



**NEWPORT
SEA BASE**

Mile Time: 12:47

Sit Ups (in 60 sec): 13

3

7

X

Date	Activity (time, sets, reps, weight, etc...)				
	Push-ups Band work	Weights	gym time med ball work	Swim set	
2/27	60PU, 60BW	4x4 GCL 4x4 GCL 4x4 GCL	glove ham time med ball work	4x200 swim set 4x150 3-5-7	12x25 IM 10 12x25 FLY 10 4x25 IM 10 5(3x100) 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, 12:00
3/1	no	no weights	no weights	no swim	no swim
3/3	60BW, 60BW	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/6	60PU, 60BW 10pullups	4x4 GCL 4x4 GCL 4x4 GCL	glove ham med ball work	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/8	no	no weights	no weights	no swim	no swim
3/10	Pin press Esque 4x12	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/13	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/15	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/17	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/20	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/22	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/24	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/27	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/29	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split
3/31	60PU, 60BW 10pullups	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split	4x10 split 4x10 split 4x10 split

Name: Ben Teshe

Date		Activity (time, sets, reps, weight, etc...)				
		PV/BW	WEIGHTS		SWIM SETS	
Week 6	4/3	60 PV 60BW	4x10 army press	4x12 dips	8x150 PULL 80W	10x50 100 KICK 22
	4/5	60 PV 60 BW	4x50 PV	4x10 chin ups	8x25 IM 8x25 IM	6x100 100 PULL 22
	4/7	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM 8x25 IM	10x50 100 22 hold 103
	4/10	60 PV 60 BW	4x10 army	4x12 HH	8x150 PULL	10x50 100 KICK 22
Week 7	4/12	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/14	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/17	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/18	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
Week 8	4/20	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/24	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/26	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	4/28	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
Week 9	5/1	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/3	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/5	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/8	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
Week 10	5/10	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/12	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/15	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/17	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
Week 11	5/19	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/21	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/24	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/26	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
Week 12	5/28	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/30	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	5/31	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22
	6/1	60 PV 60 BW	4x10 army	4x10 chin ups	8x25 IM	10x50 100 KICK 22

FINALS!!

Week 12

taper

prelims
Finals

off season

1B+7

Final Fitness Test Results:

Mile Time: _____ Sit Ups (in 60 sec.): _____ Pull Ups (in 60 sec.): _____ Sit & Reach: _____