

## OPD PT Test Preparation Program (Weeks 6-10)

### Workout #1 - Resisted Repetitions

	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Dynamic Warm-up</b>					
<b>Test Specific</b> A1 Feet Elevated Push-up A2 18" DB Step-up A3 Split Squat Jump A4 SB Jackknife	<b>AMAP in 15 minutes</b> x 4 x 4 each side @ x 4 (max height) x 6  # of sets:	<b>AMAP in 15 minutes</b> x 4 x 4 each @ (+ weight) x 4 (max height) x 6  # of sets: (beat week 1)	<b>AMAP in 15 minutes</b> x 6 x 6 each side @ x 6 (max height) x 8  # of sets:	<b>AMAP in 15 minutes</b> x 8 x 4 each @ (+ weight) x 6 @ (+ weight) x 10  # of sets:	<b>AMAP in 15 minutes</b> x 10 x 6 each side @ x 6 @ x 12 @  # of sets:
<b>Injury Prevention</b> B1 1-arm DB Row B2 1-leg Hip Extension B3 Dynamic Side Plank B4 Toe Taps	4 x 8 each side @ 4 x 8 each side 4 x 8 each side 4 x 40s	4 x 10 each side @ 4 x 10 each side 4 x 10 each side 4 x 40s	4 x 10 each side @ 4 x 10 each side 4 x 10 each side 4 x 45s	4 x 12 each side @ 4 x 12 each side 4 x 12 each side 4 x 45s	4 x 12 each side @ 4 x 12 each side 4 x 12 each side 4 x 45s
<b>Foam Roll/Stretch</b>					

**AMAP** = as many as possible

**DB** = dumbbell

**SB** = stability ball

**s** = seconds

## Workout #2 - Hiking

	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Go Hiking or Trail Running (If hiking, try to move fast with minimal rest)</b>	3-4 miles (+ weight)	3-4 miles (+ weight)	4-5 miles	4-5 miles (+ weight)	4-5 miles (+ weight)
<b>Foam Roll/Stretch</b>					

Carry a weighted pack. Start with 10 lbs. if running and 20 lbs. if hiking. Add weight in 2-5 lb. increments for running and 5-10 lb. increments if hiking.

### Workout #3 - Assisted Repetitions

	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Test Specific</b> A1 Plate Floor Press A2 Band Pull-apart A3 Band Assist Sit-up A4 Lateral Line Hops	2 x 30+ @ 25-45 2 x 25 @ 2 x 30+ 2 x 30	2 x 35+ @ 25-35 2 x 25 @ 2 x 30+ 2 x 30	3 x 35+ @ 25-45 3 x 25 @ 3 x 30+ 3 x 30	2 x 35+ @ 35-45 2 x 30 @ 2 x 35+ 2 x 35	3 x 35+ @ 35-45 3 x 25 @ 3 x 35+ 3 x 35
<b>Run</b> 1/2-mile repeats  (Warm up with 1-2 laps at moderate speed)	4 x 1/2 mile	5 x 1/2 mile	5 x 1/2 mile	6 x 1/2 mile	6 x 1/2 mile
<b>Foam Roll/Stretch</b>					

**Band Assist Sit-up** -Anchor a light resistance band around a squat rack, in a door, or in another manner. Sit on the floor facing the band, holding it with light tension. The band should assist you the most at the bottom when your hands are furthest from the anchor point and it is the most stretched out. Make sure you maintain band tension throughout the movement, but don't make it too easy on yourself.

**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. Take the pace you ran the previous 5 weeks, and attempt to go faster.

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

	Week 6	Week 7	Week 8	Week 9	Week 10
<b>A1 Vertical Jump</b>	Height:	Height:	Height:	Height:	Height:
<b>B1 Max Push-ups</b>	#:	#:	#:	#:	#:
<b>C1 Max Sit-ups in 1 minute</b>	#:	#:	#:	#:	#:
<b>D1 1.5-Mile Run</b>	Time:	Time:	Time:	Time:	Time:
<b>Foam Roll/Stretch</b>					

**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.