

## PRT Preparation Workouts

I have intended the following to guide you on your way to PRT glory. I am not a qualified physician, so make sure that you consult one before you start this or any other workout program.

I will cover the three aspects of the PRT (Sit-ups, Pushups, and 1.5 mile Run), as well as some general health and fitness information. These are exercises that I have been through, and I have found them to be quite useful. You will find:

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### Running:

Preparation for the PRT run takes dedication. Below I have listed several running workouts that will help you drop seconds to minutes off your 1.5 mile time. In all of these workouts the goal is time—so get a good watch with a timer and countdown function. Other gear to be aware of includes running clothes and shoes. Make sure all fit well and keep you warm enough to only break a moderate sweat. And, in general with workouts, make them worth your while—**always** push yourself past your comfort level.

#### Running Workout for Beginners:

You may find that running does not come naturally to you at first, but with practice and repetition even you can become a track star. Begin with the timed run at your best effort. Write down this time in your PT Log and say good-bye to the track for a while. You will want to run the 1.5 mile (six laps of the track) frequently to check your progress. If your time has not changed, then stay where you are until it does.

You first need to build endurance, and we here at Berkeley are blessed. Start running distances in the hills; I recommend around three miles to start with (1.5 miles up and 1.5 miles back). If you are not ready for straight hill running, then run in the neighborhoods or on campus, alternating hills with flats at your ability level. Continue to increase your distance to around 5 miles, with a total time less than 50 minutes. Know your limits and work accordingly. You want to remain in this phase for the least amount of time, so put some real effort into it.

An important thing to remember is to alternate days. Run every other day to give your body time to recover (you may need more time to rest at first). Also, it is **very** important to stretch lightly beforehand and heavily after working out. Stay hydrated throughout, but do not make yourself sick. And, be sure to get a full night's rest before and after each workout. (See also General Comments).

Workout	Distance	Time/Pace	Location
Run (timed)	1.5 mile	9 min	Track
Jog	3 miles	10 min pace	Fire Trails/Hills

### Running Workout for Intermediates:

You should have dropped minutes off your old times and be ready for some more intense running. You may now begin a type of running called “Fahrtlich.” Basically it involves alternating sprints and jogging. Start with sprinting for 30 seconds every 3 minutes or so, then fine tune to your ability. The campus is ideal for this type of running because it gives you hills (which you can run in place of sprinting) that are moderate. If you know any of the MO running loops, they are good for this type of workout. Here, you might also begin your first track workout. They are quite intense, so ease into them. Also, take breaks between laps if you must, but each time you go out, reduce that time of rest by a few seconds.

<b>Workout</b>	<b>Distance</b>	<b>Time/Pace</b>	<b>Location</b>
Run (timed)	1.5 miles	12 min or better	Track
Jog (fahrtlich)	4 miles	9 min pace	Moderate-to-Small Hills (i.e. Campus)
Track Workout 1	3 miles	24 min	Track

<b>Workout</b>	<b>Exercise</b>	<b>Distance</b>	<b>Reps</b>
<b>Track Workout 1:</b> 3 miles, <24 min	Run (90 sec pace)	1/4 mile (1 lap)	3
	Jog w/ Sprints	Sprint 1 Straightaway each lap	3
	Run (90 sec pace)	1/4 mi	2
	Jog w/ Sprints	Sprint 1 Straightaway each lap	2
	Run (90 sec pace)	1/4 mi	2

### Running Workout for Experts:

You now are beginning to see slowing in your improvement. Your main concern here is maintenance of speed and increasing your explosive power. You may not see much change in time to run shorter distances, but you will continue to knock time off your longer workouts. Track workouts are great because they will shave the most time off your 1.5 mile run. Long distance runs are less effective because your endurance should already be quite good.

<b>Workout</b>	<b>Distance</b>	<b>Time/Pace</b>	<b>Location</b>
Run (timed)	1.5 miles	10 min or better	Track
Track workout 1	3 miles	22 min	Track
Track workout 2	3 miles	22 min	Track

### Expert Running Continued:

Workout	Exercise	Distance	Reps
<b>Track Workout 2:</b> 3 miles, <23 min	Jog (7min pace)	1 mile	1
	Run (<6min pace)	1/4 mi (1 lap)	1
	Jog	1/4 mi	1
	Run	1/4 mi	1
	Jog	1/4 mi	1
	Sprint (max effort)	1/8 mi (1/2 lap)	1
	Jog	1/8 mi	1
	Sprint	1/8 mi	1
	Jog	1/8 mi	1
	Sprint	1/8 mi	1
	Jog	1/8 mi	1
	Sprint	1/8 mi	1
	Jog	1/8 mi	1
	Jog	1/8 mi	1

### Upper Body Development:

Like running, upper body strength takes time to develop. Be patient, and **always** push yourself. It is important to give your muscles plenty of rest between workouts, so stretch well, sleep full, and eat right.

There are two categories of upper body strength tested on the PRT: Pushups and Sit-ups. We should all know the proper form for these exercises, but here is a little reminder. Pushups begin with hands shoulder width apart and elbows locked. Your torso is in line with your legs; this is the up position. In the down position, your body is still in line and your arms are at 90 degrees, with your upper arms parallel to ground. Repeat.

Sit-ups are done with someone holding your feet, your legs at most at a 90 degree angle. Your arms are crossed on your chest, with your hands touching at all times. In the up position your elbows will touch your upper thighs. Repeat.

### Pushups:

#### Pushups for Beginners:

Begin with establishing your max. Do as many pushups as you can in 2 minutes, like in the PRT. Remember form—it is more important than speed and numbers. Look up your age category in the Navy's PFA standards (see Guidebook, online, or wardroom) and set yourself a realistic goal. Keep in mind how much time you have until the PRT. If you are at 20 pushups now, aim for 50 or so. Rest as long as you need to between sets, but try to reduce this time a little each time you workout.

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Descending Push-ups	Regular	Max, then keep subtracting 5 until you get to 5 reps
		Ex. 30, 25, 20, 15, 10, 5

### Pushups for Intermediates:

Your repetitions should be increasing. You should start working more aspects of your chest muscles through Triceps and Wide-grip pushups. Triceps Pushups are done like Regular Pushups except your hands are positioned such that your index fingers and thumbs touch and form a diamond or triangle (these are also known as Diamond Pushups). It helps if you spread your feet to about shoulder width for balance. You will feel this works the inside of your chest and your triceps muscles.

The opposite is the Wide Grip Pushups are done with hands greater than shoulder width apart and hands slightly rotated outboard. This type of pushup will work the outside of your chest and your inner back. Again, rest as necessary, but try to keep it at a minimum. Also, if you must, break up the larger sets so that you can get through every single pushup. It is better to finish than to do what you can in one try.

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Push-up Pyramid	Regular	2,4,6 . . . ,18,20,20,18, . . . ,6,4,2
Max sets	Regular	max x 2
	Triceps	max x 2
	Wide	max x 2

### Pushups for Experts:

These are for the truly hardcore and will be a serious time commitment. (Just wait until we start integrating upper body exercises!). Keep up the hard work; you should see your goal is at your arms' length away.

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Push-up Pyramid	Regular	10,15,20,25,30,35,30,25,20,15,10
Push-up Pyramid	Triceps	5,10,15,20,25,30,25,20,15,10
Push-up Pyramid	Wide	10,15,20,25,30,35,30,25,20,15,10
Max sets	Regular	max x 4
	Triceps	max x 4
	Wide	max x 4

### Sit-ups:

Like Pushups, there are several types of sit-ups that will focus on particular muscle groups. The type we do at the PRT is referred to as the Regular Sit-up. There are also Crunches, Oblique Crunches, Reverse Crunches, Leg Levers, Flutter Kicks, and Atomic Sit-ups to mention a few.

Crunches begin with your knees at 90 degrees, with your shins parallel to the ground. Place your hands behind your head and lift your torso until your shoulder blades are off the ground, hold briefly, and then ease yourself back down.

Oblique Crunches are similar, but you will rotate slightly to one side or the other. (A picture or demonstration would really help here, but I'll do my best with words). Example: For the right side, roll onto your left hip so that your right knee is pointed

straight into the air and your left leg is bent and resting on the ground. Both feet will touch the ground. Place your right hand behind your head and your left one on your stomach. Aim your right elbow to a point in space above your right knee and lift your right shoulder blade off the ground. You will slightly twist your torso as necessary to maintain alignment of your elbow to your knee. Repeat, and reverse for the other side.

Reverse Crunches start like regular Crunches. Now you will place your hands under your hips, palms down. Cross your ankles, and bring your knees towards your chest, maintaining the 90 degrees at the knees. You should have your head off the ground and looking at your thighs for this exercise. Slowly lower your legs back to starting position. Repeat.

Leg Levers begin with legs locked and parallel to each other, six inches off the ground. Your hands are under your hips and your head is off the ground looking at your feet. Lift your feet simultaneously and slowly until they are approximately three feet off the ground. Lower them slowly back to six inches. Repeat.

Flutter Kicks are very similar to Leg Levers except you will alternate lifting your feet from six inches to three feet.

Finally, my personal favorite: The Atomic Sit-up. Begin with your legs as in Leg Levers, and your torso as in the Regular Sit-up position. Now raise your torso like a sit-up and bend your legs and bring your knees towards your chest. Repeat and feel the burn.

In all these exercises, form counts more than speed and repetitions. If you squeeze your abdominal muscles at each contraction and hold, you will increase your strength quickly.

#### Sit-ups for Beginners:

Start with an assessment of your abilities, like you've been doing and set yourself a nice goal. When you start out, it may help to anchor your feet under something heavy. If your roommate is not very cooperative, then find a couch, bed, or desk heavy enough. Also, make sure you are on soft ground. If you are in your room and have hard floors, double a towel over and place it under your hips and back. Couch cushions also work if you are really sensitive. Rest as necessary.

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Descending Sit-ups	Regular	Max, subtract 5 until you get to 5

#### Sit-ups for Intermediates:

They should be going much easier now. The workouts are going to get more complex and involved. For extra resistance on your sit-ups try doing them without supporting your feet. When you go back to being anchored, it will be much easier.

### Intermediate Sit-ups Continued:

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Sit-up Pyramid	Regular	3,6,9, . . . ,27,30,30,27, . . . ,9,6,3
Complete Ab Work	Regular	30 x 2
	Crunches	25 x 2
	Oblique	25 x 2 each side
	Reverse	20 x 2
	Flutter Kicks	25 4-count x 2
	Atomics	20 x 2

### Sit-ups for Experts:

Your abdominal strength should be at your ideal. Now, you just have to maintain strength.

Workout	Type	Repetitions
Max	Regular	Max in 2 minutes
Sit-up Pyramid	Regular	15,20,25,30,35,40,35,30,25,20,15
Ab Blaster (do each of these on the one minute mark)	Regular	35 x 2
	Crunches	30 x 2
	Oblique	30 x 2 each side
	Reverse	25 x 2
	Leg Levers	30 x 1
	Flutter Kicks	30 x 1
	Atomics	30 x 2

### Full UBD Routine:

If you are really looking to push yourself, you can integrate some of the previous workouts to keep you constantly in motion. For example, do the Pushup and Sit-up Pyramids at the same time by alternating between pushups and sit-ups. Here are a couple killer upper body workouts. You can begin these at any level of ability by adjusting the number of repetitions and increasing rest periods between exercises.

Event	Exercise	Type	Reps
<b>Super Sets:</b> one set = do x 20	Pushups	Triceps	10
	Sit-ups	Regular	7
	Pushups	Regular	10
	Sit-ups	Reverse Crunch	7
	Pushups	Wide Grip	10
	Sit-ups	Crunch	7

This next one involves Pull-ups. They are a great way to work your arms, shoulders, and back. There are five different types of Pull-ups: Regular, Reverse (a.k.a. Biceps), Close-grip, Wide-grip, and Mountain Climbers. Regular Pull-ups are done with hands shoulder width apart, palms facing away from you, and your thumb tucked along

your index finger over the top of the bar. Reverse is basically the same, except you face your palms towards you and pull your hand in a little narrower than shoulder width. Close-grip is when you have your hands as in Regular Pull-ups, but they are right next to each other. Wide-grip is the opposite, you place them greater than shoulder width. Lastly, Mountain Climbers involve you wrapping one hand Regular and the other is Reversed. They should touch as in thumb to butt of your hands. You will be facing along the length of the pull-up bar. As you pull yourself up, duck your head to one side of the bar, alternating sides. You may switch hands as necessary.

Form really matters with Pull-ups. You should always pull your chin above the top of the bar, and hold for just a moment, then ease yourself back down until your elbows lock. It is important not to jerk your elbows as it will damage them. Calluses will form; they are **good**, so let them be. If you really have issues, wear workout gloves.

Before we get to the intense UBD pyramid, here is a pull-up regimen that will get you ready.

Pull-ups:

Workout	Type	Repetitions
Descending Pull-ups	Regular	Max(100%), 80%, 75%, 50% 50% Ex: 6,5,4,3,3

Ok, now you are ready for the UBD Pyramid. You will alternate exercises. For instance, you begin with one pull-up, then two push-ups, then three sit-ups, then two pull-ups, four push-ups, six sit-ups, and so on. Imagine each part of the workout as being a step in the pyramid from one to ten, then ten to one. You increase one pull-up, two push-ups, and three sit-ups for every step in the pyramid. The full pyramid is 110 pull-ups, 220 push-ups, and 330 sit-ups! If you are not ready to do the full pyramid (and it is not nearly as easy as it looks), stop earlier and rest plenty between steps. So, go from one to five, then five to one.

Workout	Type	Repetitions
UBD Pyramid	Pull-up	1,2,3,4, . . . ,9,10,10,9, . . . ,4,3,2,1
	Push-up	2,4,6,8, . . . ,18,20,20,18, . . . ,8,6,4,2
	Sit-up	3,6,9,12, . . . ,27,30,30,27, . . . , 12,9,6,3

General Comments:

Sleep:

When you are working out this hard, you **must** get a full nights rest before and after each day of working out. When you sleep, your body repairs all the damage (do not worry, this is good in the long run) that you have done to your musculature during the day. So, if you do not allow proper time to rebuild, then each day you are tearing down more and more available muscle. You will not improve much and you will be constantly exhausted. As difficult as it may be with school, roommates, and etc, sleep is essential to improving your physical ability.

#### Diet:

As important as sleep, you also must fuel your body with the proper nutrients. Make sure you get enough calcium, carbohydrates, and protein. Here are some suggestions for your diet, but go with what works for you. You should reduce the amount of carbohydrates that you eat in your meals as the day wears on. Start high-carb at breakfast, moderate-carbs at lunch, and few at dinner. On the other hand, increase your protein intake as the day goes on. A small amount is good at breakfast, a moderate amount at lunch, and a large part of your dinner ought to be protein. It is not a bad idea to eat a little more protein than you think you should; most people do not eat nearly enough.

#### Stretching:

When you start out you are going to be sore, and for extended periods of the time. Stretching will help avoid losing motivation. Before you get into your workouts you should do a small amount of warm-up exercise and then stretch for about five minutes. Once you have finished, end with at least ten minutes of really good stretching. Be sure to target the areas you are going to or have worked the hardest.

If you find yourself sore at the end of the day, then it may help to stretch again. Remember not to stretch cold muscle, so start with some form of warm-up. Then stretch again for another ten, fifteen, or twenty minutes, as needed. It is also a great way to relax before you go to sleep.

Also, swimming is a great way to stretch out your muscles. If you are not a good swimmer, then sign up for a class or find someone who will help you out. If you swim correctly and regularly, you will increase your overall strength, flexibility, and speed.

I want to add that the workouts I have listed are a basic outline for a good PT regimen. However, you may need to adjust any or all of the workouts to better suit your body and physical abilities. Everyone is different, so listen to what your body tells you.

Also, I am in no way a qualified trainer or physical therapist. Therefore, I cannot guarantee your success and safety. It is my intention to give you the knowledge that has worked for me, and may also work for you.

Keep your head screwed on at all times. Try to avoid potentially dangerous activities (i.e. running at night), but if you must, then do so only with a partner. Remember the buddy system. Also, do not over exert yourself. As I mentioned, give yourself time to recover. If you run one day, work your upper body the next. And, take at least one day off every week.

Good luck and Enjoy!

Feel free to address any further questions or comments to:

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