Upper Body - (1 set)

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Friday Run 33 min @ 10 min/mile Lower Body - (1 set)

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WEEK 5,6 Endurance Strength

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Monday Run 48 min @ 10 min/mile Lower Body - (2 sets)

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Tuesday None Upper Body - (2 sets)

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Wednesday Run 36 min @ 10 min/mile Lower Body - (2 sets)

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Thursday None Upper Body - (2 sets)

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Friday Run 36 min @ 10 min/mile Lower Body - (2 sets)

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WEEK 7,8 Endurance Strength

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Monday Run 53 min @ 10 min/mile Lower Body - (2 sets)

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Tuesday None Upper Body - (2 sets)

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Wednesday Run 40 min @ 10 min/mile Lower Body - (2 sets)

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Thursday None Upper Body - (2 sets)

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Friday Run 40 min @ 10 min/mile Lower Body - (2 sets)

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WEEK 9 Endurance Strength

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Monday Run 53 min @ 9 min/mile Upper Body - (3 sets)

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Tuesday None Lower Body - (3 sets)

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Wednesday Run 40 min @ 10 min/mile Upper Body - (2 sets)

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Thursday None Lower Body - (3 sets)

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Friday Run 40 min @ 10 min/mile Lower Body - (2 sets)  
Power - 2 reps

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WEEK 10 Endurance Strength

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Monday Run 53 min @ 8.5 min/mile Upper Body - (2 sets)

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Tuesday Intervals: 4x 400m sprints Lower Body - (3 sets)  
in 2 min

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Wednesday Run 40 min @ 8.5 min/mile Upper Body - (2 sets)

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Thursday None Lower Body - (3 sets)  
Power - 3 reps

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Friday Run 40 min @ 8.5 min/mile Upper Body - (2 sets)

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WEEK 11 Endurance Strength

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Monday Run 53 min @ 8.5 min/mile Upper Body - (3 sets)

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Tuesday Intervals: 4x 400 m sprints Lower Body - (2 sets)  
in 2 min

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Wednesday Run 40 min @ 8.5 min/mile Upper Body - (3 sets)

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Thursday None Lower Body - (2 sets)  
Power - 4 reps

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Friday Run 40 min @ 8.5 min/mile Upper Body - (3 sets)

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WEEK 12 Endurance Strength

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Monday Run 58 min @ 8.5 min/mile None

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Tuesday Intervals: 5x 400 m sprints Upper/Lower Body - (2 Sets)  
in 2 min (4 min rest)

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Wednesday Run 40 min @ 8.5 min/mile None

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Thursday None Upper/Lower Body - (3 sets)  
Power - 4 reps

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Friday Run 30 min @ 7.5 min/mile None

WEEK 13 Endurance Strength

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Monday Run 58 min @ 8.5 min/mile None

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Tuesday Intervals: 6x 400 m sprints Upper/Lower Body - (3 sets)  
in 2 min (4 min rest)

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Wednesday Run 40 min @ 8.0 min/mile None

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Thursday None Upper/Lower Body - (3 sets)  
Power - 4 reps

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Friday Run 30 min @ 7.0 min/mile None

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WEEK 14 Endurance Strength

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Monday Run 58 min @ 8.5 min/mile None

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Tuesday Intervals: 6x 400 m sprints Upper/Lower Body - (3 sets)  
in 2 min (3:30 min rest)

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Wednesday Run 40 min @ 8.0 min/mile None

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Thursday None Upper/Lower Body - (3 sets)  
Power - 4 reps

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Friday Run 30 min @ 7.0 min/mile None

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WEEK 15 Endurance Strength

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Monday Run 30 min (easy pace) Upper/Lower - (1 set)

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Tuesday None None

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Wednesday Run 20 min (easy pace) None

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Thursday None None

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Friday Run 20 min (easy pace) Upper/Lower - (1 set)

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WEEK 16 Endurance Strength

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Monday Run 30 min (easy pace) Upper/Lower - (1 set)

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Tuesday None None

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Wednesday Run 20 min (easy pace) None

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Thursday None None

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Friday Run 20 min (easy pace) Upper/Lower - (1 set)

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WEEK 17 Endurance Strength

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Monday Run 30 min (easy pace) None

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Tuesday None Lower Body - (2 sets)  
Power - 2 sets

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Wednesday Run 20 min (easy pace) None

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Thursday None Lower Body - (2 sets)  
Power - 2 sets  
or  
Obstacle Course

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Friday Run 15 min (easy pace) None

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WEEK 18 Endurance Strength

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Monday Team Sport None

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Tuesday None Lower Body - (1 set)  
Power - 1 set

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Wednesday Team Sport None

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Thursday None Lower Body - (1 set)  
Power - 1 set or Obstacle Course

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Friday Team Sport None

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WEEK 19 Endurance Strength

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Monday Team Sport None

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Tuesday None None

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Wednesday Team Sport None

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Thursday None None

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Friday Team Sport Obstacle Course

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WEEK 20 Endurance Strength

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Monday None Upper/Lower - (2 sets)

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Tuesday Team Sports None

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Wednesday None Upper/Lower - (2 sets)

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Thursday Team Sports Obstacle Course

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Friday None Upper/Lower - (2 sets)

On week 21, begin the training cycle again, starting at week 1.

The 20-week PT cycle uses a modified form of periodization training. No athlete can maintain a continuous competitive edge - any attempt to do so will result in an overtrained state where mental and physical abilities will deteriorate.

Interruptions in the training schedule are expected. As a general guideline, for each week during which scheduled PT is not done, the unit should go back 2 weeks from the last week to safely restart the program.