

PFT Training Plan

Ever wonder how you compare up against the standards of the world's finest fighting force?
Well with this plan you can not only test yourself but also train to compete right besides
them. Do you have what it takes?

Week 1:

Monday: Initial Strength Test (Pass/Fail Test)

1.5 mile run (Must be done within 13:30)

Max Pull Ups (Minimum of 3)

Max Push Ups within 2 minutes (Minimum of 34)

Max Planks (Minimum of 1:03)

Max Standing Overhead Press in two minutes with a weight of 30 lbs (Minimum of 45)

Must pass 3/5 fitness tests to pass the Initial Strength Test

Tuesday: Rest Day

Wednesday: Endurance Day

Endurance Circuit:

1 Mile run

30 squats

1 Mile Run

20 Push Ups

1 Mile Run

10 Burpees

Thursday: Pull Day

Face Pulls: 4 x 25

Pull Ups: 3 x Max

Row: 4 x 10

Upright Row: 4 x 20

Dead Hang: 5 x Max

Friday: Push Day

Push Ups: 5 x 20

Incline Bench Press 4 x 10

Dumbbell Bench Press 4 x 10

Cable Flys: 4 x 15

Plank: 5 x Max

Saturday: Optional Endurance Day

1.5 Mile Run

Sunday: Rest Day

Week 2:

Monday: Pull Day

Pull Ups: 4 x 5

Dead Hang: 4 x Max

Bent-Over Rows: 4 x 10

Reverse Flys: 4 x 15

Upright Rows: 4 x 20

Tuesday: Rest Day

Wednesday: Endurance Day

1.5 Mile Run

50 Burpees

1.5 Mile Run

50 Burpees

Thursday: Rest Day

Friday: Push Day

Push Ups: 4 x 25

Plank: 4 x Max

Flys: 4 x 15

Shoulder Press: 4 x 10

Bench Press: 4 x 5 (60-80% Bodyweight)

Saturday: Leg Day

Leg Press: 4 x 10, Superset with Calf Raise: 4 x 20

Quad Extensions: 4 x 15

Hamstring Curls: 4 x 15

Lunges: 4 x 20 (Each Leg)

Sunday: Rest Day

Week 3:

Monday: Pull Day

Giant Set (Close Grip, Overhand Grip, Underhand Grip, Wide Grip) Pull Ups: 4 x 10,10,10,10

Pull Ups: Max until reaching 20 reps

Tuesday: Rest Day

Wednesday: Endurance Day

3 Mile Run

Thursday: Rest Day

Friday: Push Day

Overhead Press: 4 x 10

Dips: 4 x 15

Push Ups: 5 x 20

Plank: 10-minute total

Saturday: Leg Day

Calf Raise: 4 x 25

Bodyweight Squat: 4 x 25

Lunge: 4 x 25 (Each Leg)

1 mile run

Sunday: Rest Day

Week 4:

Monday: Endurance Day

3 Mile Run

Tuesday: Rest Day

Wednesday: Pull Up Day

Pull Ups: 100 Total Reps

Thursday: Full Body Day

Pull Ups: 20 Total Reps

Push Ups: 100 Total Reps

Plank: 4 Minutes total

Burpees: 25

1.5 Mile Run

Friday: Rest Day

Saturday: Physical Fitness Test Day

Max Pull Ups (Minimum 4, Maximum 20)

Scoring:

.0 – 3 = 0 points, 4-6 = 40 points, 7-9 = 50 points, 10 – 12 = 60 points, 13 – 16 = 75 points, 17 – 19 = 90 points, 20 = 100 points

Push Ups (Only If Failed On Pull Ups): (Minimum 42, Maximum 65)

Scoring:

.0 – 41 = 0 points, 42 – 54 = 40 points, 55 – 58 = 50 points, 59 – 64 = 60 points, 65 = 75 points

Max Plank (Minimum 1:10, Maximum 3:45)

Scoring:

0:00 – 1:09 = 0 points, 1:10 – 1:35 = 40 points, 1:36 – 2:01 = 50 points, 2:02 – 2:40 = 60 points, 2:41 – 3:19 = 75 points, 3:20 – 3:44 = 90 points, 3:45 = 100 points

3 Mile Run (Within 27:40)

Scoring:

27:39+ = 0 points, 27:40 – 26:01 = 40 points, 26:00 – 24:31 = 50 points, 24:30 – 22:01 = 60 points, 22:00 – 21:11 = 75 points, 21:10 – 19:31 = 90 points, 19:30 = 100 points

3 Mile Row (Only If Failed On Run) (Within 23:30)

Scoring:

23:31+ = 0 points, 23:30 – 22:36 = 40 points, 22:35 – 21:41 = 50 points, 21:40 – 20:16 = 60 points, 20:15 – 18:56 = 75 points, 18:55 – 18:01 = 90 points, 18:00 = 100 points

Scoring Example

20 pull ups, 3:45 plank, 20:45 3-mile run

$100 + 100 + 90 = 290/300$

Sunday: Rest Day