

OPD PT Test Preparation Program (Weeks 1-5)

Workout #1 - Resisted Repetitions

	Week 1	Week 2	Week 3	Week 4	Week 5
Dynamic Warm-up					
Test Specific A1 Spiderman Push-up A2 Alternating DB Lunge A3 Squat Jump A4 Medicine Ball Sit-up	AMAP in 15 minutes x 4 x 6 (3 each side) @ x 4 (max height) x 8 @ # of sets:	AMAP in 15 minutes x 4 x 6 @ x 4 (max height) x 8 @ # of sets: (beat week 1)	AMAP in 15 minutes x 6 x 8 @ x 6 (max height) x 10 @ # of sets:	AMAP in 15 minutes x 8 x 8 @ (+ weight) x 4 @ (+ weight) x 10 @ (+ weight) # of sets:	AMAP in 15 minutes x 10 x 12 @ x 6 @ x 12 @ # of sets:
Injury Prevention B1 Inverted Row B2 DB Hip Drop on SB B3 Side Plank B4 Toe Taps	4 x 8 4 x 12 @ 4 x 15s each side 4 x 20s	4 x 10 4 x 15 @ 4 x 20s each side 4 x 30s	4 x 10 4 x 15 @ (+ weight) 4 x 20s each side 4 x 30s	4 x 12 4 x 20 @ 4 x 25s each side 4 x 40s	4 x 12 4 x 20 @ (+ weight) 4 x 30s each side 4 x 40s
Foam Roll/Stretch					

AMAP = as many as possible

DB = dumbbell

SB = stability ball

s = seconds

Workout #2 - Hiking

	Week 1	Week 2	Week 3	Week 4	Week 5
Go Hiking or Trail Running (If hiking, try to move fast with minimal rest)	2-3 miles	2-3 miles (+ weight)	3-4 miles	3-4 miles (+ weight)	4-5 miles
Foam Roll/Stretch					

Workout #3 - Assisted Repetitions

	Week 1	Week 2	Week 3	Week 4	Week 5
Test Specific A1 Bar Push-up A2 Band Pull-apart A3 SB Sit-up A4 Ankle Hop	2 x 25+ 2 x 25 @ 2 x 30+ 2 x 30	2 x 25+ 2 x 25 @ 2 x 30+ 2 x 30	3 x 25+ 3 x 25 @ 3 x 30+ 3 x 30	2 x 30+ 2 x 30 @ 2 x 35+ 2 x 35	3 x 30+ 3 x 25 @ 3 x 35+ 3 x 35
Run 1/2-mile repeats (Warm up with 1-2 laps at moderate speed)	3 x 1/2 mile	4 x 1/2 mile	4 x 1/2 mile	5 x 1/2 mile	5 x 1/2 mile
Foam Roll/Stretch					

Bar Push-up - Set a bar up on a squat rack to place your hands on for your push-ups. The higher the bar, the easier your push-ups will be. Put the bar as high as necessary to do 25 consecutive push-ups. If you can already do 25 push-ups on the floor, try for 40-50 on the bar. Each week, try to lower the bar, while continuing to hit at least 25 push-ups. You can also use stairs, a counter, bench, or anything else stable to put your hands on if a squat rack is not available.

SB Sit-up - Sit-ups on the stability ball should be easier than on the floor. Our goal is to do at least 30. If this is still too much of a challenge, do as many as possible, rest for a few seconds, then continue. You may pause if necessary, but don't stop the set completely until you reach 30. If you are easily able to reach 30, try for 40-50 or hold a medicine ball or small weight plate.

Run - The goal with this run is to go faster than the pace you will need to run to successfully pass the 1.5-mile portion of the PT test. To run a 15:54, you would need to do each half mile in 5:18 (2 laps on a high school track). This puts each lap at 2:39. I'd rather not cut it that close, so let's call it 2:30 each lap or a 5-minute half mile. For our 1/2-mile repeats, we want to run faster than necessary, so try for between 4 and 4:30 per half mile. Rest 2-4 minutes between runs.

Workout #4 - Practice Test (Try to improve your numbers every week)

	Week 1	Week 2	Week 3	Week 4	Week 5
A1 Vertical Jump	Height:	Height:	Height:	Height:	Height:
B1 Max Push-ups	#:	#:	#:	#:	#:
C1 Max Sit-ups in 1 minute	#:	#:	#:	#:	#:
D1 1.5-Mile Run	Time:	Time:	Time:	Time:	Time:
Foam Roll/Stretch					

Vertical Jump - If you don't have access to a Vertec (or similar vertical jump measurement tool), you can try jumping next to a wall with a piece of chalk or a piece of rolled tape to mark the wall at the top of your jump. It's not the best, or most accurate way to measure, but will at least give you a baseline and a way to gauge improvement.