

## RECOMMENDED PHYSICAL TRAINING PROGRAM



Regularity of exercise is far more important than the amount performed on a given day. A Drill Instructor School student should arrive with a high level of cardiovascular endurance and upper and lower body strength.

Using the recommended four week program, time yourself and document your workouts. As you complete the program use your previous times as your baseline and continue to strive to beat your time for self-progression. As you progress in training focus on form and proper execution.

In addition, students should prepare themselves for Conditioning Hikes that will consist of 8km and 12km forced conditioning marches at a 3.2 mph pace under load of an ILBE pack ranging from 50-60 lbs with a weapon.

Water Survival Basic is the minimum requirement at Drill Instructor School. If you are a weak swimmer, lap swimming will be beneficial. Not only will it help you feel more confident in the water, it is an excellent means of physical conditioning which reduces the cause of undue stress on the joints or bones.

### **PRE-CONDITIONING PROGRAM OVERVIEW**

#### **COMBAT CONDITIONING SESSION SEQUENCE:**

Combat Conditioning Sessions are broken down into three parts:

1. Dynamic Warm-up
2. Workout (PT Plan)
3. Cool-Down and recovery (Stretching)

## Dynamic Warm Up

Use a four count repetition for a total of 10 repetitions

**Neck Clocks:** Start by going clockwise then rotate to counter clockwise. Tilt head forward bring chin to chest; tilt head back chin to the sky, and tilt head to the right bringing the right ear to the shoulder, then tilt head to the left bringing the left ear to the shoulder. Four-count with one count per movement; 1) forward, 2) back, 3) right, and 4) left.

**Forward Arm Circles:** Perform this exercises with arms locked straight out fingers extended and joined, thumb along the hand and palms facing down. Perform big steady circles with slight pinch of the shoulder blades.

**Backward Arm Circles:** Perform this exercises with arms locked straight out fingers extended and joined, thumb along the hand and palms facing down. Perform big steady circles with slight pinch of the shoulder blades.

**Heel Toe Rocks:** Performed in standing position with hands on hips, rock forward onto the toes / balls of the feet then rock back on the heels keeping the knees are slightly bent . Four-count with one count per movement; 1) toes, 2) heels, 3) toes, 4) heels.

**Stationary Knee Hug:** From standing position, rise up on the ball of the feet and raise the right leg, hugging the right knee to the chest while pointing the right toes to the sky. Return to standing position. Rise up on the right toes and raise the left leg, hugging the left knee to the chest while pointing the left toes to the sky. Return to standing position. Four-count with one count per movement; 1) right knee hug, 2) standing position, 3) left knee hug, 4) standing position. Count needs to be slower for this exercise.

**Backward Lunges:** Starting position is feet shoulder width apart and hands on hips with the fingers extended and joined. Perform exercises by taking a step back (Stride length ) bending the front knee and hip in keeping weight on heel bending the back knee until the knee touches blades of grass . Head up, chest up and hands will be up, palms facing inboard, fingers extended and joined thumb along the hand. The upper arm is parallel to the deck. Return to the start position then switches legs. Four-count with one count per movement; 1) left knee touches deck, 2)

starting position, 3) right knee touches deck, 4) starting position. Count needs to be slower for this exercise.

**Side Straddle Hops:** Perform this exercise by standing straight with your feet together, arms fully extended by your sides. Slightly bend your knees and push through the balls of your feet and then straighten and push your knees to jump up by spreading your legs and hip wide apart. While performing this, raise your hands up and out smoothly until your hands meet above your head. Final position: While returning to the ground, bring your feet together and your hands again to your sides.

**Mogul jumps:** Perform this exercise by starting in the up position of a push-up with the balls of your feet on the ground, legs together keeping your arms straight. Start by bringing your feet towards your left torso near your hands. Knee placement should be on the outside of the elbow. Your feet will remain together your core tight and your back in a natural curl. Return to center by extending your body back to the start position always maintaining a tight core with the back straight. At no time should the hips sag, now rotate to your right torso in the same manner described to the left. Return to the starting position for one repetition. Four-count with one count per movement; 1) left side, 2) starting position, 3) right side, 4) starting position.

**Hand Reset Push Ups:** Perform this exercise by starting in the up position of a push-up. Go down all the way until your chest touching the ground. Lift hands up off the deck (pinch shoulder blades together) then put the hands back on deck and push-up back to the start position.

**Groiners:** Perform this exercise by starting in the up position of a push-up, keeping the core tight. Bring the left leg/foot to the outside of the left hand then back to starting position, then bring the right leg/foot to the outside of right hand and then back to starting position. Four-count with one count per movement; 1) left leg/foot up, 2) right leg/foot up, 3) left leg/foot up, 4) right leg/foot up.

**Lunge with a twist:** Starting position is feet shoulder width apart and hands on hips with the fingers extended and joined. Perform this exercise by doing a forward lunge then twisting your torso with the opposite arm towards the direction of the forward leg. The opposite upper arm is parallel to the deck with

the forearm forming a 90 degree angle formed with the tricep. The fingers are extended and joined and the thumb along the hand with the palms facing outboard. The elbow is directly above the forward knee, return to starting position repeat to the opposite leg as previously described. Four-count with one count per movement; 1) forward lunge with left leg/right elbow, 2) starting position, 3) forward lung with right leg/left elbow, 4) starting position. Count needs to be slower for this exercise.

**Butt kicks:** Perform this exercise by flexing the knee bringing the heel of the leg up to the butt or as close as possible to the butt. Keep pointed towards the ground. Alternate legs at a quick pace for a total of 30 seconds.

**Long striders:** Perform this exercise by running in place but keep the legs and arms straight with a slight bend in the knee. Arms should move with opposite leg. Start with left foot forward, as if you were cross country skiing or on an elliptical machine. Perform exercise for a total of 30 seconds.

**Running in place:** Performed by running in place keeping a tight core and elbows tight to the rib cage. The forearms are parallel to the deck and the fingers are extended and joined with the thumb along the hand. Palms are facing down. The knees are high and touching the palms continue to run in place for 60 seconds.

Water Survival Basic - See MCO 1500.52D.

Obstacle Course - Standard Marine Corps Obstacle Course. **MUST BE ABLE TO SUCCESSFULLY NEGOTIATE EVERY OBSTACLE IN ORDER TO GRADUATE DRILL INSTRUCTOR SCHOOL.**

Confidence Course - Fear of heights and lack of upper body strength to obstacles requiring more upper body strength are the biggest issue with Drill Instructor school students. **MUST BE ABLE TO SUCCESSFULLY NEGOTIATE EVERY OBSTACLE IN ORDER TO GRADUATE DRILL INSTRUCTOR SCHOOL.**

Pulls and Crunches - 3 Max sets of pull-ups with 5 assisted and 10 pushups. An addition to any workout to help maintain Pull-ups and crunches. Alternate between knees to elbows (below)

Knees to Elbows - 3 Max sets of knees to elbows on pull-up bars with 5 assisted and 10 pushups. An addition to any workout to help build core strength. Alternate between pulls and crunches (above)

**FOUR WEEK PRE-CONDITIONING PROGRAM:**

See attachment.

**WORKOUT CARD:**

1. 30 Push Ups
2. 30 Air Squats
3. 30 Crunches
4. 10 Burpees
5. 10 Heel Toe Rocks (stretch/relax)
6. 30 Push Ups
7. 30 Mountain Climbers
8. 30 Flutter Kicks
9. 10 Burpees
10. 10 Cherry Pickers (stretch/relax)
11. 30 Push Ups
12. 30 Star Jumpers
13. 30 Back/Cobra Extensions
14. 10 Burpees
15. 10 Arm Circles Forward/Backward (stretch/relax)
16. 30 Push Ups
17. 30 Lunges
18. 30 Hello Dollies
19. 10 Burpees
20. 10 Butt kicks (stretch/relax)
21. Max sets of dead hang pull ups and 5 negative pull-ups

\* All exercise are executed in a single count cadence.

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1	Recovery Day Stretch/Hydrate	1.5 mile run Target time: 11:00 Work Out Card x1 Cool Down/Stretch  Uniform: PT2	2 Rounds of 880yd Run 10 Diamond Push-ups 20 Burpees 30 Bicycle Crunches 40 Air Squats  Uniform: PT2	Recovery Day Stretch/Hydrate	2 mile run Target time: 14:40 Work Out Card x1 Cool Down/Stretch  Uniform: PT2	5 Rounds of 440yd Run 20 Cobra Extensions 20 V-Ups 20 Lunges (10 each leg) Max set: Push-ups x3 Crunches: 60,30,30,60 (seconds) Uniform: PT1	2.5 mile run Target time: 18:20 Cool Down/Stretch  Uniform: PT2
2	Recovery Day Stretch/Hydrate	3 Rounds of 880yd run 50 Push-ups 60 Air Squats 70 Crunches 3 Max sets: Knees to Elbows  Uniform: PT1	2 mile run Target time: 14:40 Work out Card x1 Cool Down/Stretch  Uniform: PT2	Recovery Day Stretch/Hydrate	2.5 mile run Target time: 18:20 Work Out Card x2 Cool Down/Stretch  Uniform: PT2	6 Rounds of 440yd Run 15 Burpees 30 lunges Max set: Pull-ups x3 Cruches: 2 minutes x2  Uniform: PT1	3 mile run Target time: 22:00 Cool Down/Stretch  Uniform: PT2
3	Recovery Day Stretch/Hydrate	3 mile run Target time: 22:00 Work Out Card x1 Cool Down/Stretch  Uniform: PT2	1.5 mile run Target time: 11:00 50 Push-ups 75 Crunches 100 Air Squats 1.5 mile run Max set: Pull-ups x3  Uniform: PT2	Recovery Day Stretch/Hydrate	3.5 mile run Target time: 25:40 Work Out Card x2 Cool Down/Stretch  Uniform: PT2	2 Rounds of 880yd Run 20 Diamond Push-ups 30 Burpees 40 Bicycle Crunches 50 Air Squats  Uniform: PT1	4 mile run Target time: 29:20 Cool Down/Stretch  Uniform: PT2
4	Recovery Day Stretch/Hydrate	1.5 mile run Target time: 11:00 Cool Down/Stretch  Uniform: PT2	Inventory PFT  Uniform: PT2	Recovery Day Stretch/Hydrate	Inventory CFT  Uniform: PT1	Recovery Day Stretch/Hydrate	3 mile run Target time: 22:00 Cool Down/Stretch  Uniform: PT2

Uniform:

PT1: Seasonal Boots and Utilities

PT2: Green on Green PT gear

Note:

Prior to starting the program, take a PFT and CFT so you can see your progression at the end of the program.