

Very Important, PLEASE READ:
If you do not own The Ultimate Basic Training Guidebook or Workbook, do NOT attempt this workout. Without the book, you will not be able to understand the following workout charts or perform the exercises properly.

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<i>Table 2. Initial Running Assessment</i>	
Date:	_____
Minimum APFT Score:	_____
	Time (seconds)
1-mile assessment	= _ _ _ _ _
Estimated 2-mile assessment	= _ _ _ _ _ x2= _____
1/4-mile sprint time goal	= _ _ _ _ _ /4= _____ x.80= _____

<i>Table 3. Sprint Day Log (Weeks 1 and 2)</i>						
_____ Sprint Time Goal (carried over from Table 2)						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
re-done laps						
re-done laps						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
re-done laps						
re-done laps						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
re-done laps						
re-done laps						

<i>Table 5. Sprint Day Log (Weeks 3 and 4)</i>						
_____ Sprint Time Goal (carried over from Table 4)						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
re-done laps						
re-done laps						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
re-done laps						
re-done laps						

Table 7. Sprint Day Log (Weeks 5 and 6)

Sprint Time Goal (carried over from Table 6)						
Date	Sprint Goal Beat?		Sprint Goal Beat?		Sprint Goal Beat?	
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
Set 7						
re-done laps						
re-done laps						

Date	Sprint Goal Beat?		Sprint Goal Beat?		Sprint Goal Beat?	
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
Set 7						
re-done laps						
re-done laps						

Table 9. Sprint Day Log (Weeks 7 and 8)

_____ Sprint Time Goal (carried over from Table 8)						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
Set 7						
Set 8						
re-done laps						
re-done laps						
Date	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?	Sprint Goal Beat?
Set 1						
Set 2						
Set 3						
Set 4						
Set 5						
Set 6						
Set 7						
Set 8						
re-done laps						
re-done laps						

Table 4. Evaluation Chart (Weeks 1 and 2)						
_____	divided by	_____	X	0.9	_____	A
Sum of set 1 from Table 3 (in seconds)		Number of times you completed set 1				
_____	divided by	_____	X	0.9	_____	B
Sum of set 2 from Table 3 (in seconds)		Number of times you completed set 2				
_____	divided by	_____	X	0.9	_____	C
Sum of set 3 from Table 3 (in seconds)		Number of times you completed set 3				
_____	divided by	_____	X	0.9	_____	D
Sum of set 4 from Table 3 (in seconds)		Number of times you completed set 4				
_____	divided by	_____	X	0.9	_____	E
Sum of set 5 from Table 3 (in seconds)		Number of times you completed set 5				
A + B + C + D + E / 5		=	_____	New Sprint Time Goal		

Table 6. Evaluation Chart (Weeks 3 and 4)

_____	divided by	_____	X	0.9	_____	A
Sum of set 1 from Table 5 (in seconds)		Number of times you completed set 1				
_____	divided by	_____	X	0.9	_____	B
Sum of set 2 from Table 5 (in seconds)		Number of times you completed set 2				
_____	divided by	_____	X	0.9	_____	C
Sum of set 3 from Table 5 (in seconds)		Number of times you completed set 3				
_____	divided by	_____	X	0.9	_____	D
Sum of set 4 from Table 5 (in seconds)		Number of times you completed set 4				
_____	divided by	_____	X	0.9	_____	E
Sum of set 5 from Table 5 (in seconds)		Number of times you completed set 5				
_____	divided by	_____	X	0.9	_____	F
Sum of set 6 from Table 5 (in seconds)		Number of times you completed set 6				
A + B + C + D + E + F / 6			=	_____	New Sprint Time Goal	

Table 8. Evaluation Chart (Weeks 5 and 6)

_____	divided by	_____	X	0.9	_____	A
Sum of set 1 from Table 7 (in seconds)		Number of times you completed set 1				
_____	divided by	_____	X	0.9	_____	B
Sum of set 2 from Table 7 (in seconds)		Number of times you completed set 2				
_____	divided by	_____	X	0.9	_____	C
Sum of set 3 from Table 7 (in seconds)		Number of times you completed set 3				
_____	divided by	_____	X	0.9	_____	D
Sum of set 4 from Table 7 (in seconds)		Number of times you completed set 4				
_____	divided by	_____	X	0.9	_____	E
Sum of set 5 from Table 7 (in seconds)		Number of times you completed set 5				
_____	divided by	_____	X	0.9	_____	F
Sum of set 6 from Table 7 (in seconds)		Number of times you completed set 6				
_____	divided by	_____	X	0.9	_____	G
Sum of set 7 from Table 7 (in seconds)		Number of times you completed set 7				
A + B + C + D + E + F + G / 7			=	_____	New Sprint Time Goal	

Table 10. Evaluation Chart (Weeks 7 and 8)

_____	divided by	_____	X	0.9	_____	A
Sum of set 1 from Table 9 (in seconds)		Number of times you completed set 1				
_____	divided by	_____	X	0.9	_____	B
Sum of set 2 from Table 9 (in seconds)		Number of times you completed set 2				
_____	divided by	_____	X	0.9	_____	C
Sum of set 3 from Table 9 (in seconds)		Number of times you completed set 3				
_____	divided by	_____	X	0.9	_____	D
Sum of set 4 from Table 9 (in seconds)		Number of times you completed set 4				
_____	divided by	_____	X	0.9	_____	E
Sum of set 5 from Table 9 (in seconds)		Number of times you completed set 5				
_____	divided by	_____	X	0.9	_____	F
Sum of set 6 from Table 9 (in seconds)		Number of times you completed set 6				
_____	divided by	_____	X	0.9	_____	G
Sum of set 7 from Table 9 (in seconds)		Number of times you completed set 7				
_____	divided by	_____	X	0.9	_____	H
Sum of set 8 from Table 9 (in seconds)		Number of times you completed set 8				
A + B + C + D + E + F + G + H / 8			=	_____	New Sprint Time Goal	

Table 12. Push-up Evaluation Chart

_____Number of push-ups required to pass APFT								
Rest	2 minutes between sets							
Weeks 1-3	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A* 1-minute	_____	_____	_____	_____	_____	_____	_____
	B* failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 1-minute	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 3	A 1-minute	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Rest	3 minutes between sets							
Weeks 4-6	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A 1:30 minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 1:30 minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 3	A 1:30 minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Rest	4 minutes between sets							
Weeks 7-8	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A 2-minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 2-minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 3	A 2-minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
A*regular push-ups								
B*kneeling diamond push-ups								

<i>Table 13. Sit-up Evaluation Chart</i>								
_____Number of sit-ups required to pass APFT								
Rest	2 minutes between sets							
Weeks 1-3	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A* 1-minute	_____	_____	_____	_____	_____	_____	_____
	B* failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 1-minute	_____	_____	_____	_____	_____	_____	_____
	C* failure	_____	_____	_____	_____	_____	_____	_____
Rest	3 minutes between sets							
Weeks 4-6	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A 1:30 minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 1:30 minutes	_____	_____	_____	_____	_____	_____	_____
	C failure	_____	_____	_____	_____	_____	_____	_____
Rest	4 minutes between sets							
Weeks 7-8	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Set 1	A 2-minutes	_____	_____	_____	_____	_____	_____	_____
	B failure	_____	_____	_____	_____	_____	_____	_____
Set 2	A 2-minutes	_____	_____	_____	_____	_____	_____	_____
	C failure	_____	_____	_____	_____	_____	_____	_____
A*regular sit-ups								
B*abdominal crunches								
C*upper-half crunches								