

NATIONAL GUARD

OPERATION: LIVING FIT MAXIMIZING THE RUNNING EVENT

BEFORE YOU BEGIN:

1. Remember to always consult your Physician before attempting any new Physical Fitness routine or diet.
2. The Aerobic and the OFF days are necessary for muscle recovery periods.
3. Be certain to eat 20-60 minutes after each exercise period for proper muscle recovery.
4. Remember NOT to drop your head during your running exercises. Tilt your head up slightly in order to promote better breathing and posture techniques.
5. Do NOT perform any intense physical fitness activities within 48-hours of the APFT. That way your body has rested an ample amount of time for the test. **WW**



MONDAY

RUNNING AND ABDOMINAL CIRCUIT TRAINING

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Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 8-10 MIN

1/2 Sit-ups (AKA abdominal crunch*) 90 SEC

Run a 1/4 Mile Either around a Track, or the same distance around your Street Block (Outdoor), Or on a Treadmill at a good pace (Indoor)

Rest 45 SEC

Repeat the cycle 5 additional sets

(Total - 1.5 Miles of Running and 6 sets of Crunches)

Stretching Exercises (Cool Down) 8-10 MIN

TUESDAY

PUSH-UP MAINTENANCE

Do not compromise your stretching exercises. The three components of Physical Fitness are STRENGTH, STAMINA, and FLEXIBILITY.

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Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 8-10 MIN

APFT Diagnostic of the Push-up event 2-MIN

(The best performance of Push-ups for "GO TO MUSCLE FAILURE!")

Rest 2 MIN

Crunches 3 MIN

Rest 2 MIN

Run (Moderate) 1 MILE

You can expand your upper body training by stopping every 1/4-mile in order to perform Triceps Dips until near muscle failure each set.

Stretching Exercises (Cool Down) 8-10 MIN

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WEDNESDAY

RUNNING AND JOGGING INTERVAL TRAINING

Interval training simply prepares you for faster speeds when it's really needed during testing periods.

You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

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Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 8-10 MIN

Sprint the Stretches and Jog the Curves

2 MILES

OUTDOOR TRACK – 8 Laps on a half-mile

CITY BLOCK – If you don't have a track you can sprint the long sections of city block and jog the ends for the same distance.

Or, TREADMILL – if you prefer to be indoors on a treadmill, sprint .075 mile on the treadmill and immediately reduce the speed to a jogging pace for .050 mile. Repeat for 2 miles. Feel free to change up the distance of sprinting and jogging – just be sure to go 2 miles.

Rest 2 MIN

Crunches 3 MIN

Stretching Exercises (Cool Down) 8-10 Min

THURSDAY

STRETCH PERIOD

Reserve this day for a great deal of stretching exercises, or YOGA or PILATES. This way you can rehabilitate sore muscles.

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Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 40-50 MIN

FRIDAY

ENDURANCE RUN

The key to conditioning your body for the 2-Mile Run test is to train with more distance. In other words, to be ready for 2-Miles, you have got to practice with 3-Miles.

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Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 8-10 MIN

Run 3 MILES (Give it your best!)

Rest 2 MIN

Stretching Exercises (Cool Down) 8-10 MIN

SATURDAY

PUTTING IT ALL TOGETHER

.....
Warm-up (Running-In-Place) 2 MIN

Stretching Exercises 8-10 MIN

Step-ups 30 reps on each leg x 3 SETS

Close-Grip Push-ups 30 SEC

Crunches 30 SEC

Normal-Grip Push-ups 30 SEC

Crunches 30 SEC

Wide-Grip Push-ups 30 SEC

Crunches 30 SEC

REPEAT THIS CYCLE 3 ADDITIONAL TIMES

Light Run 1.5 MILES outside or on a treadmill

Stretching Exercises (Cool Down) 8-10 MIN

SUNDAY OFF (RECOVERY DAY)



SSG Ken Weichert, six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm. His wife Stephanie is a certified personal trainer.

**SGT KEN AND
STEPHANIE WEICHERT**