

# PREPARING FOR THE AIR FORCE PT

<http://www.airforce-pt.com/index.html>

## Rocking 1.5 mi Running Plan

The Air Force 1.5 mile run is a fantastic distance. Non runners are able to quickly reduce their time, while intermediate and expert runners are able to compete in a fast paced challenging run. This running plan is designed for beginner runners trying to pass their PT test rather than for advanced runners.

You can incorporate this plan into your normal work out, or do this as a standalone workout plan.

The first rule in beginning running is to “do no harm.” Stop when it hurts. Take it slow, and increase your mileage a bit each week and you’ll be great on the PRT. The last thing you want is to injure yourself weeks before the PT test.

If starting at week one is too easy, pick a moderate week and start there.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One	Slow 1.5 mile jog	Normal Workout	Slow 1.5 mile jog	Normal Workout	Timed 1.5 mile run	1.5 mile walk	Rest
Two	1.5 mile run	Normal Workout	1.5 mile run	Normal Workout	Timed 1.5 mile run	1.5 mile run	Rest
Three	2 mile run	Normal Workout	2 mile run	Normal Workout	Timed 1.5 mile run	2 mile run	Rest
Four	2.5 mile run	Normal Workout	2.5 mile run	Normal Workout	Timed 1.5 mile run	2.5 mile run	Rest
Five	2.5 mile run	Normal Workout	2.5 mile run	Normal Workout	Timed 1.5 mile run	2.5 mile run	Rest
Six	3 mile run	Normal Workout	3 mile run	Normal Workout	Timed 1.5 mile run	3 mile run	Rest
Seven	3 mile run	Normal Workout	3 mile run	Normal Workout	Timed 1.5 mile run	3 mile run	Rest
Eight	1.5 mile Pre-race	Normal Workout	3 mile run	Normal Workout	Timed 1.5 mile run	2 mile run	Rest
PRT Week	2 mile run	Normal Workout	2 mile run	Normal Workout	<b>PRT DAY!</b>	Rest	Rest

\* Remember: Do not start ANY workout unless you are physically able. Check with your Doctor before performing any of these exercises.

## Peak Push-up Plan

Following this training plan should give you a solid chest workout and base to score at least a Good High on the push-up portion of the PRT. You can incorporate this plan into your normal work out, or do this as a standalone workout plan. The key to excelling in pushups is repetition. The more daily pushups you can do the better. Do pushups after you get up, at work, while watching TV and before bed.

For example: Monday of week one, complete 3 sets of 5 push-ups, rest or do cardio for 10 minutes and then complete 2 sets of 10 push-ups.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One	5 x 3 Rest 5 x 2	Normal Workout	5 x 5	Normal Workout	Max x 3	5 x 3 Rest 5 x 2	Rest
Two	10 x 3 Rest 10 x 2	Normal Workout	10 x 5	Normal Workout	Max x 3	10 x 3 Rest 10 x 2	Rest
Three	15 x 3 Rest 15 x 2	Normal Workout	15 x 5	Normal Workout	Max x 3	15 x 3 Rest 15 x 2	Rest
Four	20 x 3 Rest 20 x 2	Normal Workout	20 x 5	Normal Workout	Max x 3	20 x 3 Rest 20 x 2	Rest
Five	25 x 3 Rest 25 x 2	Normal Workout	25 x 5	Normal Workout	Max x 3	25 x 3 Rest 25 x 2	Rest
Six	30 x 3 Rest 30 x 2	Normal Workout	30 x 5	Normal Workout	Max x 3	30 x 3 Rest 30 x 2	Rest
Seven	35 x 3 Rest 35 x 2	Normal Workout	35 x 5	Normal Workout	Max x 3	35 x 3 Rest 35 x 2	Rest
Eight	40 x 3 Rest 40 x 2	Normal Workout	40 x 5	Normal Workout	Max x 3	40 x 3 Rest 40 x 2	Rest

\* Remember: Do not start ANY workout unless you are physically able. Check with your Doctor before performing any of these exercises.

## Super Sit-up Training Plan

Following this training plan should give you a solid abdominal t and base to score at least a Good High on the sit-up portion of the PRT. You can incorporate this plan into your normal work out, or do this as a standalone workout plan. The key to excelling in pushups is repetition. Unlike pushups, sit-ups are a bit harder to do in your normal work spaces; therefore, when going to the gym, you should start and finish with sit-ups.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One	15 x 3 Rest 15 x 2	Normal Workout	Incline sit-ups 10 x 4	Normal Workout	Max x 3	Core Training	Rest
Two	20 x 3 Rest 20 x 2	Normal Workout	Incline sit-ups 15 x 4	Normal Workout	Max x 3	Core Training	Rest
Three	25 x 3 Rest 25 x 2	Normal Workout	Incline sit-ups 20 x 4	Normal Workout	Max x 3	Core Training	Rest
Four	30 x 3 Rest 30 x 2	Normal Workout	Incline sit-ups 25 x 4	Normal Workout	Max x 3	Core Training	Rest
Five	35 x 3 Rest 35 x 2	Normal Workout	Incline sit-ups 25 x 4	Normal Workout	Max x 3	Core Training	Rest
Six	35 x 3 Rest 35 x 2	Normal Workout	Incline sit-ups 30 x 4	Normal Workout	Max x 3	Core Training	Rest
Seven	40 x 3 Rest 40 x 2	Normal Workout	Incline sit-ups 30 x 4	Normal Workout	Max x 3	Core Training	Rest
Eight	45 x 3 Rest 45 x 2	Normal Workout	Incline sit-ups 30 x 4	Normal Workout	Max x 3	Core Training	Rest

\* Remember: Do not start ANY workout unless you are physically able. Check with your Doctor before performing any of these exercises.

**Note: The AirForce-PT.com was designed to help military airmen who already have a fitness background to excel even further on their push-ups, sit-ups, and 1.5 mile run. If this is your first time exercising consult your doctor before starting any exercise or fitness program.**