

60 DAY - Training Plan

Prepare for Basic Training



COMBAT FIT NOW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Full-Body #1	Warm & Stretch Routine	Full-Body #1	Warm & Stretch Routine	Full-Body #1	Warm & Stretch Routine	Full-Body #1
Week 2	Warm & Stretch Routine	Full-Body #2	Warm & Stretch Routine	Full-Body #2	Warm & Stretch Routine	Full-Body #2	Warm & Stretch Routine
Week 3	Upper Body #1	Run #1	HIIT #7	Lower Body #1	Core #1	HIIT #1	Warm & Stretch Routine
Week 4	Upper Body #1	Run #1	HIIT #7	Lower Body #1	Core #1	HIIT #2	Warm & Stretch Routine
Week 5	Upper Body #2	Run #2	HIIT #7	Lower Body #2	Core #2	HIIT #3	Warm & Stretch Routine
Week 2	Upper Body #2	Run #2	HIIT #7	Lower Body #2	Core #2	HIIT #4	Warm & Stretch Routine
Week 7	Run #3	Upper Body #3	HIIT #7	Lower Body #3	Core #3 & Run #3	HIIT #5	Warm & Stretch Routine
Week 8	Run #4	Upper Body #3	HIIT #7	Lower Body #3	Core #3 & Run #4	HIIT #6	Warm & Stretch Routine
Week 9	Run #4	Upper Body #3	HIIT #7	Lower Body #3	Warm & Stretch Routine	Warm & Stretch Routine	Warm & Stretch Routine