

PART 3 OF 3

OPERATION LIVING FIT™

By SSG Ken Weichert

This issue marks the third and final part of a three part series, *Operation Living Fit™*. We will complete our program on how to maximize the APFT (Army Physical Fitness Test).

On page #67 of GX 2.6 we provided you one of our weekly arms and chest exercise routines. And on page #70 of GX 3.1 we provided you one of our weekly abdominal muscle exercise routines. Add both parts in order to build lean muscle strength in areas of your body that you will use for first two events of the APFT.

Now, the 2-Mile Run!

It normally takes at least 21 days of running consistently in order for the body to be prepared for a running test of some kind. Having said that, it's time to add a running exercise routine to Parts 1 and 2 of Operation Living Fit™. With all three strategies you are certain to achieve the best APFT score of your military career!



GOING THE DISTANCE
SGT Ken prepares you for your best APFT Score (Army Physical Fitness Test).

Maximizing the Running Event and Putting it all Together

BEFORE YOU BEGIN:

1. Remember to always consult your Physician before attempting any new Physical Fitness routine or diet.
2. The Aerobic and the OFF days are necessary for muscle recovery periods.
3. Be certain to eat 20-60 minutes after each exercise period for proper muscle recovery.
4. Remember NOT to drop your head during your running exercises. Tilt your head up slightly in order to promote better breathing and posture techniques.
5. Do NOT perform any intense physical fitness activities within 48-hours of the APFT. That way your body has rested an ample amount of time for the test.

MONDAY RUNNING AND ABDOMINAL CIRCUIT TRAINING

Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 8-10 MIN
1/2 Sit-ups (AKA abdominal crunch*) 90 SEC
Run a 1/4 Mile Either around a Track, or the same distance around your Street Block (Outdoor), Or on a Treadmill at a good pace (Indoor)
Rest 45 SEC

Repeat the cycle 5 additional sets (Total - 1.5 Miles of Running and 6 sets of Crunches)

Stretching Exercises (Cool Down) 8-10 MIN

TUESDAY

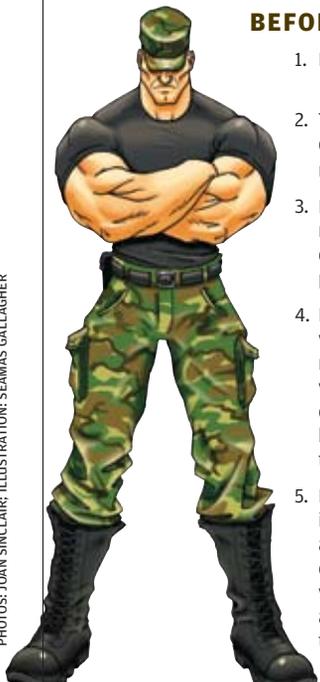
PUSH-UP MAINTENANCE

Do not compromise your stretching exercises. The three components of Physical Fitness are STRENGTH, STAMINA, and FLEXIBILITY.

Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 8-10 MIN
APFT Diagnostic of the Push-up event 2-MIN (The best performance of Push-ups for "GO TO MUSCLE FAILURE!")
Rest 2 MIN
Crunches 3 MIN
Rest 2 MIN
Run (Moderate) 1 MILE

You can expand your upper body training by stopping every 1/4-Mile in order to perform Triceps Dips until near muscle failure each set

Stretching Exercises (Cool Down) 8-10 MIN



PHOTOS: JOAN SINCLAIR; ILLUSTRATION: SEAMAS GALLAGHER



Maximizing the Running Event and Putting it all Together

WEDNESDAY

RUNNING AND JOGGING INTERVAL TRAINING

Interval training simply prepares you for faster speeds when it's really needed during testing periods.

You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 8-10 MIN
Sprint the Stretches and Jog the Curves
 2 MILES

OUTDOOR TRACK – 8 Laps on a half-mile
 CITY BLOCK – If you don't have a track you can sprint the long sections of city block and jog the ends for the same distance.
 Or, TREADMILL – if you prefer to be indoors on a treadmill, sprint .075 mile on the treadmill and immediately reduce the speed to a jogging pace for .050 mile. Repeat for 2 miles. Feel free to change up the distance of sprinting and jogging – just be sure to go 2 miles.

Rest 2 MIN
Crunches 3 MIN
Stretching Exercises (Cool Down) 8-10 Min



STEP UP
 Prepare your body with strength and endurance

THURSDAY

STRETCH PERIOD

Reserve this day for a great deal of stretching exercises, or YOGA or PILATES. This way you can rehabilitate sore muscles.

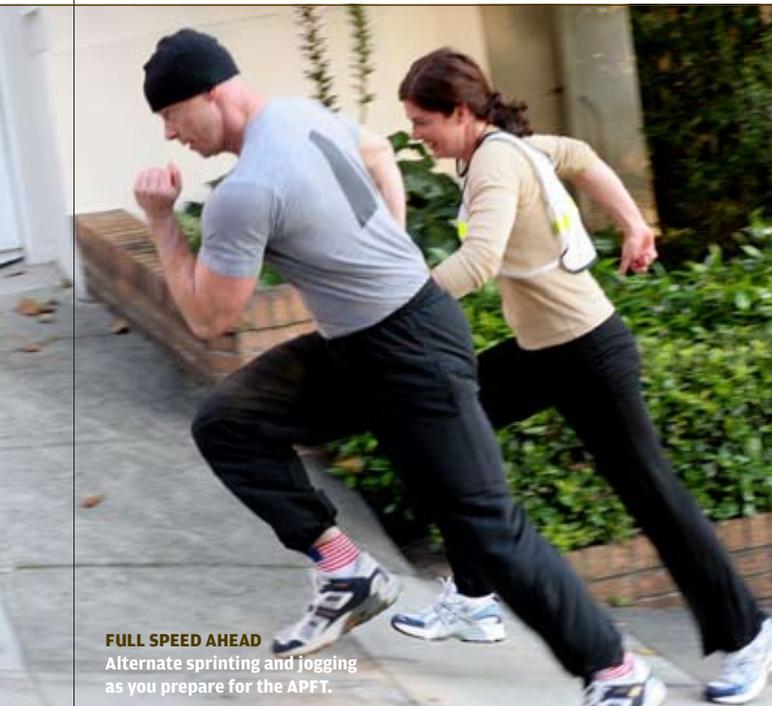
Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 40-50 MIN

FRIDAY

ENDURANCE RUN

The key to conditioning your body for the 2-Mile Run test is to train with more distance. In other words, to be ready for 2-Miles, you have got to practice with 3-Miles.

Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 8-10 MIN
Run 3 MILES (Give it your best!)
Rest 2 MIN
Stretching Exercises (Cool Down) 8-10 MIN



FULL SPEED AHEAD
 Alternate sprinting and jogging as you prepare for the APFT.

Operation Living Fit™ does not end here.

This is simply the start of many great things to come. Be sure to email us with any question that you may have at askthetrainer@startfitness.com. Enjoy your workouts! HOOAH!

askthetrainer@startfitness.com

SATURDAY

PUTTING IT ALL TOGETHER

Warm-up (Running-In-Place) 2 MIN
Stretching Exercises 8-10 MIN

Step-ups 30 reps on each leg x 3 SETS
Close-Grip Push-ups 30 SEC
Crunches 30 SEC
Normal-Grip Push-ups 30 SEC
Crunches 30 SEC
Wide-Grip Push-ups 30 SEC
Crunches 30 SEC

REPEAT THIS CYCLE 3 ADDITIONAL TIMES

Light Run 1.5 MILES outside or on a treadmill
Stretching Exercises (Cool Down) 8-10 MIN

SUNDAY

OFF (RECOVERY DAY)