

# Recruit Prep

# october 2008

## Month Objectives

- Assessments
  - ROM
  - Kines
  - Strength
  - Endurance
  - Power
- Create groups
- Endurance circuit
- Intro to 24
- Ladder circuit
- Intro to hose
- Hose Circuit
- Intro to 26'

## PFTs Assisting

- Heddings
- Donnelly
- Humphrey
- Nelson
- Shuck
- Abney
- TeRoi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9 - B Shift Orientation & Assessment	10 LSD Run	11 Workout 1	12 Rest
13 Columbus Day Stair workout	14 Workout 2	15 Rest	16 - D shift Kines/Endurance Workout	17 Fartlek Run	18 Kines/Endurance Workout	19 Rest
20 Stair workout	21 Kines/Endurance Workout	22 Rest	23 - A Shift 24' Ladder & Hose Kines	24 IVD Run	25 Hose Endurance Workout	26 Rest
27 Stair workout + weight	28 Ladder Endurance Workout	29 Rest	30 - B shift LADDER HOSE Drill & workout	31 LSD Run		

# Recruit Prep

# november 2008

### Month Objectives

- Intro- timed drills
- Strength circuit
- Intro to 26
- Hose Skills
- Hose Circuit

### PFTs Assisting

- Heddings
- Heddings
- Donnelly
- Humphrey
- Nelson
- Shuck
- Abney
- TeRoi
- Woolsey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Hose & Ladder Strength Workout	2 Rest
3 Stair workout + weight	4 Hose & Ladder Strength Workout	5 Rest	6 C Shift TOWER HOSE Skills	7 Fartlek Run	8 Tower Workout	9 Rest
10 Stair workout + weight	11 Veterans Day Tower Workout	12 Rest	13 A shift KINES Timed Drills	14 IVD Run	15 Kines Workout	16 Rest
17 Stair workout + weight	18 Kines Workout	19 Rest	20 Shift LADDER Kines 26'	21 LSD Run	22 Ladder Strength Workout	23 Rest
24  Stair workout + weight	25 Rest	26 Strength Workout Lower	27 Thanksgiving No Class REST	28 Fartlek Circuit	29 Strength Workout Upper	30 Rest

# Recruit Prep




# december 2008

## Month Objectives

- Intro to Randy
- Hill Running
- Power Circuit
- Bounding
- Tower Workouts
- 35' Drills

## PFTs Assisting

- Heddings
- Donnelly
- Humphrey
- Nelson
- Shuck
- Abney
- TeRoi
- Woolsey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Hill + weight Workout	2 Power Workout Upper	3 Rest	4  Shift HOSE LADDER Drills & Workout	5 IVD Run	6 Power Workout Upper	7 Rest
8 Bounding workout	9 Upper Endurance Circuit	10 Rest	11  Shift Randy Kines & TOWER workout	12 LSD Run	13 Kines Circuit	14 Rest
15 Lower Endurance Circuit	16 Kines Workout	17 Rest	18  Shift LADDER KINES 35"	19 Fartlek Run	20 Endurance Circuit	21 Rest
22 Bounding workout	23 Power Workout Upper	24 Power Workout Lower	25 Christmas NO CLASS	26 LSD Run	27 IVD Circuit + weight	28 Rest
29-2 day Huskey Stadium Drill	30	31				

# Recruit Prep

# january 2009

## Month Objectives

- Indiv programs –**  
what they dislike the most
- Intro to Randy
- Mock Class days
- Intro to Warm-up
- Sleep Schedule
- Eating Schedule
- Study Schedule

## PFTs Assisting

- Heddings
- Donnelly
- Humphrey
- Nelson
- Shuck
- Abney
- TeRoi
- Woolsey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 New Year's Day NO CLASS	2	3	4
5	6	7	8 A Shift Randy & TOWER workout	9	10	11
12	13	14	15 D Shift Hose Ladder Drill + workout	16	17	18
19 Martin Luther King Jr. Day	20	21	22 C Shift Timed drills	23	24	25
26	27	28	29 B Shift Last Class Speakers	30	31	

# Recruit Prep

# february 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5 Start of Recruit School??	6	7	8
9	10	11	12	13	14	15
16 Presidents Day	17	18	19	20	21	22
23	24	25	26	27	28	