

<p>(2-a-day) AM Session Focus: USMC PFT No. 1 Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Sit-Ups • Instep Stretch <p>Rest 3 Minutes before USMC PFT</p> <p>Training: USMC PFT</p> <ul style="list-style-type: none"> • 2 min. Max Pull-Ups or Max Push Ups • Rest 10 Minutes • 2 min. Max Crunches • Rest 10 Minutes • 3 Mile Run (timed) <p>PM Session Focus: Pull-Ups/Flexed-Arm Hang, Crunches Training: (1) 5 Rounds Pull-Ups/Push Ups @ 30% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds,</p> <ul style="list-style-type: none"> • then... 1 Round, Max Reps Pull-ups/ Push Ups <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Rounds</p> <ul style="list-style-type: none"> • 5x Y+L @ 2.5# • 3x Shoulder Sweep 	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training: (1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps on Pull Ups or Push Ups Scored on USMC PFT 1 • then... 1 Round, Max Reps/Time • Move immediately from the Pull-Ups/Push Ups to the Crunches and vice versa. • Anchor your feet for the Crunches. <p>(2) 10 Rounds</p> <ul style="list-style-type: none"> • 60m Sprint @ designated USMC PFT No. 1 run time pace • Rest 3 minutes 	<p>Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups or Push Ups - 30% of your Max Reps Scored on USMC PFT 1 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • 2 Mile Run @ designated USMC PFT No. 1 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Run, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training: (1) 6 Rounds</p> <ul style="list-style-type: none"> • 400m Run @ designated USMC PFT No. 1 run time pace • Rest 2 minutes <p>(2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps/Time Scored on USMC PFT 1 Pull-Ups or Push Ups, and Crunches • then... 1 Round, Max Reps/Time • Move immediately from the Pull-Ups/Flexed-Arm Hang to the Crunches and vice versa. • Anchor your feet for the Crunches. <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>(2-a-day) AM Session Focus: Pull-ups/Push Ups, Crunches, Strength Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 35% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Front Squat, increase load each round until 5x are hard but doable, • then immediately 2x Squat jumps • Lat + Pec Stretch <p>PM Session Focus: Run Training: (1) 3.5 Mile Run @designated USMC PFT No. 1 run time pace (2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch
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<p>Focus: Pull-ups/Push Ups, Crunches, Run</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 35% of your Max Reps Scored on USMC PFT 1 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Mile Run @designated USMC PFT No. 1 run time pace</p> <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • Pigeon Stretch • Hip Flexor Stretch • Lat + Pec Stretch <p>Back to Plan</p>	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training:</p> <p>(1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps/Time Scored on USMC PFT 1 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(2) 4 Rounds</p> <ul style="list-style-type: none"> • 800m Run @designated USMC PFT No. 1 run time pace • Rest 2 minutes <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Run</p> <p>Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 40% of your Max Reps/Time Scored on USMC PFT 1 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 2 Round</p> <ul style="list-style-type: none"> • 2 Mile Run @designated USMC PFT No. 1 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Back to Plan</p> <p>Focus: Run, Pull-ups/Push Ups, Crunches</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training:</p> <p>(1) 3 Mile Run @designated USMC PFT No. 1 run time pace</p> <p>(2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps/Time Scored on USMC PFT 1 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>(2-a-day)</p> <p>AM Session Focus: Pull-ups/Push Ups, Crunches, Strength</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 40% of your Max Reps/Time Scored on USMC PFT 1 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 1 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunge, increase load each round until 5x are hard, but doable, • then immediately 1x Jumping Lunge • Lat + Pec Stretch <p>PM Session Focus: Run Training:</p> <p>(1) 4 Mile Run @designated USMC PFT No. 1 run time pace</p> <p>(2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch
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<p>(2-a-day) AM Session Focus: USMC PFT No. 2</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Sit-Ups • Instep Stretch <p>Rest 3 Minutes before USMC PFT</p> <p>Training: USMC PFT</p> <ul style="list-style-type: none"> • 2 min. Max Pull-Ups or Max Push Ups • Rest 10 Minutes • 2 min. Max Crunches • Rest 10 Minutes • 3 Mile Run (timed) <p>PM Session Focus: Pull-Ups/Push Ups, Crunches</p> <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 30% of your Max Reps/Time Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Rounds</p> <ul style="list-style-type: none"> • 5x Y+L @ 2.5# • 3x Shoulder Sweep 	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run</p> <p>Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training:</p> <p>(1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps Scored on USMC PFT 2 Pull-Ups/Push Ups • then... 1 Round, Max Reps <p>(2) 10 Rounds</p> <ul style="list-style-type: none"> • 60m Sprint @designated USMC PFT No. 2 run time pace • Rest 3 minutes <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch <p>Back to Plan</p>	<p>Focus: Pull-ups/Push Ups, Crunches, Run</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 30% of your Max Reps Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • 2 Mile Run @designated USMC PFT No. 2 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • 800m Run @designated USMC PFT No. 2 run time pace • Rest 4 minutes <p>(5) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Run, Pull-ups/Push Ups, Crunches</p> <p>Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training:</p> <p>(1) 7 Rounds</p> <ul style="list-style-type: none"> • 400m Run @designated USMC PFT No. 2 run time pace • Rest 2 minutes <p>(2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps Scored on USMC PFT 2 Pull-Ups/Push Ups and Crunches • then... 1 Round, Max Reps/Time <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>(2-a-day) AM Session Focus: Strength, Pull-ups/Push Ups, Crunches</p> <p>Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 35% of your Max Reps/Time Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Front Squat, increase load each round until 5x are hard but doable, • then immediately 2x Squat jumps • Lat + Pec Stretch <p>PM Session Focus: Run</p> <p>Training:</p> <p>(1) 4.5 Mile Run @designated USMC PFT No. 2 run time pace</p> <p>(2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch
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<p>Back to Plan Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 35% of your Max Reps Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3.5 Mile Run @designated USMC PFT No. 2 run time pace (4) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training: (1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps Scored on USMC PFT 2 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • 800m Run @designated USMC PFT No. 2 run time pace • Rest 2 minutes <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 40% of your Max Reps/Time Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • 2 Mile Run @designated USMC PFT No. 2 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • 800m Run @designated USMC PFT No. 2 run time pace • Rest 4 minutes <p>(5) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Run, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training: (1) 3.5 Mile Run @designated USMC PFT No. 2 run time pace (2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps Scored on Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>(2-a-day) AM Session Focus: Strength, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 40% of your Max Reps/Time Scored on USMC PFT 2 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 2 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunge, increase load each round until 5x are hard, but doable, • then immediately 1x Jumping Lunge • Lat + Pec Stretch <p>PM Session Focus: Run Training: (1) 5 Mile Run @designated USMC PFT No. 2 run time pace (2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch <p>Back to Plan</p>
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<p>(2-a-day) AM Session Focus: USMC PFT No. 3 Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Sit-Ups • Instep Stretch <p>Rest 3 Minutes before USMC PFT Training: USMC PFT</p> <ul style="list-style-type: none"> • 2 min. Max Pull-Ups or Push Ups • Rest 10 Minutes • 2 min. Max Crunches • Rest 10 Minutes • 3 Mile Run (timed) <p>PM Session Focus: Pull-Ups/Push Ups, Crunches Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups 30% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Rounds</p> <ul style="list-style-type: none"> • 5x Y+L @ 2.5# • 3x Shoulder Sweep <p>Back to Plan</p>	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training:</p> <p>(1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps Scored on USMC PFT 3 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(2) 10 Rounds</p> <ul style="list-style-type: none"> • 60m Sprint @designated USMC PFT No. 3 run time pace • Rest 3 minutes <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 30% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 30% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Rounds</p> <ul style="list-style-type: none"> • 2 Mile Run @designated USMC PFT No. 3 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Run, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training:</p> <p>(1) 8 Rounds</p> <ul style="list-style-type: none"> • 400m Run @designated USMC PFT No. 3 run time pace • Rest 2 minutes <p>(2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 15% of your Max Reps/Time Scored on USMC PFT 3 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>(2-a-day) AM Session Focus: Strength, Pull-ups/Push Ups, Crunches Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training:</p> <p>(1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 35% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Front Squat, increase load each round until 5x are hard but doable, • then immediately 2x Squat jumps • Lat + Pec Stretch <p>PM Session Focus: Run Training:</p> <p>(1) 5.5 Mile Run @designated USMC PFT No. 3 run time pace</p> <p>(2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch
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<p>SESSION 26 Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 35% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 35% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 4 Mile Run @designated USMC PFT No. 3 run time pace (4) 2 Rounds</p> <ul style="list-style-type: none"> • Pigeon Stretch • Hip Flexor Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Work Capacity, Run Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training: (1) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps/Time Scored on USMC PFT 3 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(2) 6 Rounds</p> <ul style="list-style-type: none"> • 800m Run @designated USMC PFT No. 3 run time pace • Rest 2 minutes <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>Focus: Pull-ups/Push Ups, Crunches, Run Warm up: 5 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunges • 3/5x Pull-Ups • 5x Burpees • Pigeon Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 40% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 3 Rounds</p> <ul style="list-style-type: none"> • 2 Mile Run @designated USMC PFT No. 3 run time pace • Rest 5 minutes <p>(4) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep + Pigeon Stretch • Lat + Pec Stretch 	<p>Focus: Run, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 100m Run, moderate pace • 8x Situps • 4/8x Alligator Push-Ups • Hip Flexor Stretch <p>Training: (1) 4 Mile Run @designated USMC PFT No. 3 run time pace</p> <ul style="list-style-type: none"> • Rest 2 minutes <p>(2) 10 Rounds, Every 60 Seconds</p> <ul style="list-style-type: none"> • 20% of your Max Reps/Time Scored on USMC PFT 3 Pull-Ups/Push Ups • then... 1 Round, Max Reps/Time <p>(3) 2 Rounds</p> <ul style="list-style-type: none"> • Instep Stretch • Lat + Pec Stretch 	<p>Back to Plan (2-a-day) AM Session Focus: Strength, Pull-ups/Push Ups, Crunches Warm up: 4 Rounds</p> <ul style="list-style-type: none"> • 200m Run • 8x Push-Ups • 10x Crunches • Instep Stretch <p>Training: (1) 5 Rounds</p> <ul style="list-style-type: none"> • Pull-Ups/Push Ups - 40% of your Max Reps/Time Scored on USMC PFT 3 Every 60 Seconds, • then... 1 Round, Max Reps/Time <p>(2) 5 Rounds</p> <ul style="list-style-type: none"> • Crunches 40% of your Max Reps Scored on USMC PFT No. 3 Every 60 Seconds, • then... 1 Round, Max Reps <p>(3) 6 Rounds</p> <ul style="list-style-type: none"> • 5x Walking Lunge, increase load each round until 5x are hard, but doable, • then immediately 1x Jumping Lunge • Lat + Pec Stretch <p>PM Session Focus: Run Training: (1) 6 Mile Run (2) 2 Rounds</p> <ul style="list-style-type: none"> • Hip Flexor + Instep +Pigeon Stretch
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