

CPT Wismann's Proprietary (Emergency) APFT Preparation Plan

~2 weeks to prepare (PUI/SUI):

1. 30-30-30 push-ups, 100 sit-ups
2. 30-30-30 push-ups, 100 sit-ups
3. 30-40-50 push-ups, 100 sit-ups
4. Off
5. Off
6. 30-40-50 push-ups, 100 sit-ups
7. 40-40-40 push-ups, 100 sit-ups
8. 40-40-50 push-ups, 100 sit-ups
9. Off
10. Off
11. 30-40-50 push-ups, 100 sit-ups
12. 50-50-50 push-ups, 100 sit-ups
13. 50-50-50 push-ups, 100 sit-ups
14. Off
15. Off
16. Off
17. APFT

~1 week to prepare (PUI/SUI):

1. 30-30-30 push-ups, 100 sit-ups
2. 30-30-30 push-ups, 100 sit-ups
3. 30-30-30 push-ups, 100 sit-ups
4. 30-30-30 push-ups, 100 sit-ups
5. Off
6. Off
7. APFT

~2 weeks to prepare (Run):

1. 2mi Tempo (diagnostic)
2. 4mi fartleisch ½ mile tempo, ¼ mile 9:00 pace
3. 2mi Speedwork (400m sprint, 90 sec rest)
4. 6mi Recovery (9:00 pace)
5. Off
6. 3mi Tempo +:15 pace
7. 4mi fartleisch ½ mile tempo, ¼ mile 9:00 pace
8. 2mi Speedwork (400m sprint, 60 sec rest)
9. 6mi Recovery (9:00 pace)
10. Off
11. 4mi Tempo +:30 pace
12. 2mi Speedwork (400m sprint, 30 sec rest)
13. Off
14. Off
15. APFT

~1 week to prepare (Run):

1. 3mi Tempo +:15 pace
2. 4mi fartleisch ½ mile tempo, ¼ mile 9:00 pace
3. 2mi Speedwork (400m sprint, 30 sec rest)
4. 4mi Recovery (10:00 pace)
5. Off
6. 1 mi Speedwork (slow jog x 1 lap, 80% sprint straightaways & jog the curve x 2 laps, tempo lap)
7. APFT

The Final 72 Hours:

1. No exercise, healthy meals (high complex carbs, super lean high protein), hydration
2. 1 mi Speedwork (slow jog x 1 lap, 80% sprint straightaways & jog the curve x 2 laps, tempo lap)
 - a. PUI/SUI – 25 & 25 (optional)
 - b. Healthy meals (high complex carbs), hydration
3. No exercise, healthy meals (high complex carbs, super lean high protein), hydration
4. APFT Day!!!
 - a. Wake up minimum 2 hours early
 - b. Wake up +15min, lean protein shake & 8oz water
 - c. Wake up +30min, 8oz coffee, 8oz water, 1x tylenol
 - d. Poop
 - e. Wake up +1hour, small simple carbohydrate (apple, ½ banana, or power gel)
 - f. Arrive early and stretch
 - g. Do 15 push-ups before or during the guidelines brief
 - h. Poop again (optional)
 - i. Stay loose, stay warm
 - j. Do 3-4 50m run outs between sit-ups and 2mi run

***NOTES:

“Tempo” = the pace you want to run for the 2mi run test

Tempo +:15 = pace + 15sec per mile

PUI/SUI = push-up improvement, sit-up improvement

*These programs support your best performance with limited time available to prepare. If you typically score in a given range, these workouts should put you toward the top of your performance range. These will not take a 240 APFT performer and get them a 300 in only two weeks. #ThatIsNOTaThing. These also assume that you put other workout regimens on hold to focus on APFT performance during this period. This program cannot be done on top of a weight lifting or distance running program because you risk over-fatigue of the muscles.