

# SAMPLE PAP (Pre-Academy Preparation)

## Physical Training Schedule Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stretch (15-20 minutes)</b></p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;"><b>Introduction to Calisthenics</b></p> <p style="text-align: center;"> <span style="background-color: yellow;">Side Straddle Hops</span>  <span style="background-color: yellow;">Crunches</span>  <span style="background-color: yellow;">Bicycles</span>  <span style="background-color: yellow;">Mountain Climbers</span>  Flutter Kicks  Quick Knees  <span style="background-color: yellow;">Squat Jumps</span>  Planks  <span style="background-color: yellow;">Push-ups</span>  <span style="background-color: yellow;">Squats</span> </p> <p>Demonstrate how to perform each exercise and ask student to demonstrate proper form for each.</p>	<p style="text-align: center;"><b>Stretch</b></p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Calisthenics 3 sets of 12</p> <p style="text-align: center;">Side Straddle Hops Crunches Mountain Climbers</p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Run/Walk</p> <p style="text-align: center;">Run 1 minute Walk 2 minutes</p> <p style="text-align: center;">Complete Run/Walk 6 rounds for a total of 18 minutes</p>	<p style="text-align: center;"><b>Stretch</b></p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Calisthenics 3 sets of 12</p> <p style="text-align: center;">Flutter Kicks Quick Knees (30 sec) Squat Jumps</p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Run/Walk</p> <p style="text-align: center;">Run 1 minute Walk 2 minutes</p> <p style="text-align: center;">Complete R/W 8 Rounds 24 minutes</p>	<p style="text-align: center;"><b>Stretch</b></p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Calisthenics 3 sets of 12</p> <p style="text-align: center;">Planks (20-30sec.) Push-ups Squats</p> <hr style="width: 20%; margin: 10px auto;"/> <p style="text-align: center;">Run/Walk</p> <p style="text-align: center;">Run 1 min. 30 sec. Walk 2 minutes</p> <p style="text-align: center;">Complete R/W 6 Rounds 24 minutes</p>	<p><b>Recovery</b></p> <p>No PT training Friday, Saturday and Sunday. Recommend Stretches and normal activities only.</p>

Highlighted exercises are considered 4 count exercise in cadence.

# Basic Physical Training Schedule

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Push ups Squat Jumps Mountain Climbers</p> <hr/> <p>Run/Walk</p> <p>Run 2 minutes Walk 2 minutes</p> <p>Complete R/W 6 times for a total of 24 minutes.</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Side Straddle Hops Crunches Mountain Climbers</p> <hr/> <p>Run/Walk</p> <p>Run 2 minutes Walk 1 minute</p> <p>Complete R/W 8 rounds for a total of 24 minutes</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Flutter Kicks Quick Knees (30 sec) Squat Jumps</p> <hr/> <p><b>HIIT Training</b></p> <p>Introduction to HIIT Training</p> <p><b>20min AMRAP</b> 15 Crunches 10 squats 5 push ups</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Planks (20-30sec.) Push-ups Squats</p> <hr/> <p>Run/Walk</p> <p>Run 3 minutes Walk 2 minutes</p> <p>Complete R/W 5 rounds 25 minutes</p>	<p>Recovery</p> <p>This Week's <b>HIIT = High Intensity Interval Training</b></p> <p><b>20min AMRAP (as many rounds or reps as possible within time limit at student's pace)</b></p>

# Basic Physical Training Schedule

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Push ups Squat Jumps Mountain Climbers</p> <hr/> <p>Run/Walk</p> <p>Run 4 minutes Walk 3 minutes</p> <p>Complete R/W 4 times for a total of 28 minutes.</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Side Straddle Hops Crunches Mountain Climbers</p> <hr/> <p>Run/Walk</p> <p>Run 4 minutes Walk 2 minutes</p> <p>Complete R/W 5 rounds for a total of 30 minutes</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Flutter Kicks Quick Knees (30 sec) Squat Jumps</p> <hr/> <p><b>HIIT Training</b></p> <p><b>2-3 RFT</b></p> <p>15 Squats 10 push ups 5 burpees 250m run</p>	<b>Stretch</b> <hr/> <p>Calisthenics 3 sets of 15</p> <p>Planks (30-45 sec.) Push-ups Squats</p> <hr/> <p>Run/Walk</p> <p>Run 5 minutes Walk 1-3 minutes</p> <p>Complete R/W 4 rounds 24-32 minutes</p>	<p>Recovery</p> <p><b>This Week's HIIT</b></p> <p><b>2-3 RFT (Rounds for Time – Instructor advises student of exercises and then times student to completion)</b></p>

# Basic Physical Training Schedule

## Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stretch</b>	<b>Stretch</b>	<b>Stretch</b>	<b>Stretch</b>	<b>Recovery</b>
<hr/> Calisthenics 3 sets of 18  Push ups Squat Jumps Mountain Climbers <hr/> Run/Walk  Run 6 minutes Walk 3 minutes  Complete R/W 3 times for a total of 27 minutes.	<hr/> Calisthenics 3 sets of 18  Side Straddle Hops Crunches Mountain Climbers <hr/> Run/Walk  Run 7 minutes Walk 3 minutes  Complete R/W 3 rounds for a total of 30 minutes	<hr/> Calisthenics 3 sets of 18  Flutter Kicks Quick Knees (30 sec) Squat Jumps <hr/> <b>HIIT Training</b>  <b>20 min AMRAP</b>  <b>5 pushups</b> <b>10 squat jumps</b> <b>15 Side Straddle hops</b> <b>20 Flutter kicks</b>	<hr/> Calisthenics 3 sets of 18  Planks (1 min.) Push-ups Squats <hr/> Run/Walk  Run 8 minutes Walk 3 minutes  Complete R/W 3 rounds 33 minutes	<b>Week's HIIT</b>  <b>20 min AMRAP</b>  <b>5 pushups</b> <b>10 squat jumps</b> <b>15 Side Straddle hops</b> <b>20 Flutter kicks</b>