

Thank you for downloading the *4-Week Tactical Fitness Test Prep Program* from Breaking Muscle, written by Stew Smith.
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Do you have to take a fitness test in a month? Here are three four-week exercise plans for those of you who:

1. Are *beginners* and only hoping to pass the test.
2. Are *intermediate level* working at improving scores to new levels.
3. Are *advanced* and focusing on acing the fitness test to screen for a special ops-style program.

But first, here are the top ten mistakes people make when taking fitness tests:

1. Failure to Get Specific Fast

This happens when people do not train year round and get out of shape. Also, instead of training for a fitness test, they do completely unrelated workouts that do not help with either optimal or passing performance on the testing exercises. If you have a fitness test coming up, then practice the fitness test exercises.

2. Continuing to Do Daily PT

The other side of the coin is those who do push ups, sit ups, and pull ups every day of the week. You need to recover. Try backing down and doing these testing exercises every other day for optimal results.

3. Not Working Smarter

PT tests are in a particular order of exercises. For example, push ups, sit ups, and pull ups first, then followed by a run of a longer distance (1.5 to three miles or more). You must learn and practice how to take the PT Test. Train for the transitions involved in your specific test and place the exercises in that order during your workout routines to get used to game day testing.

4. Not Having a Strategy or Proper Planning

Do not think you can pass the test just because you can pass individual events. Do not go into the test without a strategy, pace, and plan - and having practiced the plan.

5. Too Much Heavy Leg Work While You're Trying to Get Faster

You should not do heavy lifting with the legs during the mile pace-running training (the phase where you increase speed). You can still lift light and do calisthenics, but the only way to get better at running is to practice running using proper mechanics and breathing pattern. It also helps not to be overweight.

6. Not Pacing Yourself

Too many people start off any timed event at too quick of a pace. Running, swimming, rucking, and other longer testing distance events can challenge even the strongest people, so it helps to

learn how to pace yourself. If you do not, you will likely not get the optimal results you seek in your test.

7. You Can't Do Pull Ups

Most people do not know how to train to get better at pull ups. They also err in the way they do pull ups. The biggest mistake is the way students place their hands on the bar, as well as how they move up and down on the bar that affects their maximum rate. Typically the hand placement is either too wide or too close. But proper and consistent training is what makes the most difference. You have to practice pull ups, hanging from the bar, then working the pulling muscles (back, biceps, grip).

8. Burning Out on Sit Ups

People make this mistake when timing their sit ups and starting out too quickly (similar to running too quickly at first). This happens because they are not training themselves to maintain a one- to two- minute constant sit-up pace. The first solution to this is practice. The second is to practice at your goal pace.

9. Not Eating Optiimally for Optimal Performance

Finding the right mix of carbohydrates, protein, fats, electrolytes, and water all depends on your age, sex, weight, activity level, and goals. Every day you have a good workout and record personal best test scores and feel great afterward, make a note of everything you did that day. Very often that will be the formula that works best for you and your fitness performance goals.

10. Letting Nerves Get to You on Test Day

The day of the test can get more adrenaline pumping than needed and this can make you nauseated and weaker in your performance. Use the adrenaline as positive energy. Say to yourself you are ready and that is why the butterflies in your stomach are appearing. The goal of this mistake correction is to not let nerves interfere with your performance on game day. This should be just another workout as you have already taken this test many, many times.

My Best Advice to You

Here is my biggest and best piece of advice for you in this area now and moving forward: **train specifically for *your* fitness test starting at least one month away from the test.**

Even if you work out five to six days a week lifting weights or doing another athletic activity, take a month and test yourself in a practice PFT. Start a four-week program to get you to passing or optimal standards - whatever your goals may be. The first four weeks of my free twelve-week plan is what you should do if you only have one month before your test.

Let's summarize:

- Do push ups to ace the push up test.
- Do sit ups at goal pace to ace the sit up test.
- Run at your goal pace to get better at testing at running.

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

- Get specific. Train for the test not some random workout that has nothing to do with your fitness event.

I have seen thousands of fit people who train often but still fail fitness tests because they did not get specific in their training. Remember the concept of the FITT Principle: frequency, intensity, time, type (specificity). If your goal is to pass a test or compete in an event, you have to train with the above four elements to see success.

BEGINNER WORKOUTS (Week 1)

Workouts (Days) #1,3,5: Push ups – 2 Minutes Test Preparation

Warm up: Repeat 3 times: 10 jumping jacks, 10 push ups and arm circles to stretch chest, shoulders, arms,

Workout: Try 5 sets of maximum push ups in 1 minute periods. Rest 1 minute then do 1 minute of sit ups at goal pace.

Cool down: Light chest, shoulder, arm stretch for 5 minutes

TIPS: Placing your hands in the wrong position can seriously affect your maximum score. A perfect location for your hands is just outside shoulder width. This position enables the chest, shoulders and triceps to be equally used. Keep hands at shoulder height when in the up position. Your push ups will be weakened if your hands are too low, wide, close or high. Do as many push ups as you can without stopping. No need to pace yourself. Exert on the UP movement and let gravity take you down so you do not waste pushup endurance every repetition. Rest in the UP position when needed and pump out 5-10 rep sets until the two minutes expires.

Sit ups - 2 Minute Test Preparation

Warm up: Loosen hips, thighs, abs, lower back with short run and stretching by bending at the waist, high leg lifts and swings for 5 minutes.

Workout: Try timing yourself with 5 sets of 30 seconds, setting your pace to your goal. A good pace is 20 sit ups in 30 seconds - totaling 80 in two minutes. If you can build up to 1 sit up per second that will get you 120 sit ups – which is well above average. Build up to 1-minute sets x 5. Finally, do three 2-minute sets. Rest with an active routine like running or another calisthenics exercise for 3-5 minutes

Cool down: Plank pose to work the lower back/abs. Stretch hips/thighs/stomach - 5 minutes

TIPS: Pace yourself. Start out on a goal pace the first 30 seconds. See if you can maintain that pace for 1 minute. Typically people start off way too fast in a two minute test and burn out in the first minute. Pace yourself so you can maintain for longer time and score higher.

Workout #2,4: Running Workout with Leg PT

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh/hamstring stretch.

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Workout: run and Leg PT. Two things you need to work on when preparing to run faster for fitness tests: Lungs and legs. Follow this plan to do both:

Run/Leg PT

repeat 6 times:

run ¼ mile at goal mile pace

squats – 20

lunges – 10/leg

plank pose 1 minute

(for beginners only do the leg PT on even sets (2,4,6))

TIPS: Do squats, lunges, and sit ups in a circuit fashion after each 1/4 mile GOAL paced run. Goal Pace is the pace you want for your 2 mile run. Example a 14 minute 2 mile run = 1:45 quarter mile pace / 3:30 half mile pace...

Week 2	Day 1 Run and Leg PT for leg endurance	Day 2 Easy Cardio Day	Day 3 Distance Day	Day 4 Run and Leg PT for leg endurance	Day 5– Pace Day (rest as long as you run)
	Warm up with 5 min jog or bike / stretch Repeat 4 times 400m run at goal mile pace squats – 20 lunges – 10/leg push ups max Sit ups 1 min	Bike pyramid or elliptical then: Run 1.5 mile Lower Back Plan	1.5 mile at close to goal pace x 2 – rest 10 minutes in between Pushup / Sit up Pyramid until failure	Warm-up jog 10:00 Repeat 5 times 400m run at goal pace Squats – 10 Lunges – 10/leg Lower Back Plan	Warm up Jog 5:00 ¼ mile at goal pace ½ mile at goal pace ¾ mile at goal pace 1 mile at goal pace stretch *rest with push ups / plank pose 1 min each
Week 3	Warm up with run and leg stretches Repeat 4-6 times 400m run at goal pace squats - 20 lunges - 10/leg push ups 1min plank pose 1min sit ups 1 min on the even # sets	Run 15 minute PLUS bike or swim or some other non impact aerobic activity for another 15-30 minutes	Warm up 5 min stretch Repeat 10 times jump jacks 10 push ups 5-10 Run 1.5 mile run timed - rest 10 minutes and jog easy 1.5 mile run	Repeat 6 times run 400m at goal pace rest with sit ups 30 sec (no leg PT today) Lower Back Plan	Warm up jog 5 min Stretch Repeat 6 times Run 1/4 mile at 5 seconds faster than goal pace push ups 1 min plank pose 1min
Week 4	Warm up/ stretch Tough	Three Cardio Day: pick 15	Run 2 miles followed by	Run and Leg PT: repeat 6 times	Pace Day - Find a goal pace and run

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

	Interval: Repeat 8 times Run 200m fast as you can Walk 100m Pushup / Sit up Pyramid 1.5 mile run	minutes of each: run, swim, bike, elliptical, row, fast walk	4 x 400m at goal paced running Pushup / Sit up Pyramid	400m run squats 20 lunges 10/leg Repeat 2 times 1/2 mile run at goal pace - walk 3 min	for as long as you can at that pace. Rest 3 min and repeat again. Pushup / Sit up Pyramid
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INTERMEDIATE WORKOUTS (Weeks 5 – 8)

Week 5: Workout #1: Mix it all together and train for the transition

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Workout: Run and PT: Two things you need to work on when preparing to run faster for fitness tests: Lungs and your legs. Follow this plan to do both:

Pushup/Sit-up Superset:

This is a great way to achieve extraordinary repetitions of push ups and sit ups as well as practice your running pace!

Repeat 5 times
10 Regular push ups
10 Sit ups in 15 seconds
10 Wide push ups
10 Sit ups in 15 seconds
10 Close push ups
10 -Sit-ups in 15 seconds
Run ¼ mile at goal mile pace

After the Super Set: Run 2 miles timed

Cool down: 5 minutes easy running (conversational) followed by stretching routine

TIPS: Move through this workout with little rest. Actually rest your arms / abs while running and rest from running by doing calisthenics exercises. Stop for water as needed and a light stretch.

Workouts #2,4: Day off or Easy 15-20 Minute Run Day (your choice)

Workout #3: Take the PFT

Equipment: Place to run a known distance (track) / watch / floor space

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Workout: Army PFT:

2 min push ups

rest 2 minutes

2 min sit ups

rest 10 minutes (during rest run / warm up / stretch)

2 mile timed run

max pull ups - optional

TIPS: After you perform the PT test, take the 2-3 minutes to stretch the arms, chest, shoulders, stomach and lower back. Then run for about 2-3 minutes at an easy pace to get the blood down toward your legs. Finally, take about 3-5 minutes to stretch your legs. Keep shaking the arms, throughout the time in between the PT and run, to loosen up.

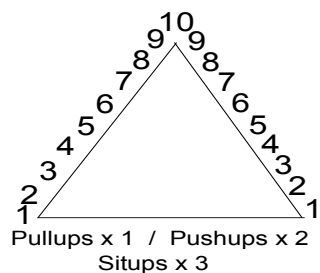
PACE your timed run - The most important thing is to not start off too fast. Learn your pace and set your goal by pacing yourself to the finish. For instance, if your goal is to run the 2 mile run in 14:00, you must run a 7:00 mile, 3:30 half mile or a 1:45 - quarter mile.

Workout #5: The PT Pyramid

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Workout: PT Pyramid: Working Pull ups, push ups, sit ups in a progressive workout where each set gets tougher in repetitions until you fail. Then repeat in reverse order to complete the workout. This workout has a warm up, max out, and cool down all built into it.

The Pyramid Workouts:



Add Pull ups as a great upper body push / pull balance exercise if you can do Pull ups: Do "Pull ups x 1, push ups x 2, sit ups x 3". What this means is that at each "set" or step of the pyramid, you perform 1 pull up for every step you are on, 2 push ups for each step, and 3 sit ups for each step.

Keep progressing until you get to the top of the pyramid, or your MAX

Go up the pyramid:

Set/ 1: 1 Pull ups/2 push ups/3 sit ups

Set/ 2: 2 Pull ups/4 push ups/6 sit ups

Set/ 3: 3 Pull ups/6 push ups/9 sit ups...

Cool down: 5 minutes easy running (conversational) followed by stretching routine

TIPS: Move through this workout with little rest. Actually rest your arms while doing sit ups / crunches. Stop for water as needed and a light stretch.

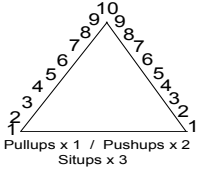
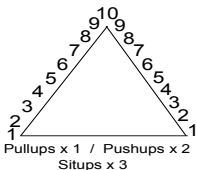
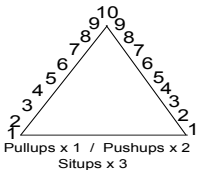
Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Weeks 6-8 See chart on next page.

- Fit the FIVE workouts into your SEVEN day week – so you can pick your rest days when needed

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Weeks 6- 8: Warm up with 5 min jog or bike with light stretch

	Day 1 Upper body PT Pyramid plus Run	Day 2 Easy Cardio Day Mixed with Leg PT	Day 3 Upper Body Super Set PT Cardio Day	Day 4 Run and Leg PT for leg speed	Day 5– Upper body and Cardio Pace Day
Week 6	 <p>Pullups x 1 / Pushups x 2 Situps x 3</p> <p>Run 2-3 miles</p>	Run or Bike 30 minutes – Every 6 minutes stop and do 20 squats / 20 lunges (10/leg) / plank pose – 1 minute	Repeat 5 times push ups 10-20 sit ups 10-20 Pull ups max Run ½ mile or Bike 4 minutes Easy bike or elliptical 20 min	Repeat 4 times ¼ mile run fast rest 2 minutes Repeat 2 times ½ mile run fast rest 3 minutes	50 Pull ups 100 push ups 200 sit ups / crunches 5 minutes of plank pose Get above numbers done anyway you can.
Week 7	 <p>Pullups x 1 / Pushups x 2 Situps x 3</p> <p>Run 3-4 miles</p>	Repeat 6 times Run 400m at goal mile pace squats 20 lunges 10/leg plank pose 1 min	Repeat 8 times push ups 10-20 sit ups 10-20 Pull ups max Run ½ mile or Bike 4 minutes Easy Bike or elliptical 20 min	Repeat 6 times ¼ mile run fast rest 2 minutes Repeat 3 times ½ mile run fast rest 3 minutes	Max Rep Day Push ups test rest 2 minutes Sit ups test rest 2 minutes Pull ups test rest 5 minutes Run 2-3 miles
Week 8	 <p>Pullups x 1 / Pushups x 2 Situps x 3</p> <p>Run 2 miles fast / Run 2 miles easy</p>	Run or bike 30 minutes – every 5 minutes stop and do 20 squats / 20 lunges / plank pose 1 min	Repeat 10 times push ups 10-20 sit ups 10-20 Pull ups max Run 1/4 mile or Bike 4 minutes Easy Bike or elliptical 20 min	Repeat 8 times ¼ mile run fast rest 2 minutes Repeat 4 times ½ mile run fast rest 3 minutes	50 Pull ups 100 push ups 200 sit ups / crunches 5 minutes of plank pose Get above numbers done anyway you can. Run 2-3 miles

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

ADVANCED WORKOUTS

Week 9

Workout #1: Spartan Run

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Workout: Spartan Run PT

run 7:00 (mile?)
max push ups / pull ups
sit ups 1:00 pace
run 7:00
max Push ups / pull ups
sit ups 1:00 pace
run 7:00
max push ups / pull ups
sit ups 1:00 pace

Try to get at least a mile in seven minutes

Cool down: 5 minutes easy running (conversational) followed by stretching routine

TIPS: Move through this workout with little rest. Actually rest your arms / abs while running and rest from running by doing calisthenics exercises. Stop for water as needed and a light stretch.

Workout #2, 4 – Run or Ruck (backpack fast walk with 25-40 pounds) – 3-4 miles

Workout # 3 - Run and Upper Body PT Combo

Equipment: Place to run a known distance (track) / watch / floor space

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Workout: Run / PT Day

20 pull ups
run 2 mile
100 push ups
100 sit ups
20 pull ups
run 2 mile
50 push ups
50 sit ups
20 pull ups

Do push ups anyway you can - 5 x 10-20 reps. Pace your sit ups and see if you can get 50 sit ups in 60 seconds

Cool down: 5 minutes easy running (conversational) followed by stretching routine

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Workout # 5: Favorite PFT Workout – Double PFT

Warm up: ¼ mile jog or 5 minute bike and stretch legs by high knee kicks, swings, light thigh / hamstring stretch.

Workout: Double PFT plus Pull ups and rucking

Pull ups - max
Push ups 2 minutes
rest 2 minutes
Sit ups 2 minutes
rest 2 minutes
Max Pull ups
rest 10 minutes
2 mile run
Stretch 5 minutes
repeat in reverse order

Ruck 2 miles with 25-40 pounds in back pack

Cool down: 5 minutes easy running (conversational) followed by stretching routine

TIPS: Move through this workout with little rest. Actually rest your arms / abs while running and rest from running by doing calisthenics exercises. Stop for water as needed and a light stretch.

Weeks 10-12 Charts

Week 10 - Day1	Day 2	Day 3	Day 4	Day 5
Warm up/Stretch Pull ups 4 sets of 4,6,8,10,12 of grips: 1- Regular grip 2 - Reverse grip 3- Close grip 4 - Wide Grip rest in between sets with 30 seconds of abs of choice / plank pose Swim Optional Repeat 3 times Swim 500m - 4 strokes per breath - 6 strokes per breath - 8 strokes per breath	Warm up/Stretch Repeat 10 times Jumping jacks – 10 squats – 20 Repeat 3 times Run 1/2 mile run fast Squats 20 Lunges 20 KB Swings 20 3 mile cooldown run or 10 mile bike	Warm up/Stretch PT Superset: Repeat 5-10 times Pull ups 10 Push ups 25 Abs of choice - 25 Dips - 10-15 (all should be sub max effort) Run 4 mile timed or Swim: 1500m with fins or <i>Bike 30:00</i> Light weight Shoulders	Warm up/Stretch Warm up/Stretch	Warm up/Stretch 100 Pull ups 200 push ups 300 sit ups 1/4 mile run in 90-100 seconds Repeat above circuit until you reach 100 Pull ups in as few sets as possible... Bike or swim 20:00 Light weight Shoulders Lowerback Plan

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Run 2 miles, timed				
Week 11 - Day 1	Day 2	Day 3	Day 4	Day 5
<p>PT / Cardio Mix:</p> <p>Warm up Push ups + 50yd run pyramid: 1 pushup, 50yd run, 2 push ups, 50yd run, 3 push ups...etc..stop at 10 . light stretch</p> <p><u>Repeat 4 times</u> Dips max Pull ups max reps push ups max sit ups 1 minute bear crawl 50m</p> <p>Pullup +50yd run pyramid or 15 sec jump rope up to 10 Pull ups.</p> <p>FAST Cardio of your choice: 500m swim, 1.5 mile timed run, ruck of choice.</p>	<p>Run - Ruck - Run or third option of cardio</p> <p>Run 1 mile easy then Run 2 miles timed</p> <p>Ruck 2 miles</p> <p>Bike or Elliptical 20-30 minutes or swim 20 minutes</p>	<p>2 mile run Pull ups max Push ups 2 min max Sit ups 2 min max</p> <p>2 mile run Pull ups max Push ups 2 min max Sit ups 2 min max</p> <p><u>Fast Run / PT:</u> <u>Repeat 5 times</u> 200m FAST do burpees for the time it takes to run 200m</p> <p>Later in day do 50 more Pull ups spread through the day or in one session</p>	<p>Cardio Day</p> <p>Run / Ruck / Swim or pick another non impact option like row, bike, elliptical if needed.</p> <p>Run 30 min - distance? 4 miles?</p> <p>Ruck 30 min - distance? 2.5 miles?</p> <p>Swim 30 min - no fins -distance? 1 mile? Or do a Tabata interval with Bike / Ellipticals</p> <p><u>Repeat 3 times</u> 5 min of 20 sec sprint / 10 sec easy - 3 min abs of choice</p>	<p>1/4 mile warm up squats 20 1/2 squats 20 lunges 10/leg butt kickers 30 seconds leg swings 10/leg</p> <p><u>Repeat 6 times</u> Pull ups max Push ups 25 Sit ups 25 in 30 seconds 1/4 mile run at goal pace for 2 mile timed runs - rest with 25 abs of choice</p> <p>Easy run, bike or swim 20 minutes</p>

Standard Fitness Test: Pullups, Pushups, Situps, 1.5 to 3 mile Run

Week 12 - Day 1	Day 2	Day 3	Day 4	Day 5
<p>5 on / 5 off:</p> <p>5 min warm up -</p> <p>Repeat 5 times 5 min tabata interval on bike or elliptical (20 sec sprint / 10 sec easy)</p> <p>Pull = Pull ups max reps Push = 1 min Abs of choice 2 min</p> <p>Burpee pyramid / run run 50m 1 burpee / run 50m 2 burpee / run 50m 3 burpee...etc..til 10 burpees...(no Pull ups)</p> <p>RUN 4 miles optional if you have time</p> <p>Upperbody Lift / PT Repeat 3 times Pull ups - weighted max push ups max 1 min KB swings 1 min</p>	<p>Cardio: Ruck - Run</p> <p>Ruck 30 minutes for distance</p> <p>Run 1/2 mile warm up</p> <p>Repeat 5 times sprint 100m jog 50m 20 squats</p> <p>Repeat 5 times sprint 100m jog 50m 10 lunges/leg</p> <p>Run 1/2 mile easy</p>	<p>HILL RUN - Cardio - Hills if you can find them or bleachers etc...</p> <p>Run 2 miles</p> <p>Repeat 5 times Up/down long hill of 1/4 mile distance or 5 stories of steps</p> <p>Run 2 miles - timed</p> <p>Swim or ruck 30 min for distance - how far do you get?</p> <p>Upper Body LIFT</p> <p>Repeat 3 times Pull ups max bench press 5-15 increase each set to BW hang clean / push press combo 10- 15 (light weight)</p>	<p>Run / Leg PT:</p> <p>Run 1/2 mile warm up</p> <p>Repeat 5 times sprint 100m jog 50m 20 squats</p> <p>Repeat 5 times sprint 100m jog 50m 10 lunges/leg</p> <p>Run 1/2 mile easy</p> <p>Later - 2 miles timed run</p>	<p>Run – Ruck</p> <p>Run 3 miles</p> <p>Ruck - 4 mile for time.</p> <p>Stretch cooldown</p>