



## **PAST PREP Workout Program**

**(21 Days to Pass the PAST)**

### **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: