

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Repeat 3-4 times</b> Pushups max reps 1 min Situps - 15-20 reps in 30 seconds</p> <p>1.5 mile run warmup</p> <p><b>Repeat 2-4 times</b> 400m run at goal pace squats - 20 lunges - 10/leg situps - 20 in 30 seconds</p>	<p>Run 400m - rest 5:00 / stretch</p> <p>Run 1.5 mile run timed</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p><b>Repeat 3 times</b> Max pushups Pace Situps 15-20 in 30 seconds</p> <p><b>Repeat 2 times</b> 1.5 mile at close to goal pace - rest 10 minutes in between</p>	<p>Warm-up jog 10:00</p> <p><b>Repeat 5 times</b> 400m run at goal pace squats - 20 Lunges - 10/leg</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p><b>Repeat 4 times</b> Max Pushups Pace Situps 15-20 in 30 seconds</p> <p>Warmup Jog 5:00</p> <p>¼ mile at goal pace ¼ mile at goal pace ¼ mile at goal pace 1 mile at goal pace stretch / rest 2 min in between each set...</p>
Day 6	Day 7	Day 8	Day 9	Day 10
<p>1.5 mile run warmup</p> <p><b>Repeat 3-5 times</b> 400m run squats - 20 lunges - 10/leg</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p>100-150 pushups and situps in as few sets as possible - no rest</p> <p><b>Repeat 4 times</b> Run 400m run @ full speed - rest 2 minutes</p> <p>Run 1.5-2 mile run timed</p>	<p>3 miles at close to goal pace as possible</p> <p>Do 100 pushups and 100 situps total throughout the day</p>	<p><b>Repeat 2-4 times</b> bike or run - 2 minutes fast squats - 20 lunges 10/leg pushups - max reps situps - 40-50 in 1 minute</p> <p><b>Bike Pyramid:</b> Manual mode level 2,4,6,... hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long</p>	<p>Warmup Jog 5:00 ¼ mile at goal pace ¼ mile at goal pace ¼ mile at goal pace 1 mile at goal pace 1.5 mile run</p> <p>Do 100 pushups and 100 situps total throughout the day</p>
Day 11	Day 12	Day 13	Day 14	Day 15
<p>Pushup test 1 or 2 minutes Situp test 1 or 2 minutes</p> <p><b>Bike Pyramid:</b> Manual mode level 2,4,6,... hold each level for 1 minute until failure - repeat in reverse order - should be 15-20 minutes long</p>	<p><b>Repeat 2 times</b> 800m run at goal pace - rest 2 min</p> <p>Run 1.5 mile run timed</p> <p>no pushups /</p>	<p>Swim or elliptical glide or both 20:00 of either or both</p> <p>no pushups / situps</p>	<p>Warm-up jog 5:00 stretch well - sleep well - get ready to test with a day of rest...</p> <p>no pushups / situps</p>	<p><b>Sample Test Day</b></p> <p>Test your fitness test today at the time you need to take it for real later this month...</p>

# Military Athlete Body Weight Training Program

**JE Gale**



## **Military Athlete Body Weight Training Program:**

The Enigmatic Realm of **Military Athlete Body Weight Training Program**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Military Athlete Body Weight Training Program** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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