

### Academy Prep Workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 weeks before the academy starts.	Push-ups 10X3 Run @ 10 min Sit-ups 20x3	Air squats 15x3 Beep Test	Push-ups 10X3 Run @ 10 min Sit-ups 20x3	Air squats 15x3 Beep Test	Push-ups 10X3 Run @ 10 min Sit-ups 20x3	Air squats 15x3 Beep Test	Rest
7 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 12X3 Run @ 10 min Sit-ups 20x3	Air squats 17x3 Beep Test	Rest	Push-ups 12X3 Run @ 10 min Sit-ups 20x3	Air squats 17x3 Beep Test	Push-ups 12X3 Run @ 10 min Sit-ups 20x3	Rest
6 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15X3 Run @ 9.5 min Sit-ups 20x3	Air squats 15x3 Beep Test	Push-ups 15X3 Run @ 9.5 min Sit-ups 20x3	Air squats 15x3 Beep Test	Push-ups 15X3 Run @ 9.5 min Sit-ups 20x3	Air squats 15x3 Beep Test	Rest
5 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15X3 Run @ 9.5 min Sit-ups 20x3	Air squats 20x3 Beep Test	Rest	Push-ups 15X3 Run @ 9.5 min Sit-ups 20x3	Air squats 20x3 Beep Test	Push-ups 15x3 Run @ 9.5 min Sit-ups 20x3	Rest
4 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery Week	3 mile walk	3 mile walk	Rest	3 mile walk	3 mile walk	3 mile walk	Rest
3 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15x3 Run @ 10 min Sit-ups 20x3	Air squats 20x3 Beep Test	Rest	Push-ups 15x3 Run @ 10 min Sit-ups 20x3	Air squats 20x3 Beep Test	Push-ups 15x3 Run @ 10 min Sit-ups 20x3	Rest
2 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 20x2 Run @ 9 min Sit-ups 20x3	Air squats 25x3 Beep Test	Push-ups 20x3 Run @ 9 min Sit-ups 20x3	Air squats 25x3 Beep Test	Push-ups 20x3 Run @ 9 min Sit-ups 20x3	Air squats 25x3 Beep Test	Rest
1 week before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 20x3 Run @ 9 min Sit-ups 20x3	Air squats 25x3 Beep Test	Rest	Push-ups 20x3 Run @ 9 min Sit-ups 20x3	Air squats 25x3 Beep Test		Rest