

FORCE FITNESS TRAINING PROGRAM						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>LOWER BODY</u> 1) Warm up 2) Lower body workout 3) Foam roll, stretch  **You can execute a combo	<u>UPPER BODY</u> 1) Warm up 2) Upper body workout 3) Foam roll, stretch  upper / lower body workout	<u>SPEED/AGILITY</u> 1) Warm up 2) Linear speed drills 3) Agility drills 4) Lactic acid threshold / endurance drills *modify every other week to	<u>MOBILITY/RECOVERY</u> -Mobility can be a warm up card or you can also incorporate an active recovery such as a Pool PT, -Foam roll, stretch	<u>ENDURANCE RUN</u> 1) Warm up card 2) 3-5 mile endurance run. (60-75% OF PFT pace) can be done interval style. (2 min 60-75%, 2 min 50% of PFT pace) *Crunch / plank weekly test*	<u>MOBILITY/RECOVERY</u> -Mobility can be a warm up card . -Foam roll, stretch
	1- This is an example of how you can lay out your weekley training plans. Keep in mind that your ultimate goal is to achieve a 1st class PFT / CFT, and pass Swim quallification. All these are graduation requiremetns of Drill Instructor School. If you are not already executing a training plan that is similar to the above it is highly recommended that you gradually progress your volume and intensity of workout. You do not want to injure yourself before you get here,					
	2- Your preparatory taining program should be centered around endurance training as this will best set you up for success at Drill Instructor school. ****Core strength and conditioning should be incorporated in all of your workouts throughout the week to include a weekly "test" of your PFT crunches and PFT plank hold.****					
	2- Injury prevention through proper execution of the 7 foundational movements, and proper nutrition will be a key element for your success in our PT program. In the PT section of the website you will find resources and guidance for hydration and nutrition.					
	3- The volume of running mileage will drastically increase for most of you. You can plan on running anywhere from 9-12 miles a week, and being on your feet for much longer than that. It is highly recommended you arrive at the school house with good running shoes (2 pairs recommended) that are specific to your foot type. If you need insoles, we recommend having a pair for your boots, running sneakers, and corfam dress shoes prior to arriving at the schoolhouse.					
	4- If you need assistance with your preparatory training program, exercises, or how to lay out your workouts see your local unit Force Fitness Instructor.					
	5- You will find in PT section of this website the Force Fitness Exercise cards, 7 Foundational Movements with guidance how to properly execute, a pull up training program /guidance that was developed by Major M.J. Posey, Foam rolling / stretching guidance,					

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**May-18**

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