



IFT Workout Program

(21 Days to Pass the IFT)

Day 1.

1-mile run
25 pull-ups
50 pushups
75 air squats
1 mile run...Annotate Time-

Day 2.

Breath hold techniques (10x30 seconds sitting, 2 min in between)
500-meter swim
21-15-9 (you do the number of each exercise before moving to the next exercise)
Burpees
Sit-ups
Lunges...Annotate Time-

Day 3.

Run (intervals/sprints)
6x 200 meter sprints
4x 400 meter sprints
2x 800 meter sprints
Rest 200 meters of jog/walk between sprints

Day 4.

Breath hold techniques (10x30 seconds sitting, 2 min in between)
500-meter swim
30 min AMRAP (as many rounds as possible)
5 pull-ups
15 pushups
15 sit-ups...Annotate rounds-

Day 5.

1-mile run
40 flutter kicks (4 ct)
40 burpees
40 jumping squats
40 elevated pushups
40 jumping pull-ups
1 mile run...Annotate Time-

Day 6.

Rest or do you own workout

Day 7.

Rest or do your own workout



Day 8.

1-mile run
50 pull-ups
100 pushups
150 air squats
1 mile run...Annotate Time-

Day 9.

Breath hold techniques (10x35 seconds sitting, 1.5 min in between)
500-meter swim
27-21-15 (you do the number of each exercise before moving to the next exercise)
Burpees
Sit-ups
Lunges...Annotate Time-

Day 10.

Run (intervals/sprints)
7x 200 meter sprints
5x 400 meter sprints
3x 800 meter sprints
Rest 200 meters of jog/walk between sprints

Day 11.

Breath hold techniques (10x35 seconds sitting, 1.5 min in between)
500-meter swim
35 min AMRAP (as many rounds as possible)
7 pull-ups
20 pushups
20 sit-ups...Annotate Rounds-

Day 12.

1.5-mile run
50 flutter kicks (4 ct)
50 burpees
50 jumping squats
50 elevated pushups
50 jumping pull-ups
1.5 mile run...Annotate Time-

Day 13.

Rest or do your own workout

Day 14.

Rest or do your own workout



Day 15.

1-mile run
100 pull-ups
200 pushups
300 air squats
1 mile run...Annotate Time-

Day 16.

Breath hold techniques (10x40 seconds sitting, 1 min in between)
500-meter swim
27-21-15-9 (you do the number of each exercise before moving to the next exercise)
Burpees
Sit-ups
Lunges...Annotate Time-

Day 17.

Run (intervals/sprints)
8x 200 meter sprints
6x 400 meter sprints
4x 800 meter sprints
1x1 mile (1600 meters)
Rest 200 meters of jog/walk between sprints

Day 18.

Breath hold techniques (10x40 seconds sitting, 1 min in between)
500-meter swim
40 min AMRAP (as many rounds as possible)
8 pull-ups
25 pushups
25 sit-ups...Annotate Rounds-

Day 19.

2-mile run
60 flutter kicks (4 ct)
60 burpees
60 jumping squats
60 elevated pushups
60 jumping pull-ups
2 mile run...Annotate Time-

Day 20.

Rest or do you own workout

Day 21.

Rest or do your own workout

NOTES: