

# Lackland Air Force Base

## Basic Military Training

### Get in Shape for Basic Training

Ready to get started? Here is a workout schedule that will prepare you for the rigors of basic training and help you to get the most out of it.

We recommend that you work out at least 3-5 times per week, and at least six weeks prior to Basic Military Training.

*(Note: For your health and safety, you should consult a doctor prior to beginning this or any physical fitness regimen.)*

#### 14 week program

##### Week 1

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 1 minute jog
- 5 minute walk
- 1 minute jog
- 3-5 minute walk
- 2 minute stretch

##### Week 2

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 3 minute jog
- 5 minute walk
- 3 minute jog
- 3-5 minute walk
- 2 minute stretch

### **Week 3**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 2 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 5 minute jog
- 🕒 4 minute walk
- 🕒 5 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

### **Week 4**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 4 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 5 minute jog
- 🕒 4 minute walk
- 🕒 5 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

### **Week 5**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 4 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 6 minute jog
- 🕒 4 minute walk
- 🕒 6 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

### **Week 6**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 4 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 7 minute jog
- 🕒 4 minute walk
- 🕒 7 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 7**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 6 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 8 minute jog
- 🕒 4 minute walk
- 🕒 8 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 8**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 6 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 9 minute jog
- 🕒 4 minute walk
- 🕒 9 minute jog
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 9**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 4 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 13 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 10**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 4 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 15 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 11**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 2 minute sit-up/push-up intervals
- 🕒 4 minute walk
- 🕒 17 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 12**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 2 minute sit-up/push-up intervals
- 🕒 1 minute walk
- 🕒 17 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 13**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 2 minute sit-up/push-up intervals
- 🕒 2 minute walk
- 🕒 2 minute jog
- 🕒 17 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch

## **Week 14**

Complete the following in one session 3-5 times a week:

- 🕒 5 minute stretch/warm-up
- 🕒 2 minute sit-up/push-up intervals
- 🕒 3 minute jog
- 🕒 17 minute run
- 🕒 3-5 minute walk
- 🕒 2 minute stretch