

**Very Important, PLEASE READ:**

**If you do not own The Ultimate Basic Training Guidebook, do not attempt this workout. Without the book, you will not be able to understand the following workout charts.**

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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)						
<b>Date</b>	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						
<b>Date</b>	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							
<b>Weeks 1-3</b>	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							
<b>Weeks 4-6</b>	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							
<b>Weeks 7-8</b>	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							
<b>Weeks 1-3</b>	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							
<b>Weeks 4-6</b>	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							
<b>Weeks 7-8</b>	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								