

Table Of Contents

Description of the Material:

Workouts are broken into phases which correspond to academic year (freshman, sophomore, junior, senior).

Each academic year is broken into two, 12-week cycles within those phases for use in Fall and Spring if desired.

If you start this program after your freshman year, it is your discretion of what phase to start at based on your physical ability.

Maintenance workouts are designed for use during winter/summer/holiday breaks and to allow your body to deload/rest.

If there are any exercises that you don't understand, please feel free to post your questions in the AFSPECWAR.com group page.

During an extended break and after using the maintenance workouts, either rest, conduct heavy stretching or repeat a workout week of your choice from the previous 12-week program accomplished.

Freshman Year

[Phase 1.1 Weeks 1-6](#)

[Phase 1.2 Weeks 7-12](#)

[Phase 1.3 Weeks 1-8](#)

[Phase 1.4 Weeks 9-12](#)

[Maintenance Workouts](#)

Sophomore Year

[Phase 2.1 Weeks 1-4](#)

[Phase 2.2 Weeks 5-8](#)

[Phase 2.3 Weeks 9-12](#)

[Phase 2.4 Weeks 1-4](#)

[Phase 2.5 Weeks 5-8](#)

[Phase 2.6 Weeks 9-12](#)

[Maintenance Workouts](#)

Junior Year

[Phase 3.1 Weeks 1-6](#)

[Phase 3.2 Weeks 7-12](#)

[Phase 3.3 Weeks 1-6](#)

[Phase 3.4 Weeks 7-12](#)

[Maintenance Workouts](#)

Senior Year

[Phase 4.1 Weeks 1-6](#)

[Phase 4.2 Weeks 7-12](#)

[Phase 4.3 Weeks 1-6](#)

[Phase 4.4 Weeks 7-12](#)

[Maintenance Workouts](#)

CADET PHYSICAL DEVELOPMENT PLAN FOR 19Z

PURPOSE: A Cadet Physical Development Plan to formalize academy and detachment cadet Special Warfare Clubs (SWCs) via standardized information providing foundational blocks for an AFSPECWAR career.

FORMAT: The Cadet Physical Development Plan provides stair-stepped land and water workouts, designed to fit within a 12-week Fall and 12-week Spring period, with deload/rest and maintenance periods included for winter/summer/holiday breaks. **USE THE MAINTENANCE PERIODS, take some days off to rest, and do not attempt to work out at maximum effort year-round or you will injure yourself.**

RISK: Academic LPs involve low risk and may be accomplished in a classroom/field setting. Physical LPs (including water and land fitness, and the 4-year Physical Development Plan) include the disclaimer indicating ***WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.*** SWCs MUST follow all procedures set forth by their Det/CC to safely conduct training as the Det/CC, not the cadets, maintain responsibility for their cadets. See ORM template as an example.

AUDIENCE: This Physical Development Plan is intended for USAFA and AFROTC cadets to utilize in developing and formalizing their SWCs, provide information to the rest of the detachment, and should remain at these locations. **THIS PLAN SHALL NOT BE DISTRIBUTED TO ANYONE ELSE.**

Prior to utilizing the Physical Development Plan, SWCs should reach out to contracted Field Developers (FDs) via their uniformed Det Club OICs **so their cadets receive proper instruction** on land and water events in what are called “SW Development Sessions.” For questions on how to contact FDs, see the AFSPECWAR update message sent to Det/CCs in August 2022, directing Dets on how to contact AFRS/RSOW. After successful sessions with FDs, cadets should start with land events followed by water events, listed in sequential order below.

READ THE TABLE OF CONTENTS NEXT: Post any questions on the AFSPECWAR.com website

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, FALL, WEEKS 1-6

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 800m Time: 25 min	Warm-up	Freestyle	1	100m	Easy	2:00
	Drill Sets	Position 11 Drill	4	25m	Easy	0:30
		Rotational Drill	4	25m	Easy	0:30
		1-Arm Free	4	25m	Easy	0:30
		Bow and Arrow	4	25m	Easy	0:30
	Main Set					
		Freestyle	2	100m	2:30	2:00
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Bench Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	BB Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12	65%-85%	0:45-1:00
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m Time: 40 min	Warm-up	Freestyle	1	100m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Side Kicking w/ Fins	2	50m	Easy	0:30
		Side Stroke/ Combat Recovery	2	100m	Easy	1:30
		Rotation Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	2	100m	2:30	2:00

		Side Kicking w/ Fins	2	100m	2:30	2:00
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	2:00
Total Distance: 1000m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	8	50m	1:45 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	3:00
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00
	3	Treading Water	2		1:00 on/ :30 off
	4A	Drownproofing (Bobbing)	1		2:00
	4B	Drownproofing (Float)	1		1:00 on

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	100m	Easy	2:00
Total Distance: 700m	Drill Sets	Fingertip Drag	2	25m	Easy	0:30
Time: 30 min		Rotational Drill	2	25m	Easy	0:30

		Main Set				
		Freestyle	2	100m	2:30	2:00
		Finning (Side Kicking)	2	100m	2:30	2:00
		Cool Down				
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Overhead Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Row	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	5	Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Reverse Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	100m-200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	30 (4 Count)		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12	65%-85%	0:45-1:00
	5	SL RDL	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Streamline/ Pushoff	1	10 minutes	Technique	
Time: 40 min		Turns	2	10 minutes	Technique	
	Main Set					
		Side Kicking w/ Fins	1	250m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Lateral Raises	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300	Easy	2:00
Total Distance: 1000m	Intro to Breaststroke	Breaststroke Kick on Back	2	25m	Easy	0:30
Time: 40 min		Breaststroke 2 kick/ 1 pull	2	25m	Easy	0:30
		Dolphin Kick w/ Board	2	25m	Easy	0:30
		Breaststroke Pull w/ Dolphin Kick	2	25m	Easy	0:30
	Main Set					
		Breaststroke	4	50	1:45 Interval	
		Freestyle	4	50	1:30 Interval	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	3:00
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00
	3	Treading Water	2		1:00 on/ :30 off
	4	Buddy Breathing	1	Mild	2:00

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	LSD (Long Slow Distance)	1	35-45 min	8:30	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	BB Split Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	15		
	4	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Week 3

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1225m	Main Set	Rotational Drill	3	25m	Easy	0:30
Time: 45 min		Freestyle	3	50m	1:15	0:30
		Flutter Kick w/ Kickboard	3	50m	1:40	0:45
		Freestyle	4	75m	2:00	1:00
		Sidestroke	2	75m	2:00	1:00
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:45
Time: 20 min	2	Buddy Breathing	1	Mild	2:00
	3	Treading Water	2		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Bench Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	BB Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	4	800m	3:20	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12	65%-85%	0:45-1:00
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	4	50m	1:15	0:30
		Side Kicking w/ Fins	1	300m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	15m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00

Total Distance: 1000m		Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	500m	1:15 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Week 4

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
Total Distance: 1000m	Drill Sets	Rotational Drill	2	25m	Easy	0:30
Time: 35 min		Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	5	50m	1:00	0:45
		Breast Stroke	4	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Overhead Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Rows	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min		
	3B	Sit-ups	3	30		
	4	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	5	Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Reverse Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:15	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	30 (4 Count)		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12	65%-85%	0:45-1:00

	5	SL RDL	4	6-12	65%-85%	0:45-1:00
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Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m Time: 40 min	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Finger Tip Drag	3	50m	Technique	2:00
	Main Set					
		Freestyle	2	200m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	15m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
	2A	Lateral Raises	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 800m Time: 20 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Ruck w/ 25 lbs	1	2 mi	15:00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1	Deadlift	4	6-12	65%-85%	0:45-1:00
	2A	BB Split Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	15		
	4	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Week 5	Day 1	Total Time: 2hr 50 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1050m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
		Main Set	Freestyle	4	50m	1:10	0:30
	Time: 35 min		Sidestroke	4	50m	1:10	0:30
			Freestyle Down Sidestroke Back	1	250m	1:10 per 50m	
		Cool Down					
			Choice of Stroke	1	100m	Easy	NA
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:30	
	Time: 25 min	2	Buddy Breathing	1	Moderate	1:00	
		3	Treading Water	2		1:00 on/ :30 off	
		4A	Drown Proofing (Bobbing)	1	1:30		
		4B	Drown Proofing (Floating)	1	1:30		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1	Bench Press	4	6-12	65%-85%	0:45-1:00	
Time: 1hr 15 min	2A	Pull Ups	4	6-12	65%-85%	0:45-1:00	
	2B	Lat Stretch	4	3 Seconds			
	3A	Plank	3	1 min			
	3B	Sit-ups	3	30			
	4	Overhead Press	3	6-12	65%-85%	0:45-1:00	
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00	
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00	
	7	BB Curls	3	6-12	65%-85%	0:45-1:00	

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	3	1600m	7:10	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lunge	4	6-12		
	5	Sliding Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
	Main Set	Side Kicking w/ Fins	1	400m	1:10 per 50m	3:00
		Side Kicking w/ Fins	6	50m	0:50-1:00	0:20
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask and Snorkel	1	20m	3:00	
	3	Fin Treading	3	1:00 on 0:30 off		

Day 4	Total Time: 1hr 15 min					
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Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	30		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	SA DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	6	DB Curls	3	6-12	65%-85%	0:45-1:00
	7	DB Overhead Triceps Extension	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1000m		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	200m	1:15 per 50m	NA
		Freestyle	4	50m	1:10	0:30
		Breaststroke	4	50m	1:10	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek (60sec burst every 4 min)	1	20-30min	Varied	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Week 6	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1200m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
		Drill Sets					
	Time: 35 min		Rotational Drill	4	25m	Easy	0:30
		Main Set					
			Freestyle	8	50m	1:10	0:20
			Finning (Side Kicking)	8	50m	1:10	0:20
		Cool Down					
			Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 20 min	2	Mask & Snorkel	2	20m	3:00
	3	Fin Treading	2		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Overhead Press	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Rows	2	6	65%-85%	0:45-1:00
	2B	Lat Stretch	2	3 Seconds		
	3	Sit-ups	1	30		
	4	DB Bench Press	2	6	65%-85%	0:45-1:00

	5	Lat Pull Down	2	6	65%-85%	0:45-1:00
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Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	2	6	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	2	3x 3 Seconds		
	3A	Flutter Kicks	1	30 (4 Count)		
	4	Lateral Lunge	2	6	65%-85%	0:45-1:00
	5	SL RDL	2	6	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1000m	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle	1	250m	1:00 per 50m	
		Side Kicking w/ Fins	1	250m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Lateral Raises	2	6	65%-85%	0:45-1:00
	2B	Chest Stretch	2	3 Seconds		
	3	Sit Ups	1	30		
	4	SA Lat Pull Down	2	6	65%-85%	0:45-1:00
	5	Alternating DB Benchpress	2	6	65%-85%	0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1100m	Drill Sets	Freestyle (Breathe every 5th stroke)	4	50m	Easy	0:30
Time: 45 min		Freestyle (Breathe every 7th stroke)	4	25m	Easy	0:30
	Main Set					
		Freestyle	1	500m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	

Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00
	3	Fin Treading	3		1:00 on/ :30 off
	4	Buddy Breathing	1	Moderate	2:00

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	BB Split Squat	2	6	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	2	3 Seconds		
	3B	V-Ups	1	15		
	4	Sliding Leg Curls	2	6	65%-85%	0:45-1:00
	5	Goblet Squat	2	6	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, FALL, WEEKS 7-12

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 800m Time: 25 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle w/ Fins	4	100m	2:05	Remainder of Interval
		Rotational Drill	4	50m	Technique	0:30
		Position 11 Drill	4	50m	Technique	0:30
		Freestyle w/ Fins	3	300m	5:40	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:30	
	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1	DB Bench Press	4	6-12	65%-85%	0:45-1:00
	2A	Wide Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min 30 sec		
	3B	Sit-ups	3	40		
	4	DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Preacher Curls	3	6-12	65%-85%	0:45-1:00
Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	100-200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr	1	Front Squat	4	6-12	65%-85%	0:45-1:00
	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	5	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1700m Time: 40 min	Warm-up	Choice of Stroke	1	100m	Easy	
	Finning Work	Side Kicking w/ Fins	4	100m	2:00	0:30
		Side Stroke/ Combat Recovery	4	100m	2:00	0:30
	Main Set	Breaststroke	2	100m	2:30	1:00
		Freestyle	1	500m	10:00	

Cool Down		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2	Moderate	1:00	
	3	10-ups (Intro 5 Reps)	1	~17m	1:30	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m Time: 40 min	Warm-up	Choice of Stroke (at least 3 different)	1	200m	Easy	2:00
	Main Set	Freestyle	5	100m	1:00	0:30
		Freestyle w/ fins	5	100m	0:55	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	RFE Split Squat	4	6-12 each	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min 30 sec		
	3B	Bicycle Crunch	3	35 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1000m Time: 30 min	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	1:00
		Finning (Side Kicking)	1	200m	Easy	1:00
	Main Set	Freestyle w/ fins and snorkel	3	100m	1:45	0:30
		Side Kicking w/fins	3	50	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	

	3	Treading Water	2		1:00 on/ :30 off	
	4	Mask & Snorkel	2	20m	2:30	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Push Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Row	4	6-12 each	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	SA Plank	3	30 sec each		
	3B	Sit-ups	3	40		
	4	DB Alternating Bench Press	3	6-12 each	65%-85%	0:45-1:00
	5	Chin Ups	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Drag Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	400m intervals	6	400m	1:30 per 400	0:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	40 (4 Count)		
	3B	Side Plank	3	40 Sec Each		
	4	Reverse Lunge	4	6-12 each	65%-85%	0:45-1:00
	5	Staggered Stance RDL	4	6-12 each	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1500m	Main Set	Freestyle Breath every 5th Stroke	2	200m	4:00	2:00
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	2:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	4	6-12 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	4	~		
	3	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1750m Time: 40 min	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Breaststroke Kick w/ kick board	4	50m		0:30
		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breaststroke	1	250m	5:30	2:00
		Freestyle	1	750m	7:30	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	1	Moderate	1:30	
	5	Treading w/ Fins	3		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Ruck 30 lbs	1	3 mi	15:00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Trap Bar Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Zercher Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	20		
	4	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	5	KB Front Rack Squat	3	6-12	65%-85%	0:45-1:00

Week 9

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1825m Time: 45 min	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Main Set	Flutter Kick w/ Kickboard	3	75m	1:45	0:30
		Freestyle	3	100m	1:50	0:30
		Side Kicking w/ Fins	6	100m	1:50	0:30
		Combat Recovery Stroke w/ fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2	Moderate	2:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	DB Bench Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Wide Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min 30 sec		
	3B	Sit-ups	3	40		
	4	DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Preacher Curls	3	6-12	65%-85%	0:45-1:00

Day 2 Total Time: 1hr 18 min

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	4	800m	3:10	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	2 hr	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 2hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2500m	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
	Drill Set	Side Kicking w/ Fins	3	150m	2:50	0:25
Time: 2 hr		Flutter kick w/ board (no fins)	3	150	4:00	remainder of pace time
	Main Set	Side Stroke w/ Fins	8	75m	1:30	remainder of pace time
		Freestyle w/ Fins	6	100m	2:00	remainder of pace time
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1800m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek 30 sec burst every 3 min	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Sumo Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min		
	3B	Bicycle Crunch	3	25 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	RFE Split Squat (Each)	3	6-12	65%-85%	0:45-1:00

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2000m Time: 45 min	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
	Drill Sets	Rotational Drill	2	50m	Easy	0:30
		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
		Freestyle	5	100m	2:00	0:15
		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:15	
Time: 20 min	2	Buddy Breathing	2	Moderate	2:00	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Push Press	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Row	4	6-12 each	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	SA Plank	3	30 sec each		
	3B	Sit-ups	3	40		
	4	DB Alternating Bench Press	3	6-12 each	65%-85%	0:45-1:00
	5	Chin Ups	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Drag Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:00	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	4	3x 3 Seconds		
	3A	Flutter Kicks	3	40 (4 Count)		
	3B	Side Plank	3	40 Sec Each		
	4	Reverse Lunge	4	6-12 each	65%-85%	0:45-1:00
	5	Staggered Stance RDL	4	6-12 each	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m Time: 40 min	Warm-up	Choice of Stroke	1	200m	Easy	
	Main Set	Combat Recovery Stroke 25m/ Side Kicking back w/ fins	1	500m	10:00	3:00
		Freestyle	1	500m	10:00	3:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:15	
Time: 20 min	2	Mask and Snorkel	2	20m	2:30	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Weighted Pull Up	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	4	6-12 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	4	~		
	3	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Bench Press	3	6-12	65%-85%	0:45-1:00
	6	Concentration Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Pressdown	3	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:15	
Time: 30 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
	4	Buddy Breathing	2	Moderate	2:00	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Trap Bar Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Zercher Squat	4	6-12	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	Plank Reaches	3	10 each		
	3B	V-Ups	3	20		
	4	Sliding Leg Curls	3	6-12	65%-85%	0:45-1:00
	5	KB Front Rack Squat	3	6-12	65%-85%	0:45-1:00

Week 11	Day 1	Total Time: 2hr 50 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1050m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
		Main Set	Freestyle	4	50m	:45	0:30
	Time: 35 min		Sidestroke	4	50m	1:00	0:20
			Side kicking w/ fins	2	250m	5:00	2:30
		Cool Down					
			Choice of Stroke	1	100m	Easy	NA
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:15	
	Time: 25 min	2	Buddy Breathing	1	Moderate	2:00	
		3	Treading Water	4		1:00 on/ :30 off	
		4A	Drown Proofing (Bobbing)	1	1:30		
		4B	Drown Proofing (Floating)	1	1:30		
	4C	Drown Proofing (Travel)	2	50m			
	4D	Drown Proofing (Bobbing)	1	1:00			
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1	DB Bench Press	4	6-12	65%-85%	0:45-1:00	

Time: 1hr 15 min	2A	Wide Pull Ups	4	6-12	65%-85%	0:45-1:00
	2B	Lat Stretch	4	3 Seconds		
	3A	Plank	3	1 min 30 sec		
	3B	Sit-ups	3	40		
	4	DB Overhead Press	3	6-12	65%-85%	0:45-1:00
	5	SA DB Row	3	6-12	65%-85%	0:45-1:00
	6	Skull Crushers	3	6-12	65%-85%	0:45-1:00
	7	Preacher Curls	3	6-12	65%-85%	0:45-1:00

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 28 min	1	Repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6-12	65%-85%	0:45-1:00
Time: 1hr	2A	SL RDL	4	6-12	65%-85%	0:45-1:00
	2B	Toe Touch/ Hamstring Stretch	4	3x 3 Seconds		
	3A	Hanging Leg Raise	3	12		
	3B	Side Plank	3	30 Sec Each		
	4	Lateral Lunge	4	6-12 Each	65%-85%	0:45-1:00
	5	GHD Leg Curl	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	
	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	6	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask and Snorkel	2	20m	2:30	
	3	Fin Treading	4	1:00 on 0:30 off		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB Row	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Incline Bench Press	4	6-12	65%-85%	0:45-1:00
	2B	Chest Stretch	4	3 Seconds		
	3A	Sit Ups	3	40		
	4	SA Lat Pull Down	3	6-12	65%-85%	0:45-1:00
	5	DB Lateral Raise	3	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Triceps Kickback	3	6-12 each	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1050m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	200m	4:00	NA
		Freestyle	6	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Long Slow Distance	1	50-60 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	RFE Split Squat	4	6-12 each	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3A	High Plank	3	1 min 30 sec		
	3B	Bicycle Crunch	3	35 (4 Count)		
	4	Nordic Hamstring Curl	3	6-12	65%-85%	0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00

Week 12	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1300m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
		Drill Sets					
	Time: 35 min		Rotational Drill	4	25m	Easy	0:30
		Main Set					
			Freestyle	1	250m	5:00	2:30
			Side Kicking w/ fins	1	250m	5:00	2:30
			Side Kicking w/ fins	8	50m	0:45	0:15
		Cool Down					
			Freestyle	1	100m	Easy	NA
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:15	
	Time: 25 min	2	Mask & Snorkel	2	20m	2:30	
		3	Treading	2		1:00 on/ :30 off	
	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
	Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1	Push Press	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	DB Row	2	6	65%-85%	0:45-1:00	
	2B	Lat Stretch	2	3 Seconds			
	3	Sit-ups	1	40			
	4	DB Alternating Bench Press	2	6	65%-85%	0:45-1:00	
	5	Chin Ups	2	6	65%-85%	0:45-1:00	

Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Low Bar Back Squat	2	6	65%-85%	0:45-1:00
Time: 1hr	2A	GHD Leg Curl	2	6	65%-85%	0:45-1:00
	2B	Figure 4 Stretch	2	3x 3 Seconds		
	3A	Flutter Kicks	1	40 (4 Count)		
	4	Reverse Lunge	2	6	65%-85%	0:45-1:00
	5	Staggered Stance RDL	2	6	65%-85%	0:45-1:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1500m	Warm-up	Choice of Stroke	1	200m	Easy	
	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	

Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	500m	10:00	
		Side Kicking w/ Fins	1	500m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask and Snorkel	2	25m	2:30	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		
	3D	Drown Proofing (Bobbing)	1	1:00		

Day 4	Total Time: 1 hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Pull Ups	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	SA Alternating OH DB Press	2	6 each	65%-85%	0:45-1:00
	2B	Shoulder Mobility (Choice)	2	~		
	3	Sit Ups	1	40		
	4	SA Lat Pull Down	2	6	65%-85%	0:45-1:00
	5	DB Bench Press	2	6	65%-85%	0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1100m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Ruck	1	4 mi	15:00 per mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Trap Bar Deadlift	2	6	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Zercher Squat	2	6	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	2	3 Seconds		
	3A	Plank Reaches	1	10 each		
	4	Sliding Leg Curls	2	6	65%-85%	0:45-1:00
	5	KB Front Rack Squat	2	6	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, SPRING, WEEKS 1-8

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2000m Time: 55 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
		Breastroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min Rest 30 sec between exercises	1A	RDL	3	15	<67%	:30
	1B	Seated OH Pres	3	15	<67%	:30
	1C	Lat Pull Down	3	15	<67%	:30
	1D	BB Squat	3	15	<67%	:30
	1E	Incline Bench	3	15	<67%	:30
Rest 3 min between rounds	1F	Bent Over Row	3	15	<67%	:30
	1G	RFE Split Squat Right	3	15	<67%	:30
	1H	RFE Split Squat Left	4	16	<67%	:30
Repeat 3 Times	1I	Bench Press	5	17	<67%	:30
	1J	Seated Row	3	15	<67%	:30
	1K	Overhead Press	3	15	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1800m	Warm-up	Choice of Stroke	1	200m	Easy	
	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Total Time: 30 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	4	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1650m	Main Set	Side Kicking w/ fins	5	150m	3:15	Remainder of Interval
Time: 55 min		Freestyle w/ fins	4	75m	Fast	:30
		Alternating laps-Freestyle/ Sidekicking	6	50m	1:15	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	3	15	<67%	:30
Time: 1 hr 15 min	1B	Seated OH Pres	3	15	<67%	:30
	1C	Lat Pull Down	3	15	<67%	:30
Rest 30 sec between exercises	1D	BB Squat	3	15	<67%	:30
	1E	Incline Bench	3	15	<67%	:30
	1F	Bent Over Row	3	15	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	3	15	<67%	:30
	1H	RFE Split Squat Left	4	16	<67%	:30
Repeat 3 Times	1I	Bench Press	5	17	<67%	:30
	1J	Seated Row	3	15	<67%	:30
	1K	Overhead Press	3	15	<67%	:30

Day 2	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Hill Sprints	6	200m	Sprint	Walk Down

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	2	150m	2:40	Remainder of Interval
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	2	100m	2:00	Remainder of Interval
	2:00 rest between exercises	Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3A	Drownproofing (Bobbing)	1	2:00		
	3B	Drownproofing (Float)	1	1:30		
	3C	Drownproofing (Travel)	1	50m		
	3D	Drownproofing (Bobbing)	1	1:00		
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Down Day					

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Buddy Breathing	1	Moderate	2:00	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
45 min	1A	LSD Run	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 3

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2000m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	750m	13:00	3:00
Time: 55 min		Freestyle	10	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading	3		1:00 on/ :30 off	
	4	Fin Treading Holding Swim Brick	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	3	15	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	3	15	<67%	:30
Rest 30 sec between exercises	1C	Lat Pull Down	3	15	<67%	:30
	1D	BB Squat	3	15	<67%	:30
	1E	Incline Bench	3	15	<67%	:30
Rest 3 min between rounds	1F	Bent Over Row	3	15	<67%	:30
	1G	RFE Split Squat Right	3	15	<67%	:30
	1H	RFE Split Squat Left	4	16	<67%	:30
Repeat 3 Times	1I	Bench Press	5	17	<67%	:30
	1J	Seated Row	3	15	<67%	:30
	1K	Overhead Press	3	15	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	6	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest

	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1475m	Main Set	Freestyle	2	150m	3:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	2:30	Remainder of Interval
		Side Kicking w/ fins	2	150m	3:30	Remainder of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breaststroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Total Time: 40 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	250m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	4	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	LSD Run	1	40-50 min	8:30	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 4

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00

Total Distance: 1700m	Main Set	Freestyle	4	150m	3:30	Remainder of Interval
Time: 55 min		SideStroke	1	200m	4:30	
		Side Kicking w/ fins	4	150m	3:30	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	2	Moderate	2:00	
	3	Fin Treading w/ Swim Brick	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	3	15	<67%	:30
Time: 1 hr 15 min	1B	Seated OH Pres	3	15	<67%	:30
	1C	Lat Pull Down	3	15	<67%	:30
Rest 30 sec between exercises	1D	BB Squat	3	15	<67%	:30
	1E	Incline Bench	3	15	<67%	:30
	1F	Bent Over Row	3	15	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	3	15	<67%	:30
	1H	RFE Split Squat Left	4	16	<67%	:30
Repeat 3 Times	1I	Bench Press	5	17	<67%	:30
	1J	Seated Row	3	15	<67%	:30
	1K	Overhead Press	3	15	<67%	:30

Day 2	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	1200m Repeats	4	1200m	4:45	2:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1850m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 55 min		Freestyle Breathe every 5th Stroke	5	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	3	150m	3:20	Remainder of Interval
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	Treading Water	3		1:30 on/ :30 off	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00

	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Off Day					
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Day 5	Total Time: 1hr 35 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 1300m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 5

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle w/ Fins and Snorkel	4	150m	1:45	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	6	25m	:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
	4	10-Ups	1	~17m	1:30	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between exercises	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
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Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1600 Repeats	3	1600m	7:00	3:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	2	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	4	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	Mask and Snorkel	2	20m	2:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Total Time: 35 min					
Optional						
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 900m	Main Set	Side Kicking w/ fins	10	125m	2:30	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Buddy Breathing	2	Moderate	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (60 sec Burst every 4 min)	1	20-30 min	Varied	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between exercises	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 2300m	Main Set	Freestyle	2	250m	4:00	Remainder of Interval
Time: 45 min		Freestyle	2	150m	2:45	Remainder of Interval
		Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval
		Side Kicking w/ fins	2	150m	2:45	Remainder of Interval
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Off	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 850m	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:00	
Time: 25 min	2	Mask & Snorkel Recovery	1	25m		
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	LSD Run	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	

	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1 hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between exercises	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Hill Sprints	5	200m	Sprint	Walk Down

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Total Time: 45 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

	1	Steady State Run	1	35-45 min	Conversation	
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Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	100m	2:30	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	LSD Run	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2000m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
		Breaststroke	4	50m	1:30	Remainder of Interval
Time: 55 min						
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 30 sec between exercises	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Rest 3 min between rounds	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
Repeat 5 Times	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
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Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400 Repeats/ Intervals	8	400m	1:30	:45
		Rest 3 min after 4th set				

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Off	Off				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	4	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck w/ 30 lbs	1	3 mi	15 min	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

FRESHMAN YEAR, SPRING, WEEKS 9-12

Week 9

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1700m Time: 55 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	3	200m	4:00	Remainder of Interval
	2 Rounds	Flutter Kick w/ board and fins	4	50m	1:30	Remainder of Interval
		Freestyle	2	100m	3:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Buddy Breathing	2	Moderate	2:00	
	3	Fin Treading w/ Swim Brick	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min Rest 30 sec between exercises Rest 3 min between rounds	1A	RDL	5	10	67%-80%	:30
	1B	Seated OH Pres	5	10	67%-80%	:30
	1C	Lat Pull Down	5	10	67%-80%	:30
	1D	BB Squat	5	10	67%-80%	:30
	1E	Incline Bench	5	10	67%-80%	:30
	1F	Bent Over Row	5	10	67%-80%	:30
	1G	RFE Split Squat Right	5	10	67%-80%	:30
	1H	RFE Split Squat Left	5	10	67%-80%	:30
	1I	Bench Press	5	10	67%-80%	:30
	1J	Seated Row	5	10	67%-80%	:30
	1K	Overhead Press	5	10	67%-80%	:30

Day 2	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:35	1:00
3 min break	2	400m Repeats	4	400m	1:35	1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1850m Time: 55 min	Warm-up	Choice of Stroke	1	200m	Easy	
	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
		Freestyle	4	200m	3:20	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Buddy Breathing	1	Moderate	1:30	
	3	Treading Water	3		1:30 on/ :30 off	

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	15	<67%	:30
	5	Step Ups	3	15	<67%	:30
	6	Biceps Curl	3	15	<67%	:30
	7	Triceps OH Extension	3	15	<67%	:30

Day 4	Optional Run					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	30-40 min Steady State	1	30-40min	Conversation	

Day 5	Total Time: 1hr 35 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	5	50m	0:50	0:15
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	4	50m	1:20	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	1	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Fin Treading	4		1:00 on/ :30 off
	4	10-Ups	1	~17m	1:30

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
	1C	Lat Pull Down	5	10	<67%	:30
Rest 30 sec between	1D	BB Squat	5	10	<67%	:30

exercises	1E	Incline Bench	5	10	<67%	:30
	1F	Bent Over Row	5	10	<67%	:30
Rest 3 min between rounds	1G	2	5	10	<67%	:30
Repeat 5 Times	1H	RFE Split Squat Left	5	10	<67%	:30
	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 25min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	1200 Repeats	3	1200m	5:15	2:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	2	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	4	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	Mask and Snorkel	2	20m	2:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	off					

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Side Kicking w/ fins or Combat Side Stroke	6	250m	5:00	Remainder of Interval
Time: 35 min						
	Cool Down					

		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Buddy Breathing	2	Moderate	1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 11

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2000m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
Rest 30 sec between exercises	1C	Lat Pull Down	5	10	<67%	:30
	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
Rest 3 min between rounds	1F	Bent Over Row	5	10	<67%	:30
	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1600 repeats	3	1600m	<7:00	3:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 2300m	Main Set	Freestyle	10	100m	2:20	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	10	100m	2:20	Remainder of Interval

	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1 hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4	Time: 50 min	Optional				
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	40-50 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 850m	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:00	
Time: 25 min	2	Mask & Snorkel Recovery	1	25m		
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	LSD Run	1	50-60 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	5	10	<67%	:30
Time: 1hr 15 min	1B	Seated OH Pres	5	10	<67%	:30
Rest 30 sec between exercises	1C	Lat Pull Down	5	10	<67%	:30
	1D	BB Squat	5	10	<67%	:30
	1E	Incline Bench	5	10	<67%	:30
Rest 3 min between rounds	1F	Bent Over Row	5	10	<67%	:30
	1G	RFE Split Squat Right	5	10	<67%	:30
	1H	RFE Split Squat Left	5	10	<67%	:30
Repeat 5 Times	1I	Bench Press	5	10	<67%	:30
	1J	Seated Row	5	10	<67%	:30
	1K	Overhead Press	5	10	<67%	:30

Day 2	Total Time: 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 mile time trial	1	1.5mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	300 meter shuttle	3	1	< 70 sec	0:45-1:00
Time: 1hr	2A	BB Back Squat	5	2	6 sec eccentric	:30
	2B	Box Jump	5	4		:30
	2C	Broad Jump	5	4		3:00
	3A	Bench Press	5	2	6 sec eccentric	:30
	3B	Weighted Pull Up	4	4		:30
	3C	Plyo Pushup	4	4		:30
	3D	Med Ball Chest Pass	4	4		3:00
	4	Row	3	8	<67%	:30
	5	Step Ups	3	8	<67%	:30
	6	Biceps Curl	3	8	<67%	:30
	7	Triceps OH Extension	3	8	<67%	:30

Day 4						

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m Time: 35 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck w/ 30 lbs	1	60 min	15:00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jumps	2	8		
1 hr	1B	Med Ball Slam	2	10		1:00
	2	Bench Press	3	15	<67%	:30
	3	Back Squat	3	15	<67%	:30
	4A	Biceps Curls	3	15	<67%	
	4B	Triceps Pressdown	3	15	<67%	
	4C	Front Raise	3	15	<67%	2:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SOPHOMORE YEAR, FALL, WEEKS 1-4

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m Time: 25 min	Warm-up	Freestyle	1	200m	Easy	2:00
	Drill Sets	Position 11 Drill	5	25m	Easy	0:20
		Rotational Drill	5	25m	Easy	0:20
		1-Arm Free	5	25m	Easy	0:20
		Bow and Arrow	5	25m	Easy	0:20
	Main Set					
		Freestyle	3	100m	2:00	1:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m Time: 40 min	Warm-up	Freestyle	1	150m	Easy	2:00
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Side Kicking w/ Fins	3	50m	Easy	0:30
		Side Stroke/ Combat Recovery	2	100m	Easy	1:15
		Rotation Drill	4	25m	Easy	0:20
	Main Set					
		Freestyle	3	100m	2:15	1:45
		Side Kicking w/ Fins	2	100m	2:15	1:45
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30
Time: 20 min	2	Buddy Breathing	2		2:00
	3	Drown Proofing (Bobbing/ Float)	1		2:00

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Steady State Run	1	20-30 min	Conversation	NA

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	100m	Easy	2:00
Total Distance: 1100m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	10	50m	1:30 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00
	3	Treading Water	2		1:00 on/ :30 off
	4A	Drownproofing (Bobbing)	1		2:00
	4B	Drownproofing (Float)	1		1:00 on

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 700m	Warm-up	Freestyle/ Sidestroke	1	100m	Easy	2:00
	Drill Sets	Fingertip Drag	2	25m	Easy	0:30
Time: 30 min		Rotational Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	2	100m	2:30	2:00
		Finning (Side Kicking)	2	100m	2:30	2:00
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00
	3	Treading Water	2		1:30 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Streamline/ Pushoff	1	10 minutes	Technique	
Time: 40 min		Turns	2	10 minutes	Technique	
	Main Set					
		Side Kicking w/ Fins	1	250m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1A	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300	Easy	2:00

Total Distance: 1000m	Intro to Breaststroke	Breaststroke Kick on Back	2	25m	Easy	0:30
Time: 40 min		Breaststroke 2 kick/ 1 pull	2	25m	Easy	0:30
		Dolphin Kick w/ Board	2	25m	Easy	0:30
		Breaststroke Pull w/ Dolphin Kick	2	25m	Easy	0:30
	Main Set					
		Breaststroke	4	50	1:45 Interval	
		Freestyle	4	50	1:30 Interval	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance Run	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 3

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1225m	Main Set	Rotational Drill	4	25m	Easy	0:30
Time: 45 min		Freestyle	4	50m	1:15	0:20
		Flutter Kick w/ Kickboard	4	50m	1:40	0:30
		Freestyle	4	75m	2:00	1:00
		Sidestroke	2	75m	2:00	1:00
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	800m Intervals	4	800m	3:10	1:45
		Rest 3:30 after 2nd Set				

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	100m	Easy	1:30
#REF!	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	5	50m	1:15	0:30
		Side Kicking w/ Fins	1	350m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 800m		Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	550m	1:15 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00

	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 4

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 900m Time: 35 min	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
	Drill Sets	Rotational Drill	2	25m	Easy	0:30
		Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	6	50m	1:00	0:30
		Breast Stroke	4	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00
	3	Treading Water	2		1:30 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	8	400m	1:20	1:00
		Rest 3:30 after 4th set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m Time: 40 min	Warm-up	Choice of Stroke	1	200m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Finger Tip Drag	4	50m	Technique	1:45
	Main Set					
		Freestyle	2	225m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	

	3	Drown Proofing	1		2:00
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Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 850m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck	1	2 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SOPHOMORE YEAR, FALL, WEEKS 5-8

Week 5

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
#REF!	Warm-up	Freestyle/ Sidestroke	1	350m	Easy	2:00
	Main Set	Freestyle	4	50m	1:10	0:30
Time: 35 min		Sidestroke	4	50m	1:10	0:30
		Freestyle Down Sidestroke Back	1	350m	1:10 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	1A	Ankle Mobility (foot elevated dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1200m Repeats	4	1200m	4:45	3:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	1/2 Kneeling Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	≥ 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	≥ 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
	Main Set	Side Kicking w/ Fins	1	450m	1:10 per 50m	3:00
Time: 55 min		Side Kicking w/ Fins	7	50m	0:50-1:00	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35min	Converation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	≥ 75%	0:45-1:00
	3	Pendlay BB Row	3	6	≥ 75%	0:45-1:00
	4	Goblet Squat	3	6	≥ 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	200m	1:15 per 50m	NA
		Freestyle	5	50m	1:10	0:30
		Breaststroke	4	50m	1:10	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60sec burst every 4 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	≥75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
#REF!	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	9	50m	1:10	0:15
		Finning (Side Kicking)	9	50m	1:10	0:20
	Cool Down					
		Freestyle	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	

Time: 1hr	1A	Ankle Mobility (foot elevated dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	1/2 Kneeling Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	≥ 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	≥ 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle	1	300m	1:00 per 50m	
		Side Kicking w/ Fins	1	300m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	≥ 75%	0:45-1:00
	3	Pendlay BB Row	3	6	≥ 75%	0:45-1:00
	4	Goblet Squat	3	6	≥ 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Drill Sets	Freestyle (Breathe every 5th stroke)	5	50m	Easy	0:20
Time: 45 min		Freestyle (Breathe every 7th stroke)	5	25m	Easy	0:20
	Main Set					
		Freestyle	1	500m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	≥75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: m	Main Set	Freestyle w/ Fins	4	100m	2:05	Remainder of Interval
Time: 25 min		Rotational Drill down, freestyle back	4	50m	Technique	0:30
		Position 11 Drill down, freestyle back	4	50m	Technique	0:30
		Freestyle w/ Fins	3	350m	5:40	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :15 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	1A	Ankle Mobility (foot elevated dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	1/2 Kneeling Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	≥ 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	≥ 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	150m	Easy	
#REF!	Finning Work	Side Kicking w/ Fins	4	125m	2:00	0:30
Time: 40 min		Side Stroke/ Combat Recovery	4	100m	2:00	0:30

	Main Set				
	Breaststroke	2	125m	2:30	1:00
	Freestyle	1	500m	10:00	
	Cool Down				
	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 20 min	2	Buddy Breathing	2		3:00
	3	Drown Proofing	1		2:00

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	≥ 75%	0:45-1:00
	3	Pendlay BB Row	3	6	≥ 75%	0:45-1:00
	4	Goblet Squat	3	6	≥ 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke (at least 3 different)	1	250m	Easy	2:00
	Main Set	Freestyle	5	100m	1:00	0:30
		Freestyle w/ fins	5	125m	1:15	0:30
Time: 40 min	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	≥ 75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥ 75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	≥ 75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	250m	Easy	1:00
		Finning (Side Kicking)	1	250m	Easy	1:00
	Main Set	Freestyle w/ fins and snorkel	3	150m	1:45	0:30
Time: 30 min		Side Kicking w/ fins	3	50m	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:30
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00
	3	Treading Water	2		1:30 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	1A	Ankle Mobility (foot elevated dorsiflexion)	3	6 ea x 3 sec hold		0:45-1:00
	2	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	4	Iso Pallof Hold	3	2 x 20 sec ea	65%-85%	0:45-1:00
	5	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	6	Dead Hang (Pull up Position)	3	1 min		0:45-1:00

Day 2	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m	6	800m	3:10	1:45
		Rest 5:00 after 3rd set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	1/2 Kneeling Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Iso Chin Up Hold	3	5- 20 sec hold		0:45-1:00
	3	Rear Foot Elevated Split Squat	4	6-12 ea	≥ 75%	0:45-1:00
	4	KB Gorilla Row	4	6-12	≥ 75%	0:45-1:00
	5	MB Perpendicular Scoop Throw	4	30 sec ea		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Kick with Kick Board	1	150m	Easy	2:00
	Main Set	Freestyle Breath every 5th Stroke	2	225m	4:00	2:00
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press	3	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold	3	3 x 20 sec hold	≥ 75%	0:45-1:00
	3	Pendlay BB Row	3	6	≥ 75%	0:45-1:00
	4	Goblet Squat	3	6	≥ 75%	0:45-1:00
	5	KB OH Walk	3	20 sec		0:45-1:00
	6	Single Arm Plank	3	30 sec ea		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Time: 40 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Breastroke Kick w/ kick board	4	50m		0:30
		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breastroke	1	300m	5:30	2:00
		Freestyle	1	800m	7:30	NA
		Cool Down				
	Choice of Stroke	1	100m	Easy	NA	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck	1	3 miles	20min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	≥75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

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SOPHOMORE YEAR, FALL, WEEKS 9-12

Week 9

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
Time: 45 min		Freestyle	3	100m	1:50	0:30
		Side Kicking w/ Fins	6	125m	1:50	0:30
		Combat Recovery Stroke w/ fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1600 m repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	100m	Easy	2:00
#REF!	Drill Set	Side Kicking w/ Fins	3	150m	2:50	0:25
						remainder of pace time
Time: 2 hr		Flutter kick w/ board (no fins)	3	150m	4:00	
	Main Set	Side Stroke w/ Fins	8	75m	1:30	remainder of pace time
						remainder of pace time
		Freestyle w/ Fins	6	125m	2:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	4	25m	2:30
Time: 20 min	2	Buddy Breathing	2		3:00
	3	Drown Proofing	1		2:00

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups		12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥ 75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥ 75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥ 75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	250m	Easy	2:00
	Drill Sets	Rotational Drill	2	50m	Easy	0:30
Time: 45 min		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
		Freestyle	6	100m	1:45	0:15
		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	800m Intervals	4	800m	3:10	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
	Main Set	Combat Recovery Stroke 25m/ Side Kicking back w/ fins	1	500m	10:00	3:00
Time: 40 min						
		Freestyle	1	600m	10:00	3:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						

Cool Down		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 11

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
1500m	Main Set	Freestyle	5	50m	:45	0:30
Time: 35 min		Sidestroke	5	50m	1:00	0:20
		Side kicking w/ fins	2	300m	5:00	2:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	6	400m	1:20	0:45
		Rest 3:00 after 3rd set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wieghted Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
1300m	Warm-up	Choice of Stroke	1	300m	Easy	
	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	8	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Buddy Breathing	2		3:00	
	3	Drown Proofing	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
1250m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	250m	4:00	NA
		Freestyle	8	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥ 75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥ 75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥ 75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
1550m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Drill Sets					

Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	1	300m	5:00	2:30
		Side Kicking w/ fins	1	300m	5:00	2:30
		Side Kicking w/ fins	10	50m	0:45	0:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	10-Ups Rest as needed	10	15-18m	1:30	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Weighted Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
1650m	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	500m	10:00	
		Side Kicking w/ Fins	1	600m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
900m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	8	50m	1:45 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Treading Water	2		1:30 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	2		1:00	
	4C	Drownproofing (Travel)	1			
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck	1	4 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

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SOPHOMORE YEAR, SPRING, WEEKS 1-4

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	2:00
Total Distance: 2000m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breaststroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2000m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval

		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Steady State Run	1	20-30 min	Conversation	NA

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1200m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 2	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1900m Time: 55 min	Warm-up	Choice of Stroke	1	250m	Easy	2:00
		Main Set	Side Kicking w/ fins	6	150m	3:15	Remainder of Interval
			Freestyle w/ fins	4	75m	Fast	:30
			Alternating laps-Freestyle/ Sidekicking	7	50m	1:15	Remainder of Interval
		Cool Down					
			Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	3:00
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00
	3	Treading Water	2		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 1500m	Main Set	Freestyle	2	150m	2:40	Remainder of Interval
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	3	100m	2:00	Remainder of Interval
	2:00 rest between exercises	Side Kicking w/ fins	7	50m	1:00	Remainder of Interval
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	3:00
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00
	3	Drown Proofing (Bobbing Only)	1		2:00

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1A	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1850m Time: 35 min	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	1	500m	10:30	
		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance Run	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 3

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2250m Time: 55 min	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	1	800m	13:00	3:00
		Freestyle	12	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
Time: 1hr	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	800m Intervals	4	800m	3:10	1:45
		Rest 3:30 after 2nd Set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
Time: 1hr	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 1625m	Main Set	Freestyle	2	175m	3:30	Remainder of Interval
Time: 45 min		Breaststroke	2	125m	2:30	Remainder of Interval
		Side Kicking w/ fins	2	150m	3:30	Remainder of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breaststroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	225m	Easy	2:00
Total Distance: 1625m	Main Set	Freestyle	1	300m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on / :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00

	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

Week 4

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1900m Time: 55 min	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	4	150m	3:30	Remainder of Interval
		SideStroke	1	200m	4:30	
		Side Kicking w/ fins	5	150m	3:30	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	3	25m	3:00	
	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr	1	Eccentric Overhead Press	3	6	65%-85%	0:45-1:00
	2	Cable or Band Face Pull	3	6-12	65%-85%	0:45-1:00
	3	Single Arm DB Row	4	6-12	65%-85%	0:45-1:00
	4	Split Squat KB or DB	4	6-12 ea	65%-85%	0:45-1:00
	5	KB Farmer's Carry	4	1 min	65%-85%	0:45-1:00
	6	Plank	4	1 min		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	8	400m	1:20	1:00
		Rest 3:30 after 4th set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr	1	Eccentric RDL	3	5	65%-85%	0:45-1:00
	2	Alternating Deadbugs	3	6 ea		0:45-1:00
	3	Goblet Lateral Squat	4	6-12 ea	65%-85%	0:45-1:00
	4	Lat Pulldown	4	6-12	65%-85%	0:45-1:00
	5	Waiter's Carry KB	4	30 sec ea	65%-85%	0:45-1:00
	7	Glute Bridge March	4	10 ea		0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2250m Time: 55 min	Warm-up	Choice of Stroke	1	250m	Easy	
	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
		Freestyle Breathe every 5th Stroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	150m	3:20	Remainder of Interval
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval

	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Single Arm DB Bench Press	3	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Eccentric Inverted Row	3	6-12	65%-85%	0:45-1:00
	3	Copenhagen Plank	3	30 Sec	65%-85%	0:45-1:00
	4	Turkish Get Up	3	4 ea	65%-85%	0:45-1:00
	5	Medball Over the Shoulder Heavy	3	6-12	85%+	0:45-1:00
	6	Bi's and Tri's - Choice	4 ea	6-12	65%-85%	0:45-1:00
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1350m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck	1	2 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Eccentric Front Squat	4	4	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Side Plank	4	45 sec ea	65%-85%	0:45-1:00
	3	Single Leg RDL	4	6-12 ea	65%-85%	0:45-1:00
	4	Pallof Press	3	8 ea	65%-85%	0:45-1:00
	5	1/2 Kneeling Single Arm OH Press	3	6-12 ea	65%-85%	0:45-1:00
	6	Back Extension	3	6-12	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SOPHOMORE YEAR, SPRING, WEEKS 5-8

Week 5

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1750m	Main Set	Freestyle w/ Fins and Snorkel	5	150m	1:45	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	6	25m	:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	2	Side Plank Starfish Hold	3	30 sec ea side		
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
	4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	≥ 75%	0:45-1:00
	5	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	6	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00
Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1200m Repeats	4	1200m	4:45	3:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Split Stance Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	≥ 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	≥ 75%	0:45-1:00
	4	Cable Underhand Row	3	8	≥ 75%	0:45-1:00
	5	MB Parallel (Forward Facing) Scoop Throw	3	5 ea side		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	3	30 sec ea side	≥ 75%	0:45-1:00
Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 1500m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	3:15	Remainder of Interval

		Freestyle	3	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35min	Converation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press (Hold at bottom 5 sec)	4	4	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	≥ 75%	0:45-1:00
	3	Pendlay BB Row	4	6	≥ 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	≥ 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1850m	Main Set	Side Kicking w/ fins	12	125m	2:30	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60sec burst every 4 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	1	500m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	600m	10:00	

		Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval		
	1	Underwaters	3	25m	3:00		
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00		
	3	Treading Water	2		1:00 on/ :30 off		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1	Front Squat	3	6	≥ 75%		
Time: 1hr	2	Side Plank Starfish Hold	3	30 sec ea side			
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01	
	4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	≥ 75%	0:45-1:00	
	5	Glute Ham Raise	3	6	≥ 75%	0:45-1:00	
	6	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00	
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00	

Day 2	Total Time: 1 hr 15 min						
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1	Split Stance Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00	
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	≥ 75%	0:45-1:00	
	3	Rear Foot Elevated Split Squat	3	6	≥ 75%	0:45-1:00	
	4	Cable Underhand Row	3	8	≥ 75%	0:45-1:00	
	5	MB Parallel (Forward Facing) Scoop Throw	3	5 ea side		0:45-1:00	
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	3	30 sec ea side	≥ 75%	0:45-1:00	

Day 3	Total Time: 1 hr						
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest	
	Warm-up	Choice of Stroke	1	250m	Easy		
Total Distance: 2650m	Main Set	Freestyle	2	250m	4:00	Remainder of Interval	
Time: 45 min		Freestyle	3	150m	2:45	Remainder of Interval	
		Freestyle	4	50m	1:20	Remainder of Interval	
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval	
		Side Kicking w/ fins	3	150m	2:45	Remainder of Interval	
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval	
	Cool Down	Freestyle	1	100m	Easy	NA	
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval		
	1	Underwaters	3	25m	3:00		
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00		
	3	Drown Proofing (Bobbing Only)	1		2:00		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press (Hold at bottom 5 sec)	4	4	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	≥ 75%	0:45-1:00
	3	Pendlay BB Row	4	6	≥ 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	≥ 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1050m	Main Set	Freestyle	8	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	3	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	3	30 sec		0:45-1:00
	3	Weighted Lunge	4	6 ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6 ea	≥75%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2350m	Main Set	Freestyle	3	250m	5:45	Remainder of Interval
Time: 55 min		Breaststroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	2	Side Plank Starfish Hold	3	30 sec ea side		
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
	4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	≥ 75%	0:45-1:00
	5	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	6	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Split Stance Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	≥ 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	≥ 75%	0:45-1:00
	4	Cable Underhand Row	3	8	≥ 75%	0:45-1:00
	5	MB Parallel (Forward Facing) Scoop Throw	3	5 ea side		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	3	30 sec ea side	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
	Main Set					Remainder of Interval
Total Distance: 2000m		Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press (Hold at bottom 5 sec)	4	4	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	≥ 75%	0:45-1:00
	3	Pendlay BB Row	4	6	≥ 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	≥ 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1100m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	100m	2:30	Remainder of Interval
Time: 35 min	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2150	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
		Breaststroke	6	50m	1:30	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	3	6	≥ 75%	
Time: 1hr	2	Side Plank Starfish Hold	3	30 sec ea side		
	3	Goblet Squat w/ OH press	3	8	65-85%	0:45-1:01
	4	Ankle Mobility (foot elevated dorsiflexion)	3	6x 3 sec hold ea	≥ 75%	0:45-1:00
	5	Glute Ham Raise	3	6	≥ 75%	0:45-1:00
	6	Trap Bar Carry	3	45 sec	≥ 75%	0:45-1:00
	7	Iso Pull Up Hold- Top of Pull Up	3	45 sec		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 30 min	1	800m	6	800m	3:10	1:45
		Rest 5:00 after 3rd set				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Split Stance Landmine Single Arm Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	Neutral Grip Weighted Pull Up	3	5	≥ 75%	0:45-1:00
	3	Rear Foot Elevated Split Squat	3	6	≥ 75%	0:45-1:00
	4	Cable Underhand Row	3	8	≥ 75%	0:45-1:00
	5	MB Parallel (Forward Facing) Scoop Throw	3	5 ea side		0:45-1:00
	6	KB Offset Carry (1-arm front rack/ 1-arm low carry)	3	30 sec ea side	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: "2000m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Close Grip Bench Press (Hold at bottom 5 sec)	4	4	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Face Pull Iso Hold (10 sec ea rep)	4	3	≥ 75%	0:45-1:00
	3	Pendlay BB Row	4	6	≥ 75%	0:45-1:00
	4	Wall sit for time with Plate Hold	4	45 sec	≥ 75%	0:45-1:00
	5	KB OH Walk (2 KBs OH)	4	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
#REF!	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	

Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00
	3	Treading Water	2		1:00 on/ :30 off
	4A	Drownproofing (Bobbing)	1		2:00
	4B	Drownproofing (Float)	1		1:00 on

Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck	1	3 miles	15min/ mile	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	RDL	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Hollow Hold	4	30 sec		0:45-1:00
	3	Weighted Lunge Iso Hold	4	20 sec ea	≥75%	0:45-1:00
	4	BB Hip Thruster	3	6	≥75%	0:45-1:00
	5	Straight Arm Pulldown	3	6-12 ea	65-85%	0:45-1:00
	6	Bi's and Tri's (Choice)	3	6-12 ea	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SOPHOMORE YEAR, SPRING, WEEKS 9-12

Week 9

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	3	200m	4:00	Remainder of Interval
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	6	50m	1:30	Remainder of Interval
		Freestyle	2	100m	3:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	1600 m repeats	3	1600m	7:00	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2700m	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 55 min		Freestyle	4	200m	3:20	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	2	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	

	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1500m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	7	50m	0:50	0:15
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1250m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	4	50m	1:20	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	2	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	

	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	800m Intervals	4	800m	3:10	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1500m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	3	100m	3:15	Remainder of Interval
		Freestyle	2	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2100m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Side Kicking w/ fins or Combat Side Stroke	7	250m	5:00	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 11

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1450m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	400m Intervals	6	400m	1:20	0:45
		Rest 3:00 after 3rd set				

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2550m	Main Set	Freestyle	12	100m	2:20	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	10	100m	2:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1000m	Main Set	Freestyle	8	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00

	3	Reverse Lunge	4	6 ea	≥75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2150m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breaststroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Barbell Deadlift	4	4-6	≥ 75%	
Time: 1hr	2	Alternating Deadbug	4	10 ea		0:45-1:00
	3	Lateral Step Downs	4	6 ea	≥ 75%	0:45-1:00
	4	Glute Ham Raise	4	6	≥ 75%	0:45-1:00
	5	Single Arm DB Row	4	6 ea	≥ 75%	0:45-1:00
	6	KB Single Arm Front Rack Carry	4	45 sec ea		0:45-1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BB OH Press	3	5	≥ 75%	0:45-1:00
Time: 1hr	2	MB Side to Side Slam	3	5- 20 sec hold		0:45-1:00
	3	Ab Rollout	4	6-12 ea	≥ 75%	0:45-1:00
	4	Wiegthed Pull Up	4	6-12	≥ 75%	0:45-1:00
	5	Weighted Walking Lunge	4	30 sec ea		0:45-1:00
	6	Heavy DB Max Hold	4	10 ea	≥ 75%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
Total Distance: 2000m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval

		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Front Squat	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	T-Pushups	4	12		0:45-1:00
	3	Single Leg Glute Bridge	4	10 ea		0:45-1:00
	4	Back Extension	4	6		0:45-1:00
	5	Side Plank Band Row	4	8 ea		0:45-1:00
	6	Trap Bar Farmer's Carry	4	15 Sec	Heavy	0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1150m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck	1	4 miles	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Incline DB Bench Press	4	6	≥ 75%	0:45-1:00
Time: 1hr 15 min	2	Weighted Chin Up	4	30 sec		0:45-1:00
	3	Reverse Lunge	4	6 ea	≥ 75%	0:45-1:00
	4	Incline Chest Supported Row	3	6	≥ 75%	0:45-1:00
	5	Pallof Press	3	6 ea	≥ 75%	0:45-1:00
	6	Max Dead Hang		Max		
	7	Landmine Rotations	3	5 ea		0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

JUNIOR YEAR, FALL, WEEKS 1-6

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m Time: 25 min	Warm-up	Freestyle	1	200m	Easy	2:00
	Drill Sets	Position 11 Drill	6	25m	Easy	0:15
		Rotational Drill	6	25m	Easy	0:15
		1-Arm Free	6	25m	Easy	0:15
		Bow and Arrow	6	25m	Easy	0:15
	Main Set					
		Freestyle	4	100m	1:45	1:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Time Trial	1	1.5 miles	Race Pace	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1500m Time: 40 min	Warm-up	Freestyle	1	200m	Easy	1:30
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Side Kicking w/ Fins	4	50m	Easy	0:20
		Side Stroke/ Combat Recovery	3	100m	Easy	1:00
		Rotation Drill	4	25m	Easy	0:20
	Main Set					
		Freestyle	3	100m	2:15	1:45
		Side Kicking w/ Fins	2	100m	2:15	1:45

Cool Down		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	3:00	
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00	
	3	Drown Proofing (Bobbing Only)	1		2:00	

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	150m	Easy	2:00
Total Distance: 1250m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	12	50m	1:15 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
	4B	Drownproofing (Float)	1		1:00 on	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30sec burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	2:00

Total Distance: 1300m	Drill Sets	Position 11 Drill	6	25m	Easy	0:15
Time: 25 min		Rotational Drill	6	25m	Easy	0:15
		1-Arm Free	6	25m	Easy	0:15
		Bow and Arrow	6	25m	Easy	0:15
	Main Set					
		Freestyle	4	100m	1:45	1:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	6	100m-200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	200m	Easy	1:30
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1500m	Drill Sets	Side Kicking w/ Fins	4	50m	Easy	0:20
Time: 40 min		Side Stroke/ Combat Recovery	3	100m	Easy	1:00
		Rotation Drill	4	25m	Easy	0:20
	Main Set					
		Freestyle	3	100m	2:15	1:45
		Side Kicking w/ Fins	2	100m	2:15	1:45
	Cool Down					
		Freestyle	1	100m	Easy	NA
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min	
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Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	6	100m-200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle	1	150m	Easy	2:00
Total Distance: 1250m	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
Time: 40 min		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	12	50m	1:15 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4	Buddy Breathing	1	Mild	2:00	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	LSD (Long Slow Distance)	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Week 3

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1450m	Main Set	Rotational Drill	4	25m	Easy	0:30
Time: 45 min		Freestyle	5	50m	1:15	0:15
		Flutter Kick w/ Kickboard	5	50m	1:40	0:15
		Freestyle	4	75m	2:00	1:00
		Sidestroke	2	75m	2:00	1:00
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	8	400m	1:30	0:45
		3:00 minute break after 4th				
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	150m	Easy	1:15
Total Distance: 1300m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	6	50m	1:15	0:20
		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	15m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1150m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
		Kick w/ Board	1	150m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	600m	1:00 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Week 4

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1000m	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
	Drill Sets	Rotational Drill	2	25m	Easy	0:30
Time: 35 min		Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	7	50m	1:00	0:30
		Breast Stroke	5	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00
	2	Nordic Hamstring Curls	4	6-12		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00
	5	SL RDL	3	6-12	65%-85%	0:45-1:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 25 min	1	Repeats	3	1200m	5:15	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
Total Distance: 1450m	Drill Sets	Finger Tip Drag	5	50m	Technique	1:30
Time: 40 min						
	Main Set					
		Freestyle	2	250m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	15m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 900m	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Ruck w/ 45 lbs	1	2 mi	15:00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00

Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-11	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Week 5	Day 1	Total Time: 2hr 50 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1350m	Warm-up	Freestyle/ Sidestroke	1	400m	Easy	2:00
		Main Set	Freestyle	5	50m	1:10	0:20
	Time: 35 min		Sidestroke	4	50m	1:10	0:30
			Freestyle Down Sidestroke Back	1	400m	1:10 per 50m	
		Cool Down					
			Choice of Stroke	1	100m	Easy	NA
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30		
Time: 25 min	2	Buddy Breathing	1	Moderate	1:00		
	3	Treading Water	2		1:00 on/ :30 off		
	4A	Drown Proofing (Bobbing)	1	1:30			
	4B	Drown Proofing (Floating)	1	1:30			
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest	
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1A	Back Squat	4	6-12	65%-85%		
Time: 1hr 15 min	1B	Depth Jumps	4	5		0:45-1:00	
	2	Nordic Hamstring Curls	4	6-12			
	3A	Bird Dogs	3	10 ea			
	3B	Med Ball Perpendicular Throw	3	5 ea			
	4	Lateral Bound to Stabilize	3	6-12	65%-85%	0:45-1:00	
	5	SL RDL	3	6-12	65%-85%	0:45-1:00	
	6	Plank	3	1 min		0:45	

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	3	1600m	7:10	3:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	3	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	4	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1400m	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
	Main Set	Side Kicking w/ Fins	1	500m	1:10 per 50m	3:00
		Side Kicking w/ Fins	8	50m	0:50-1:00	0:10
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:30
Time: 25 min	2	Mask and Snorkel	1	20m	3:00
	3	Fin Treading	3	1:00 on 0:30 off	

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	6-12		0:45-1:00
	5	Goblet Squat	3	6-12	65%-85%	0:45-1:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		0:45-1:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 800m		Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	200m	1:15 per 50m	NA
		Freestyle	5	50m	1:10	0:20
		Breaststroke	5	50m	1:10	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek (60sec burst every 4 min)	1	20-30min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	4	30-50	65%-85%	0:45-1:00
	3	Sit Ups	4	40	65%-85%	0:45-1:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	6-12 ea		
	5	Lateral Raises	2	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	3	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	3	6-12	65%-85%	0:45-1:00

Week 6	Day 1	Total Time: 2hr 30 min				
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1500m	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set					
		Freestyle	10	50m	1:05	0:10
		Finning (Side Kicking)	10	50m	1:05	0:15
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask & Snorkel	2	20m	3:00	
	3	Fin Treading	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 40 min	1	Steady State Run	1	30-40min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	1	6-12	65%-85%	
Time: 1hr 15 min						
	2	Nordic Hamstring Curls	1	6-12		
	3A	Bird Dogs	1	10 ea		
	3B	Med Ball Perpendicular Throw	1	30		
	4	Lateral Bound to Stabilize	1	6-12	65%-85%	0:45-1:00
	5	SL RDL	1	6-12	65%-85%	0:45-1:00
	6	Plank	1	1 min		0:45

Day 2	Total Time: 1hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	1	6-12	65%-85%	
Time: 1hr	2A	Chest Stretch	1	3 x 3 seconds	65%-85%	0:45-1:00
	3	Weighted Pull Up	1	6-12	65%-85%	0:45-1:00
	4	Hanging Leg Raise	1	12		0:45
	5	Side Plank	1	30 Sec Each		
	6	Single Arm OH Press	1	6-12 each	65%-85%	0:45-1:00
	7	BB Bent Over Row	1	6-12	65%-85%	0:45-1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Total Distance: 1300m						
Time: 30 min						
	Main Set					
		Freestyle	1	350m	1:00 per 50m	
		Side Kicking w/ Fins	1	350m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1hr 15 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	1	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	1	6-12 ea	65%-85%	0:45-1:00
	2B	Quad Hip Flexor Stretch	1	3 Seconds		
	3	Sit Ups	1	40		
	4	GHD Leg Curl	1	6-12		
	5	Goblet Squat	1	6-12	65%-85%	0:45-1:00
	6A	V-Ups	1	15-20		
	6B	Hollow Hold	1	30 sec		0:45-1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00

Total Distance: 1450m	Drill Sets	Freestyle (Breathe every 5th stroke)	6	50m	Easy	0:10
Time: 45 min		Freestyle (Breathe every 7th stroke)	6	25m	Easy	0:10
	Main Set					
		Freestyle	1	600m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Fin Treading	3		1:00 on/ :30 off	
	4	Buddy Breathing	1	Moderate	2:00	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	LSD (Long Slow Distance)	1	40-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	1	6-12	65%-85%	0:45-1:00
Time: 1hr 15 min	2	Push Ups	1	30-50	65%-85%	0:45-1:00
	3	Sit Ups	1	40	65%-85%	0:45-1:00
	4	Plank	1	90 sec		
	5	Single Arm DB Row	1	6-12 ea		
	5	Lateral Raises	1	6-12	65%-85%	0:45-1:00
	6	Reverse Curls	1	6-12	65%-85%	0:45-1:00
	7	Skull Crushers	1	6-12	65%-85%	0:45-1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

JUNIOR YEAR, FALL, WEEKS 7-12

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2400m Time: 25 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle w/ Fins	4	100m	2:05	Remainder of Interval
		Rotational Drill down, freestyle bac	4	50m	Technique	0:30
		Position 11 Drill down, freestyle ba	4	50m	Technique	0:30
		Freestyle w/ Fins	3	400m	5:40	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	3	25m	3:00	
	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Back Squat	4	1-5	≥85%	
	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	5 ea		
	4	Lateral Lunge	3	1-5 ea	≥85%	2:00-5:00
	5	SL RDL	3	1-5 ea	≥85%	2:00-5:00
	6	Plank	3	1 min		0:45
Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Hill Sprints	8	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr	1	BenchPress	4	1-5	≥85%	
	2A	Chest Stretch	4	3 x 3 seconds	≥85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00
Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2100m Time: 40 min	Warm-up	Choice of Stroke	1	200m	Easy	
	Finning Work	Side Kicking w/ Fins	4	125m	2:00	0:30
		Side Stroke/ Combat Recovery	4	125m	2:00	0:30
	Main Set	Breaststroke	2	150m	2:30	1:00
		Freestyle	1	500m	10:00	
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	3	25m	3:00
Time: 20 min	2	Buddy Breathing (Snorkel Fam)	2		3:00
	3	Drown Proofing (Bobbing Only)	1		2:00

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00
Time: 1 hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	weighted if able	2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke (at least 3 different)	1	300m	Easy	2:00
#REF!	Main Set	Freestyle	5	100m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	150m	1:30	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drownproofing (Bobbing)	1		2:00	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1 hr 15 min	2	Push Ups	4	50+		2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5 ea		
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	1:00
		Finning (Side Kicking)	1	250m	Easy	1:00
#REF!	Main Set	Freestyle w/ fins and snorkel	4	150m	1:45	0:15
Time: 30 min		Side Kicking w/ fins	4	50m	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	3:00	

Time: 20 min	2	Buddy Breathing	1	Mild	2:00
	3	Treading Water	2		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	≥85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	≥85%	2:00-5:00
	5	SL RDL	3	1-5	≥85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 15 min	1	Intervals	6	1200m	4:40	2:00
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	≥85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	≥85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
		Kick with Kick Board	1	200m	Easy	2:00
Total Distance: m	Main Set	Freestyle Breath every 5th Stroke	2	250m	4:00	1:45
Time: 40 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	3	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 20 min	2	Mask and Snorkel	2		3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		

	6B	Hollow Hold	3	30 sec		2:00-5:00
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Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2050m Time: 40 min	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Breastroke Kick w/ kick board	4	50m		0:30
		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breastroke	1	350m	5:30	2:00
		Freestyle	1	850m	7:30	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	3:00	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4	Buddy Breathing	1	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Ruck	1	3 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	50+		2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5	≥85%	2:00-5:00
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

Week 9

Day 1	Total Time: 3hr 0 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2250m Time: 45 min	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
		Freestyle	4	100m	1:50	0:20
		Side Kicking w/ Fins	6	125m	1:50	0:20
		Combat Recovery Stroke w/ fins	4	100m	2:00	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	≥85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	≥85%	2:00-5:00
	5	SL RDL	3	1-5	≥85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1 hr 18 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 18 min	1	Intervals	6	800m	3:20	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	≥85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	≥85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2900m	Warm-up	Choice of Stroke	1	250m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
	Drill Set	Side Kicking w/ Fins	3	150m	2:50	0:25
Time: 2 hr		Flutter kick w/ board (no fins)	3	150m	4:00	remainder of pace time
	Main Set	Side Stroke w/ Fins	10	75m	1:30	remainder of pace time
		Freestyle w/ Fins	6	125m	2:00	remainder of pace time
	Cool Down	Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:45	
Time: 25 min	2	Mask and Snorkel	2	15m	3:00	
	3	Treading	3	1:00 on 0:30 off		
	4A	Drown Proofin (Bobbing)	1	1:00		
	4B	Drown Proofin (Float)	1	1:00		
	4C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1850m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
	Cool Down	Choice of Stroke	1	100m	Easy	NA

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Fartlek (30 sec burst every 3 min)	1	20-30 min	varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	50+	≥85%	2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5 ea		
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

Week 10

Day 1	Total Time: 2hr 40 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1000m	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
	Drill Sets	Rotational Drill	2	25m	Easy	0:30
	Time: 35 min	Position 11 Drill	2	25m	Easy	0:30
	Main Set					
		Freestyle	5	50m	1:00	0:45
		Breast Stroke	4	50m	1:20	0:30
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Buddy Breathing	1	Mild	2:00	
	3	Treading Water	3		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	≥85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	≥85%	2:00-5:00
	5	SL RDL	3	1-5	≥85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 25 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Repeats	4	1200m	5:00	2:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	≥85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds		2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	

Total Distance: 1100m		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Finger Tip Drag	3	50m	Technique	2:00
Time: 40 min						
	Main Set					
		Freestyle	2	200m	1:00/ 50m	2:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	15m	3:00	
	3	Underwater Technique Work	1	10 minutes		

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00
Time: 1 hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5		2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 800m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	4	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	15m	3:00	
	3	Treading Water	3		1:00 on/ :30 off	
	4	Buddy Breathing	2	Mild	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1	Long Slow Distance	1	45-55 min	15:00/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1 hr 15 min	2	Push Ups	4	50+		2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5		
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

Week 11	Day 1	Total Time: 2hr 50 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1700m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
		Main Set	Freestyle	6	50m	:45	0:30
			Sidestroke	6	50m	1:00	0:20
Time: 35 min							

		Side kicking w/ fins	2	350m	5:00	2:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Buddy Breathing	1	Moderate	1:00	
	3	Treading Water	2		1:00 on/ :30 off	
	4A	Drown Proofing (Bobbing)	1	1:30		
	4B	Drown Proofing (Floating)	1	1:30		
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	4	1-5	≥85%	
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00
	2	Nordic Hamstring Curls	4	5 (Slow)		
	3A	Bird Dogs	3	10 ea		
	3B	Med Ball Perpendicular Throw	3	30		
	4	Lateral Lunge	3	1-5	≥85%	2:00-5:00
	5	SL RDL	3	1-5	≥85%	2:00-5:00
	6	Plank	3	1 min		0:45

Day 2	Total Time: 1hr 29 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 29 min	1	Repeats	4	400m	1:30	0:45
Rest: 3 minutes between each group of repeats	2	Repeats	3	800m	3:10	1:30
	3	Repeats	4	400m	1:30	0:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	≥85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds	≥85%	2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 1450m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	10	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask and Snorkel	1	20m	3:00	
	3	Fin Treading	3	1:00 on 0:30 off		

Day 4	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00

Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5		2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 2hr 10 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1450m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	300m	4:00	NA
		Freestyle	10	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA
		Choice of Stroke	1	100m	Easy	NA
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Long Slow Distance	1	50-60min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	30-50	≥85%	2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5	≥85%	2:00-5:00
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

Week 12	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
		Drill Sets					
	Time: 35 min		Rotational Drill	4	25m	Easy	0:30
		Main Set					
			Freestyle	1	350m	5:00	2:30
			Side Kicking w/ fins	1	350m	5:00	2:30
			Side Kicking w/ fins	11	50m	0:45	0:15
		Cool Down					
		Freestyle	1	100m	Easy	NA	
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:30	
	Time: 20 min	2	Mask & Snorkel	2	20m	3:00	
		3	Fin Treading	2		1:00 on/ :30 off	
	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Time: 30 min	1	Steady State Run	1	20-30min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest	
	1A	Back Squat	4	1-5	≥85%		
Time: 1hr 15 min	1B	Depth Jumps	4	5		2:00-5:00	
	2	Nordic Hamstring Curls	4	5 (Slow)			
	3A	Bird Dogs	3	1 min			
	3B	Med Ball Perpendicular Throw	3	30			
	4	Lateral Lunge	3	1-5	≥85%	2:00-5:00	
	5	SL RDL	3	1-5	≥85%	2:00-5:00	

	6	Plank	3	1 min		0:45
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Day 2	Total Time: 1 hr 10 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	Time Trial (Race Pace)	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	BenchPress	4	1-5	≥85%	
Time: 1hr	2A	Chest Stretch	4	3 x 3 seconds		2:00-5:00
	3	Weighted Pull Up	3	1-5	≥85%	2:00-5:00
	4	Hanging Leg Raise	3	12		0:45
	5	Side Plank	3	30 Sec Each		
	6	Single Arm OH Press	4	1-5 each	≥85%	2:00-5:00
	7	BB Bent Over Row	4	1-5	≥85%	2:00-5:00

Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 1800m	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	600m	10:00	
		Side Kicking w/ Fins	1	600m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 20 min	2	Mask and Snorkel	2	20m	3:00	
	3A	Drown Proofing (Bobbing)	1	2:00		
	3B	Drown Proofin (Float)	1	1:00		
	3C	Drown Proofing (Travel)	1	50m		

Day 4	Total Time: 1 hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Deadlift	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2A	Rear Foot Elevated Split Squat	4	1-5 ea	≥85%	2:00-5:00
	2B	Quad Hip Flexor Stretch	4	3 Seconds		
	3	Sit Ups	3	40		
	4	GHD Leg Curl	3	1-5	Weighted if Able	2:00-5:00
	5	Goblet Squat	3	1-5	≥85%	2:00-5:00
	6A	V-Ups	3	15-20		
	6B	Hollow Hold	3	30 sec		2:00-5:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: 1000m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:30	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	3:00	
	3	Fin Treading	3		1:00 on/ :30 off	

	4	Buddy Breathing	1	Moderate	2:00	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1	Ruck w/ 45 lbs	1	4 miles	15 min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1	Wide Grip Pull Ups	4	1-5	≥85%	2:00-5:00
Time: 1hr 15 min	2	Push Ups	4	30-50	≥85%	2:00-5:00
	3	Sit Ups	4	40	≥85%	2:00-5:00
	4	Plank	3	90 sec		
	5	Single Arm DB Row	3	1-5	≥85%	2:00-5:00
	5	Lateral Raises	2	1-5	≥85%	2:00-5:00
	6	Reverse Curls	3	1-5	≥85%	2:00-5:00
	7	Skull Crushers	3	1-5	≥85%	2:00-5:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

JUNIOR YEAR, SPRING, WEEKS 1-6

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2150m	Warm-up	Choice of Stroke	1	250m	Easy	2:00
	Main Set	Freestyle	2	275m	5:45	Remainder of Interval
		Breastroke	5	50m	1:30	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea side	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2150m	Warm-up	Choice of Stroke	1	250m	Easy	
	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
Time: 45 min		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30
	3	10-ups	1	~17m	1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea side	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30
	4	V-Ups	4	15		1:00
	5	Reverse Fly	3	3-8	65-85%	1:00
	6	Incline Bench Press	3	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	3	1 min		1:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2150m	Main Set	Side Kicking w/ fins	6	150m	3:15	Remainder of Interval
Time: 55 min		Freestyle w/ fins	6	75m	Fast	:30
		Alternating laps-Freestyle/ Sidekicking	8	50m	1:15	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea side	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 1700m	Main Set	Freestyle	2	150m	2:40	Remainder of Interval
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	4	100m	2:00	Remainder of Interval
	2:00 rest between exercises	Side Kicking w/ fins	8	50m	1:00	Remainder of Interval
		Freestyle	1	200m	Easy	
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea side	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1900m	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					

		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30
	4	V-Ups	4	15		1:00
	5	Reverse Fly	3	3-8	65-85%	1:00
	6	Incline Bench Press	3	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	3	1 min		1:00

Week 3

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2450m	Main Set	Freestyle	1	850m	13:00	3:00
Time: 55 min		Freestyle	14	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea side	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	

Total Distance: 1875m	Main Set	Freestyle	2	200m	3:30	Remainder of Interval
Time: 45 min		Breastroke	2	125m	2:30	Remainder of Interval
		Side Kicking w/ fins	3	150m	3:30	Remainder of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breastroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	High Plank	3	1:30		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 1675m	Main Set	Freestyle	1	325m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30
	4	V-Ups	4	15		1:00
	5	Reverse Fly	3	3-8	65-85%	1:00
	6	Incline Bench Press	3	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	3	1 min		1:00

Week 4

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2100m	Main Set	Freestyle	5	150m	3:30	Remainder of Interval
Time: 55 min		SideStroke	1	200m	4:30	
		Side Kicking w/ fins	5	150m	3:30	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Fin Treading	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea sde	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2250m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 55 min		Freestyle Breathe every 5th Stroke	7	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	150m	3:20	Remainder of Interval
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea sde	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00

	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	High Plank	3	1:30		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1400m Time: 35 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set					
		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30
	4	V-Ups	4	15		1:00
	5	Reverse Fly	3	3-8	65-85%	1:00
	6	Incline Bench Press	3	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	3	1 min		1:00

Week 5

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1950m Time: 55 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle w/ Fins and Snorkel	6	150m	1:45	Remainder of Interval
		Side Kicking w/ fins	6	25m	:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat	5	1-5	> 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	2:30
	2	Single Leg RDL	4	1-5 ea sde	>85%	2:30
	3	Pallof Press	4	10 ea side		:30
	4	Bicycles	4	40 (4 count)		:30
	5	Lateral Bound	3	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	3	1-5	>85%	2:30
	7	Push Up Hold (down position)	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	1-5	> 85%	
Time: 1hr 15 min	1B	Push ups	5	25	Fast	2:30
	2	Weighted Pull Ups	4	1-5	>85%	2:30

	3	Farmer's Carry (2x heavy)	4	30 Yards		1:00
	4	Plank Reaches	4	10 ea		1:00
	5	Alternating OH DB Press	3	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	3	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 1700m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	4	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	2:30
	2	Lateral Lunge	4	1-5 ea side	>85%	2:30
	3	Side Plank w/ hip abduction	4	15 ea side		:30
	4	Hanging Leg Lifts	4	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	3	10 ea side		1:00
	6	SA OH KB Squat	3	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	3	3		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1900m	Main Set	Side Kicking w/ fins	10	150m	2:30	Remainder of Interval
Time: 35 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	5	:30		
Time: 1hr 15 min	1B	Pull Ups	5	10	Controlled	2:00
	2	OH BB Press	4	1-5	>85%	2:30
	3	SA Farmers Cary	4	30 Yards ea	Heavy	:30

4	V-Ups	4	15		1:00
5	Reverse Fly	3	3-8	65-85%	1:00
6	Incline Bench Press	3	1-5	>85%	2:30
7	Push Up Hold (Middle position)	3	1 min		1:00

Week 6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1600m Time: 55 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	1	600m	10:00	3:00
		Side Kicking w/ fins	1	600m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Back Squat	2	1-5	> 85%	
	1B	Box Jumps	2	5	Explosive	2:30
	2	Single Leg RDL	2	1-5 ea sde	>85%	2:30
	3	Pallof Press	2	10 ea side		:30
	4	Bicycles	2	40 (4 count)		:30
	5	Lateral Bound	1	5 ea side	Explosive	:30
	6	Weighted Glute Bridge (Hip Thruster)	1	1-5	>85%	2:30
	7	Push Up Hold (down position)	1	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Bench Press	2	1-5	> 85%	
	1B	Push ups	2	25	Fast	2:30
	2	Weighted Pull Ups	2	1-5	>85%	2:30
	3	Farmer's Carry (2x heavy)	1	30 Yards		1:00
	4	Plank Reaches	1	10 ea		1:00
	5	Alternating OH DB Press	1	1-5 ea side	> 85%	2:30
	6	Bent Over DB Row	1	1-5 ea side	>85%	2:30
	7	Pull Up Hold (up position)	1	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 3000m Time: 1hr 20min	Warm-up	Choice of Stroke	1	300m	Easy	
	Main Set	Freestyle	2	250m	4:00	Remainder of Interval
		Freestyle	4	150m	2:45	Remainder of Interval
		Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval
		Side Kicking w/ fins	4	150m	2:45	Remainder of Interval
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Buddy Breathing	1	Moderate	1:30	

	3	10-ups	1	~17m	1:30
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Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	2	1-5	> 85%	
Time: 1hr 15 min	1B	Broad Jump	2	5	Explosive	2:30
	2	Lateral Lunge	2	1-5 ea side	>85%	2:30
	3	Side Plank w/ hip abduction	1	15 ea side		:30
	4	Hanging Leg Lifts	1	15-20		1:00
	5	SL Leg Curl (Sliding or Suspension Trainer)	1	10 ea side		1:00
	6	SA OH KB Squat	1	5 ea side	65%-85%	2:30
	7	5-10-5 Drill (See OFT Packet)	1	3	Explosive	1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: 1250m	Main Set	Freestyle	10	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (up position)	2	:30		
Time: 1hr 15 min	1B	Pull Ups	2	10	Controlled	2:00
	2	OH BB Press	2	1-5	>85%	2:30
	3	SA Farmers Cary	1	30 Yards ea	Heavy	:30
	4	V-Ups	1	15		1:00
	5	Reverse Fly	1	3-8	65-85%	1:00
	6	Incline Bench Press	1	1-5	>85%	2:30
	7	Push Up Hold (Middle position)	1	1 min		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

JUNIOR YEAR, SPRING, WEEKS 7-12

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2700m Time: 55 min	Warm-up	Choice of Stroke	1	400m	Easy	2:00
	Main Set	Freestyle	3	250m	5:45	Remainder of Interval
		Breaststroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	Squat Hold (45 lb Plate in Hands)	3	1:00	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2200m Time: 45 min	Warm-up	Choice of Stroke	1	300m	Easy	
	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	7	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	7	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	7	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30
	3	10-ups	1	~17m	1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
Time: 35 min	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2450m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	3	250m	5:45	Remainder of Interval
		Breastroke	6	50m	1:30	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
Cool Down						
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	Squat Hold (45 lb Plate in Hands)	3	1:00	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2200m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest

Total Distance: 1300m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Long Slow Distance	1	35-45 min	8:30	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 9

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1600m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	3	200m	4:00	Remainder of Interval
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	8	50m	1:30	Remainder of Interval
		Freestyle	2	100m	3:00	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30

	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2950m	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 55 min		Freestyle	4	200m	3:20	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	3	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	5-10-5 drill (See OFT Packet)	3	3	Fast	1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1650m	Main Set	Freestyle	9	50m	0:50	0:15
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1500m Time: 55 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	3	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
	1B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Bench Press	5	3-8	65%-85%	
	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1800m Time: 45 min	Warm-up	Choice of Stroke	1	300m	Easy	
	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
		Breaststroke	3	100m	3:15	Remainder of Interval
		Freestyle	4	50m	1:25	Remainder of Interval
		Breaststroke	3	100m	3:15	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	Squat Jumps	3	10		1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2350m	Main Set	Side Kicking w/ fins or Combat Side Stroke	8	250m	5:00	Remainder of Interval
Time: 35 min	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 11

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1600m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	600m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	5	3-8	65%- 85%	
Time: 1hr 15 min	1B	Box Jumps	5	5	Explosive	1:30
	2	Deadlift	4	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	4	1:00		
	3B	Sprint	4	50m	Sprint	1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	:45
	5	SL Glute Bridge	3	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	3	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	5	5	Explosive	1:30
	2	Chin Ups	4	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	60 Yards		1:00
	4	SA Plank	4	30 sec ea		1:00
	5	OH Press	3	3-8	65%-85%	1:30
	6	Bent Over BB Row	3	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2800m	Main Set	Freestyle	12	100m	2:20	Remainder of Interval
Time: 1 hr 25 min		Side Kicking w/ fins	12	100m	2:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	5	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	4	10 ea side	65%-85%	
	2B	Run	4	400 Yards	Fast	2:00
	3	Side Plank	4	45 Sec ea		1:00
	4	5-10-5 Drill (See OFT Packet)	3	3	Explosive	1:00
	5	SL Glute Bridge	3	10 ea side	65%-85%	1:30
	6	Hollow Hold	3	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1150m	Main Set	Freestyle	10	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	5	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	5	5	Fast/ Explosive	2:00
	2	OH BB Press	4	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	3	5 yards		1:00
	4	Sit Ups	4	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	3	3-8	65-85%	1:30
	6	SA DB Bench Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2300m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breaststroke	8	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Back Squat (Explosive)	2	3-8	65%- 85%	
Time: 1hr 15 min	1B	Box Jumps	2	5	Explosive	1:30
	2	Deadlift	1	3-8	65%-85%	2:30
	3A	Plank (Up immediately to Sprint)	1	1:00		
	3B	Sprint	1	50m	Sprint	1:00
	4	Squat Hold (45 lb Plate in Hands)	1	1:00	Explosive	:45
	5	SL Glute Bridge	1	1-5	65%-85%	1:00
	6	Push Up Hold (down position)	1	1:30		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bench Press	2	3-8	65%-85%	
Time: 1hr 15 min	1B	Med Ball Chest Pass (Against Wall)	2	5	Explosive	1:30
	2	Chin Ups	1	10-15	Controlled	1:00
	3	Farmer's Carry (2x heavy)	1	60 Yards		1:00
	4	SA Plank	1	30 sec ea		1:00
	5	OH Press	1	3-8	65%-85%	1:30
	6	Bent Over BB Row	1	3-8	65%-85%	1:30
	7	Pull Up Hold (up position)	1	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2200m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval

		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Dead Lift	2	3-8	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	2	5	Explosive	1:30
	2A	Lunge Walk (Drop Weight go into Run)	1	10 ea side	65%-85%	
	2B	Run	1	400 Yards	Fast	2:00
	3	Side Plank	1	45 Sec ea		1:00
	4	Squat Jumps	1	10		1:00
	5	SL Glute Bridge	1	10 ea side	65%-85%	1:30
	6	Hollow Hold	1	1:00		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1400m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	8	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Row	2	3-8	65%-85%	
Time: 1hr 15 min	1B	Pull Ups	2	5	Fast/ Explosive	2:00
	2	OH BB Press	1	3-8	65%-85%	2:30
	3	Plank Crawl (forward and back)	1	5 yards		1:00
	4	Sit Ups	1	30		1:00
	5	Straight Arm Lat Pull Down (Swimmer Row)	1	3-8	65-85%	1:30
	6	SA DB Bench Press	1	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	1	1 min		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, FALL, WEEKS 1-6

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1400m Time: 25 min	Warm-up	Freestyle	1	200m	Easy	2:00
	Drill Sets	Position 11 Drill	6	25m	Easy	0:10
	Main Set	Rotational Drill	6	25m	Easy	0:10
		1-Arm Free	6	25m	Easy	0:10
		Bow and Arrow	6	25m	Easy	0:10
		Freestyle	5	100m	1:30	1:15
	Cool Down	Freestyle	1	100m	Easy	NA
	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Trap Bar Deadlift	4	6-12	65%-85%	
	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	6-12 Ea	65%-85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	6-12	65%-85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Shoulder Press	4	6-12	65%-85%	
	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1550m Time: 40 min	Warm-up	Freestyle	1	200m	Easy	1:30
	Drill Sets	Kick with Kick Board	1	100m	Easy	2:00
		Side Kicking w/ Fins	5	50m	Easy	:15
		Side Stroke/ Combat Recovery	3	100m	Easy	:45
		Rotation Drill	4	25m	Easy	:20
	Main Set	Freestyle	3	100m	2:15	1:45
	Cool Down	Side Kicking w/ Fins	3	100m	1:45	1:30
		Freestyle	1	100m	Easy	NA
	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Romanian Deadlift	4	6-12	65%-85%	
	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1250m Time: 40 min	Warm-up	Freestyle	1	200m	Easy	1:30
	Drill Sets	Position 11 Drill	2	25m	Easy	0:30
		Rotational Drill	2	25m	Easy	0:30
		1-Arm Free	2	25m	Easy	0:30
		Bow and Arrow	2	25m	Easy	0:30
		Fingertip Drag	2	25m	Easy	0:30
		Slingshot	2	25m	Easy	0:30
	Main Set					
		Freestyle	14	50m	1:00 Interval	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Pull Up Hold (at top)	4	30 sec		
	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 2	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1550m Time: 45 min	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
		Main Set	Rotational Drill	4	25m	Easy	0:30
		Freestyle	6	50m	1:15	0:15	
		Flutter Kick w/ Kickboard	6	50m	1:40	0:15	
		Freestyle	4	75m	2:00	0:45	
		Sidestroke	2	75m	2:00	0:45	
		Cool Down					
		Choice of Stroke	1	100m	Easy	NA	
		Water Con	1	Underwaters	5	25m	2:15
		Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
		3	Fin Treading	4		1:00 on/ :30 off	
	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Time: 35 min	1	Hill Sprints	12	200m	Sprint	Walk Down
	Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1A	Trap Bar Deadlift	4	6-12	65%-85%	

Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	6-12 Ea	65%-85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	6-12	65%-85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	1.5 Mile time Trial	1	1.5 mi	Race	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1550m	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	200m	Easy	1:00
	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min	Main Set	Side Stroke w/ Fins	7	50m	1:15	0:10
		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 50min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1250m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
		Kick w/ Board	1	200m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	650m	:45 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Con	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Long Slow Distance	1	35-45min	8:30/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 3	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1550m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
		Main Set	Rotational Drill	4	25m	Easy	0:30
	Time: 45 min		Freestyle	6	50m	1:15	0:15
			Flutter Kick w/ Kickboard	6	50m	1:40	0:15
			Freestyle	4	75m	2:00	0:45
			Sidestroke	2	75m	2:00	0:45
		Cool Down					
			Choice of Stroke	1	100m	Easy	NA
	Water Con						
		1	Underwaters	5	25m	2:15	
	Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
		3	Fin Treading	4		1:00 on/ :30 off	
	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
	Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
		1A	Trap Bar Deadlift	4	6-12	65%-85%	
	Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
		2	SL RDL	4	6-12 Ea	65%-85%	1:30
		3	Plank	3	2:00		1:00
4		Bicycle Crunch	4	30	4 count	1:00	
5		5-10-5 Drill	3	3	Fast	1:30	
6		Leg Curl	3	6-12	65%-85%	1:30	
7		Deep Squat Hold	3	1 min		1:00	

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1200 Meter Repeats	4	1200m	4:45	2:20
		Rest 4:00 between after 4 sets				4:00
	3	1200 Meter Repeats	2	1200m	4:45	2:20
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
		Side Kicking w/ Fins	2	200m	Easy	1:00
Total Distance: 1450m	Drill Sets	Open Turns with Fins Practice	1	10 min	Technique	3:00
Time: 35 min						
	Main Set	Side Stroke w/ Fins	7	50m	1:15	0:10

		Side Kicking w/ Fins	1	400m	6:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1 hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 55 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1250m		Kick w/ Board	1	200m	Easy	1:00
Time: 25 min						
	Main Set	Side Kicking w/ Fins	1	650m	:45 per 50m	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Con						
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance Run	1	40-50 min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 4	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1100m	Warm-up	Freestyle/ Sidestroke	1	200m	Easy	2:00
		Drill Sets	Rotational Drill	2	25m	Easy	0:30
	Time: 35 min		Position 11 Drill	2	25m	Easy	0:30
		Main Set					
			Freestyle	8	50m	1:00	0:15
			Breast Stroke	6	50m	1:10	0:15
		Cool Down					
			Freestyle	1	100m	Easy	NA
	Water Con						
		1	Underwaters	5	25m	2:15	
	Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
		3	Fin Treading	4		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	6-12 Ea	65%-85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	6-12	65%-85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400m Repeats	4	400m	1:30	:45
Rest 3:00 between 400s and 800s	2	800m Repeats	3	800m	3:00	1:30
	3	400m Repeats	2	400m	1:30	:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1600m	Warm-up	Choice of Stroke	1	300m	Easy	
		Kick with Kick Board	1	100m	Easy	2:00
	Drill Sets	Finger Tip Drag	5	50m	Technique	1:30
Time: 40 min						
	Main Set					
		Freestyle	2	300m	1:00 / 50m	1:30
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 950m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	1	500m	Race Pace	
Time: 20 min						

Cool Down		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck w/it 55lbs	1	2 mi	15 min/ mile	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 5	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Total Distance: 1500m	Warm-up	Freestyle/ Sidestroke	1	450m	Easy	2:00
		Main Set	Freestyle	5	50m	1:10	0:15
	Time: 35 min		Sidestroke	5	50m	1:10	0:15
			Freestyle Down Sidestroke Back	1	450m	1:10 per 50m	
		Cool Down					
		Choice of Stroke	1	100m	Easy	NA	
	Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:15	
	Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
		3	Fin Treading	4		1:00 on/ :30 off	
	Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
	Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	6-12	65%-85%		
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30	
	2	SL RDL	4	6-12 Ea	65%-85%	1:30	
	3	Plank	3	2:00		1:00	
	4	Bicycle Crunch	4	30	4 count	1:00	
	5	5-10-5 Drill	3	3	Fast	1:30	
	6	Leg Curl	3	6-12	65%-85%	1:30	
	7	Deep Squat Hold	3	1 min		1:00	

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	6	800m	3:15	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	Inverted Row	4	6-12	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	6-12 ea	65%-85%	1:30
	6	Weighted Pull Ups	3	6-12	65%-85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	

Total Distance: 1500m		Side Kicking w/ Fins	1	200m	Easy	2:00
	Main Set	Side Kicking w/ Fins	1	550m	1:10 per 50m	3:00
Time: 35 min		Side Kicking w/ Fins	8	50m	0:50-1:00	0:10
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 50 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	6-12	65%-85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squats	4	6-12	65%-85%	
	2B	Lunges (Unweighted)	4	6 ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	15	65%-85%	1:00
	5	Lateral Lunge	3	10 ea side	65%-85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: m		Breaststroke Kick w/ Board	1	150m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	200m	1:15 per 50m	NA
		Freestyle	6	50m	1:10	0:15
		Breaststroke	5	50m	1:10	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (60 sec Burst every 4 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	4	30 sec		
Time: 1hr 15 min	1B	Pull Ups	4	6-10	Controlled	1:30
	2	Bench Pres	4	6-12	65%-85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	65-85%	1:30
	6	SA DB OH Press	3	3-8 ea	65%-85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 6	Day 1	Total Time: 2hr 30 min					
	Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
		Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1600m		Drill Sets					
Time: 35 min			Rotational Drill	4	25m	Easy	0:30
		Main Set					
			Freestyle	11	50m	1:00	0:10
			Finning (Side Kicking)	11	50m	1:00	0:10
		Cool Down					
			Freestyle	1	100m	Easy	NA
Water Confidence		Order	Exercise/ Drill	Sets	Distance	Interval	
		1	Underwaters	5	25m	2:15	

Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Fin Treading	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	1	6-12	65%-85%	
Time: 1hr 15 min	1B	Squat Jumps	1	5	Fast/ Explosive	1:30
	2	SL RDL	1	6-12 Ea	65%-85%	1:30
	3	Plank	1	2:00		1:00
	4	Bicycle Crunch	1	30	4 count	1:00
	5	5-10-5 Drill	1	3	Fast	1:30
	6	Leg Curl	1	6-12	65%-85%	1:30
	7	Deep Squat Hold	1	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
#REF!	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle	1	400m	1:00 per 50m	
		Side Kicking w/ Fins	1	400m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1575m	Drill Sets	Freestyle (Breathe every 5th stroke)	7	50m	Easy	0:10
Time: 45 min		Freestyle (Breathe every 7th stroke)	7	25m	Easy	0:10
	Main Set					
		Freestyle	1	600m	1:00 per 50m	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top)	1	30 sec		
Time: 1hr 15 min	1B	Pull Ups	1	6-10	Controlled	1:30

2	Bench Pres	1	6-12	65%-85%	2:00
3	SA Farmers Carry (Heavy)	1	20 Yards (ea)		1:00
4	V-ups	1	10		1:00
5	Renegade Row	1	3-8 ea	65-85%	1:30
6	SA DB OH Press	1	3-8 ea	65%-85%	1:30
7	Push Up Hold (Low position)	1	1 min		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFROTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFROTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, FALL, WEEKS 7-12

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2600m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle w/ Fins	4	100m	2:05	Remainder of Interval
Time: 1 hr 25 min		Rotational Drill down, freestyle back	4	50m	Technique	0:30
		Position 11 Drill down, freestyle back	4	50m	Technique	0:30
		Freestyle w/ Fins	3	450m	5:40	Remainder of Interval
		Cool Down				
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	3-5	>85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Hill Sprints	6	200m	Sprint	Walk Down
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Shoulder Press	4	3-5	>85%	
	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
		7	Sit Ups	3	1 min	1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2300m Time: 55 min	Warm-up	Choice of Stroke	1	250m	Easy	
	Finning Work	Side Kicking w/ Fins	4	150m	2:00	0:30
		Side Stroke/ Combat Recovery	4	125m	2:00	0:30
	Main Set					
		Breaststroke	2	175m	2:30	1:00
		Freestyle	1	500m	10:00	
		Cool Down				
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
Time: 20 min	1	Underwaters	5	25m	2:15	
	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1700m		Choice of Stroke (at least 3 different)				
	Warm-up		1	350m	Easy	2:00
	Main Set	Freestyle	4	125m	1:00	0:30
Time: 40 min		Freestyle w/ fins	5	150m	1:30	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	45-50 min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		
Time: 1hr 15 min	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1700m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	1:00
		Finning (Side Kicking)	1	300m	Easy	1:00
	Main Set	Freestyle w/ fins and snorkel	5	150m	1:40	0:10
Time: 30 min		Side Kicking w/ fins	4	50m	0:55	0:10
	Cool Down					
		Freestyle	1	150m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	3-5	>85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 45 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	4	800m	2:50	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
		Kick with Kick Board	1	200m	Easy	2:00
Total Distance: 2050m	Main Set	Freestyle Breath every 5th Stroke	2	300m	4:00	1:30
Time: 50 min		25m Down - Freestyle Back				
		Side Kicking w/ Fins	4	100m	2:00	0:30
		Combat Recovery w/ Fins	4	100m	2:00	0:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: m	Main Set	Breaststroke Kick w/ kick board	4	50m		0:30
Time: 40 min		Flutter Kick w/ kick board	4	50m	Fast	0:30
		Breaststroke	1	400m	5:30	2:00
		Freestyle	1	900m	7:30	NA
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Con						
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck with 55lbs	1	3 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		

Time: 1hr 15 min	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 9

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2450m	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
	Main Set	Flutter Kick w/ Kickboard	4	75m	1:45	0:30
Time: 45 min		Freestyle	5	100m	1:50	0:10
		Side Kicking w/ Fins	6	125m	1:50	0:10
		Combat Recovery Stroke w/ fins	5	100m	2:00	0:10
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	3-5	>85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	600m	6	600m	2:05	1:15
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 3030m	Warm-up	Choice of Stroke	1	30m	Easy	
		Side Kicking w/ Fins	1	150m	Easy	2:00
	Drill Set	Side Kicking w/ Fins	4	150m	2:50	0:25
Time: 2 hr		Flutter kick w/ board (no fins)	4	150m	4:00	remainder of pace time
	Main Set	Side Stroke w/ Fins	10	75m	1:30	remainder of pace time
		Freestyle w/ Fins	8	100m	2:00	remainder of pace time
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1 hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1900m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Time: 40 min	Main Set	Freestyle w/ fins	1	1500m	30:00:00	NA
	Cool Down	Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		
Time: 1hr 15 min	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2350m	Warm-up	Freestyle/ Sidestroke	1	350m	Easy	2:00
Time: 45 min	Drill Sets	Rotational Drill	2	50m	Easy	0:30
		Position 11 Drill	2	50m	Easy	0:30
	Main Set					
		Freestyle	7	100m	1:30	0:15
		Side Kicking w/ Fins	1	1000m	20:00	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30

	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	3-5	>85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	800m repeats	6	800m	3:00	1:30
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	
Total Distance: 2000m	Main Set	Combat Recovery Stroke 25m/ Side Kicking back w/ fins	1	650m	10:00	3:00
Time: 40 min						
		Freestyle	1	700m	10:00	3:00
		Freestyle Sprints	5	50m	0:45-0:50	0:15
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 1hr 55 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Romanian Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	1	1000m	Race Pace	
Time: 30 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	4	30 sec		
Time: 1hr 15 min	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 11

Day 1	Total Time: 2hr 50 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Freestyle/ Sidestroke	1	300m	Easy	2:00
Total Distance: 1900m	Main Set	Freestyle	7	50m	:45	0:30
Time: 35 min		Sidestroke	7	50m	1:00	0:20
		Side kicking w/ fins	2	400m	5:00	2:30
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Trap Bar Deadlift	4	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	4	5	Fast/ Explosive	1:30
	2	SL RDL	4	3-5 ea	>85%	1:30
	3	Plank	3	2:00		1:00
	4	Bicycle Crunch	4	30	4 count	1:00
	5	5-10-5 Drill	3	3	Fast	1:30
	6	Leg Curl	3	3-5	>85%	1:30
	7	Deep Squat Hold	3	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	6	400m	1:30	:45
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Shoulder Press	4	3-5	>85%	
Time: 1hr 15 min	1B	Med Ball Squat to Throw	4	5	Explosive	1:30
	2	BB Bent Over Row	4	3-5	Controlled	1:00
	3	Farmer's Carry (2x heavy)	4	100 Yards		1:00
	4	Side Plank	4	45 sec ea		1:00
	5	SA DB Bench Press	3	3-5 ea	>85%	1:30
	6	Weighted Pull Ups	3	3-5	>85%	1:30
	7	Sit Ups	3	1 min		1:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	
Total Distance: 1600m	Main Set	Side Kicking w/ Fins	1	500m	10:00	3:00
Time: 35 min		Freestyle w/ Fins	12	50m	:45	0:20
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 2hr 5 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	40-50 min	Conversation	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Romanian Deadlift	4	3-5	>85%	
	1B	Broad Jump	4	5	Explosive	1:30
	2A	Front Squat	4	3-5	>85%	
	2B	Lunge Hold	4	30 Sec ea		2:00
	3	Hollow Hold	4	1:00		1:00
	4	KB Swings	3	10	>85%	1:00
	5	Lateral Lunge	3	3-5 ea	>85%	1:30
	6	Sit Ups	3	50		1:00

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1650m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Drill Set	Breaststroke Kick w/ Board	1	100m	Easy	1:00
Time: 25 min						
	Main Set	Freestyle Down Breaststroke Back	1	350m	5:00	NA
		Freestyle	12	50m	0:50	0:15
	Cool Down					
		Choice of Stroke	1	250m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Long Slow Distance	1	50-60 min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
Time: 1hr 15 min	1A	Pull Up Hold (at top) Weighted	4	30 sec		
	1B	Weighted Pull Ups	4	3-5	Controlled	1:30
	2	Bench Press	4	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	3	20 Yards (ea)		1:00
	4	V-ups	3	10		1:00
	5	Renegade Row	3	3-8 ea	>85%	1:30
	6	SA DB OH Press	3	3-8 ea	>85%	1:30
	7	Push Up Hold (Low position)	3	1 min		1:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1900m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Drill Sets					
Time: 35 min		Rotational Drill	4	25m	Easy	0:30
	Main Set	Freestyle	1	400m	5:00	2:30
		Side Kicking w/ fins	1	400m	5:00	2:30
		Side Kicking w/ fins	12	50m	0:45	0:15
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest

	1A	Trap Bar Deadlift	1	3-5	>85%	
Time: 1hr 15 min	1B	Squat Jumps	1	5	Fast/ Explosive	1:30
	2	SL RDL	1	3-5 ea	>85%	1:30
	3	Plank	1	2:00		1:00
	4	Bicycle Crunch	1	30	4 count	1:00
	5	5-10-5 Drill	1	3	Fast	1:30
	6	Leg Curl	1	3-5	>85%	1:30
	7	Deep Squat Hold	1	1 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 1950m	Drill Sets	Swim w/ Snorkel (Not attached to mask)	1	200m	Easy	
Time: 30 min						
	Main Set					
		Freestyle w/ snorkel	1	600m	10:00	
		Side Kicking w/ Fins	1	700m	10:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	500m	Easy	2:00
Total Distance: 1100m	Main Set					
Time: 45 min		Side Kicking w/ fins	1	500m	Race Pace	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck	1	4 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Pull Up Hold (at top) Weighted	1	30 sec		
Time: 1hr 15 min	1B	Weighted Pull Ups	1	3-5	Controlled	1:30
	2	Bench Press	1	3-5	>85%	2:00
	3	SA Farmers Carry (Heavy)	1	20 Yards (ea)		1:00
	4	V-ups	1	10		1:00
	5	Renegade Row	1	3-5 ea	>85%	1:30
	6	SA DB OH Press	1	3-5 ea	>85%	1:30
	7	Push Up Hold (Low position)	1	1 min		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, SPRING, WEEKS 1-6

Week 1

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2300m Time: 55 min	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	2	300m	5:45	Remainder of Interval
		Breastroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2300m Time: 45 min	Warm-up	Choice of Stroke	1	250m	Easy	
	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:30	Remainder of Interval
		Freestyle	7	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:15	Remainder of Interval
		Freestyle	7	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	6	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00

	3	Bar Hang	3	1:00		1:30
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Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1500m Time: 35 min	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	7	100m	2:30	Remainder of Interval
	Cool Down	Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Treading Water	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Week 2

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2400m Time: 55 min	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Side Kicking w/ fins	7	150m	3:15	Remainder of Interval
		Freestyle w/ fins	6	75m	Fast	:30
		Alternating laps-Freestyle/ Sidekicking	9	50m	1:15	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Fin Treading	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Hill Sprints	6	200m	Sprint	Walk Down

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Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1900m	Warm-up	Choice of Stroke	1	350m	Easy	
	Main Set	Freestyle	2	150m	2:40	Remainder of Interval
Time: 45 min	2 times Through Main Set	Side Kicking w/ fins	5	100m	2:00	Remainder of Interval
	2:00 rest between exercises	Side Kicking w/ fins	9	50m	1:00	Remainder of Interval
		Freestyle	1	200m	Easy	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1950m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	1	500m	10:30	
Time: 35 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Long Slow Distance	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Week 3

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	1	900m	13:00	3:00
Time: 55 min		Freestyle	16	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	

		Cool Down				
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	400m Repeats	4	400m	1:25	:40
Rest 4:00 after 400s	2	800m Repeats	4	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 2025m	Main Set	Freestyle	2	225m	3:30	Remainder of Interval
Time: 45 min		Breastroke	2	150m	2:30	Remainder of Interval
		Side Kicking w/ fins	3	150m	3:30	Remainder of Interval
		Flutterkick Kickboard (no fins)	10	25m	Fast	:20
		Breastroke Kick Kickboard	5	25m		:20
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2300m	Main Set	Freestyle	1	325m	5:00	2:00
Time: 30 min		Side Kicking w/ fins	1	1000m	20:00	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA

Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval
	1	Underwaters	5	25m	2:15
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30
	3	Treading Water	4		1:00 on/ :30 off

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Week 4

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 2300m	Main Set	Freestyle	5	150m	3:30	Remainder of Interval
Time: 55 min		SideStroke	1	200m	4:30	
		Side Kicking w/ fins	6	150m	3:30	Remainder of Interval
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	6	800m	3:00	1:30

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 2850m	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
Time: 55 min		Freestyle Breathe every 5th Stroke	8	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	6	150m	3:20	Remainder of Interval
		Side Kicking w/ fins- 3 breaths per 25m	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	

	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 1400m	Main Set					
Time: 35 min		Side Kicking w/ fins	1	1000m	Race	
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Ruck with 55 lbs	1	2	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Week 5

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 2150m	Main Set	Freestyle w/ Fins and Snorkel	7	150m	1:45	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	6	25m	:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 35 min	1	Steady State Run	1	25-35 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00

	3	Farmers Carry (Heavy)	4	100 Yards		1:00
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Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:20	:40

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 1900m	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
Time: 45 min		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	5	50m	1:25	Remainder of Interval
		Breaststroke	2	100m	3:15	Remainder of Interval
		Freestyle	7	50m	1:15	Remainder of Interval
		Breaststroke	4	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	300m	Easy	2:00
Total Distance: 2200m	Main Set	Side Kicking w/ fins	12	150m	2:30	Remainder of Interval
Time: 45 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30

	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

Week 6

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: m	Main Set	Freestyle	1	600m	10:00	3:00
Time: 55 min		Side Kicking w/ fins	1	700m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Depth Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Walking Lunges	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Sit Ups	4	30		2:00
	3	Farmers Carry (Heavy)	4	100 Yards		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 3350m	Main Set	Freestyle	2	250m	4:00	Remainder of Interval
Time: 1 hr 30 min		Freestyle	5	150m	2:45	Remainder of Interval
		Freestyle	4	50m	1:20	Remainder of Interval
		Side Kicking w/ fins	2	250m	4:00	Remainder of Interval
		Side Kicking w/ fins	5	150m	2:45	Remainder of Interval
		Side Kicking w/ fins	4	50m	1:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	SL Box Jump	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Alternating Lunges	4	20		1:30
	2A	Dips	4	12		
	2B	TRX Row	4	12		
	2C	Flutter Kicks	4	40	4 count	2:00
	3	Bar Hang	3	1:00		1:30

Day 4	Total Time: 35 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	25-35 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	500m	Easy	2:00
Total Distance: 1450m	Main Set	Freestyle	12	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1A	Long Slow Distance	1	40-50 min	8:30/mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	Staggered Stand Deadlift	4	10		1:30
	2A	Hindu Pushup	4	10		
	2B	Neutral Grip Pull Up	4	10		
	2C	GHD Extension Hold	4	10		1:30
	3	Plate Pinch Carry	4	40 Yards		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

SENIOR YEAR, SPRING, WEEKS 7-12

Week 7

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	400m	Easy	2:00
Total Distance: 2950	Main Set	Freestyle	4	250m	5:45	Remainder of Interval
Time: 55 min		Breastroke	4	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Hill Sprints	8	200m	Sprint	Walk Down

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	200m	Easy	
Total Distance: 1800m	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
Time: 45 min		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00

	3	KB Front Rack Carry	3	1:30		1:30
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Day 4	Total Time: 45 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1300m Time: 35 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	6	100m	2:30	Remainder of Interval
	Cool Down	Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	8:30/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Week 8

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2700m Time: 55 min	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
		Breastroke	6	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	1600m Repeats	3	1600m	6:30	3:00

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Day 3	Total Time: 1 hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1800m	Warm-up	Choice of Stroke	1	200m	Easy	
Time: 45 min	Main Set	Freestyle	5	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:30	Remainder of Interval
		Freestyle	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Freestyle	5	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2400m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	7	50m	1:30	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	7	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1A	Ruck with 55lbs	1	3 mi	15 min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1750m	Warm-up	Choice of Stroke	1	350m	Easy	2:00
	Main Set	Freestyle	3	200m	4:00	Remainder of Interval
Time: 55 min	2 Rounds	Flutter Kick w/ board and fins	10	50m	1:30	Remainder of Interval
		Freestyle	2	100m	3:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1	Steady State Run	1	30-40 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	800m Repeats	4	800m	2:45	2:00

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 3200m	Warm-up	Choice of Stroke	1	350m	Easy	
	Main Set	Freestyle	6	50m	1:20	Remainder of Interval
Time: 1hr 35 min		Freestyle	4	200m	3:20	Remainder of Interval
		Side Kicking w/ fins	4	75m	1:40	Remainder of Interval
		Side Kicking w/ fins	5	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	4	200m	3:45	1:00
		Side Kicking w/ fins	1	300m	Race Pace	
	Cool Down	Freestyle	1	100m	Easy	NA
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 40 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	30-40 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1750m	Warm-up	Choice of Stroke	1	300m	Easy	2:00
	Main Set	Freestyle	11	50m	0:50	0:15
Time: 55 min		Side Kicking w/ fins	4	75m	1:30	Remainder of Interval
		Side Kicking w/ fins	1	500m	10:00	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1A	Fartlek (30 sec Burst every 3 min)	1	20-30 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Week 10

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 1750m	Warm-up	Choice of Stroke	1	200m	Easy	2:00
	Main Set	Freestyle	4	50m	1:20	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	4	250m	5:00	
		Freestyle	1	250m	5:00	
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 45 min	1	Steady State Run	1	35-45 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 21 min	1	3 Mile time Trial	1	3 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
Total Distance: 2050m	Warm-up	Choice of Stroke	1	350m	Easy	
	Main Set	Freestyle	4	50m	1:30	Remainder of Interval

Time: 55 min		Breaststroke	4	100m	3:15	Remainder of Interval
		Freestyle	5	50m	1:25	Remainder of Interval
		Breaststroke	3	100m	3:15	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Breaststroke	6	25m	1:10	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 45 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	35-45 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	250m	Easy	2:00
Total Distance: 2600m	Main Set	Side Kicking w/ fins or Combat Side Stroke	9	250m	5:00	Remainder of Interval
Time: 1hr 20 min						
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 55 min	1A	Long Slow Distance	1	45-55 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Week 11

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1750m	Main Set	Freestyle	1	700m	10:00	3:00
Time: 55 min		Side Kicking w/ fins or Combat Side Stroke	1	600m	10:00	
	Cool Down					
		Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	

Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 50 min	1	Steady State Run	1	40-50 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	400m Repeats	4	400m	1:30	:45

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 3050m	Main Set	Freestyle	12	100m	2:20	Remainder of Interval
Time: 1hr 30 min		Side Kicking w/ fins	14	100m	2:20	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 3hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1300m	Main Set	Freestyle	12	50m	1:20	Remainder of Interval
Time: 35 min		Side Kicking w/ fins	1	250m	5:00	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest

Time: 60 min	1A	Long Slow Distance	1	50-60 min	Varied	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

Week 12

Day 1	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 2450m	Main Set	Freestyle	2	250m	5:45	Remainder of Interval
Time: 55 min		Breaststroke	10	50m	1:30	Remainder of Interval
		Side Kicking w/ fins	4	250m	5:45	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Fin Treading	4		1:00 on / :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 30 min	1	Steady State Run	1	20-30 min	Conversation	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Box Jump	4	5	18-21 inches	
Time: 1hr 15 min	1B	Reverse Lunge	4	10 ea		1:30
	2A	Push Ups	4	40	>85%	
	2B	Pull Ups	4	10-15		
	2C	Hanging Leg Raises	4	30		2:00
	3	Farmers Carry (Heavy)	4	3 min		1:00

Day 2	Total Time: 1hr 15 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 10 min	1	1.5 Mile time Trial	1	1.5 mi	Race	

Day 3	Total Time: 1hr					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	
Total Distance: 2400m	Main Set	Freestyle	6	50m	1:30	Remainder of Interval
Time: 55 min		Side Kicking w/ fins	7	50m	1:30	Remainder of Interval
		Freestyle	6	50m	1:15	Remainder of Interval
		Side Kicking w/ fins	7	50m	1:15	Remainder of Interval
		Freestyle	6	50m	1:00	Remainder of Interval
		Side Kicking w/ fins	7	50m	1:00	Remainder of Interval
	Cool Down	Freestyle	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 20 min	2	Buddy Breathing	1	Moderate	1:30	
	3	10-ups	1	~17m	1:30	

Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Lateral Bound	4	5 Ea	18 inch Box	
Time: 1hr 15 min	1B	Goblet Squat	4	10-12		1:30
	2A	Dips	4	12		
	2B	DB SA Row	4	12 ea		
	2C	Plank	4	1:00	4 count	2:00
	3	KB Front Rack Carry	3	1:30		1:30

Day 4	Total Time: 30 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
	1	Steady State Run	1	20-30 min	Conversation	

Day 5	Total Time: 2hr 30 min					
Swim	Order	Exercise/ Drill	Sets	Distance	Pace	Rest
	Warm-up	Choice of Stroke	1	350m	Easy	2:00
Total Distance: 1650m	Main Set	Freestyle	4	50m	1:30	Remainder of Interval
Time: 40 min		Side Kicking w/ fins	10	100m	2:30	Remainder of Interval
	Cool Down					
		Choice of Stroke	1	100m	Easy	NA
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	5	25m	2:15	
Time: 25 min	2	Mask & Snorkel Recovery	2	20m	2:30	
	3	Treading Water	4		1:00 on/ :30 off	
Ruck	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 60 min	1A	Ruck with 55 lbs	1	4 mi	15min/ mi	NA
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Broad Jump	4	3		
Time: 1hr 15 min	1B	BB RDL	4	10-12		1:30
	2A	DB OH Press	4	10		
	2B	Chin Ups	4	8-10		
	2C	Banded Pallof Press	4	8-10		1:30
	3	Trap Bar Carry	4	30 Yards		1:00

WARNING: Approved Operational Risk Management (ORM) by the AFOTC Detachment Commander (or their designee) for any activities performed by their cadets relating to the material in this water or land Lesson Plan, and the Cadet Physical Development Plan for 19Z is required. IAW AFOTCI 36-2011V3 31MAR2022, Cadet Operations, 10.3.1.2. Detachment commanders should use appropriate command authority and decision-making processes to determine cadre presence at voluntary Practical Military Training (PMT) events. IAW 10.3.4.1. Detachments must authorize high-risk PMT activities through the Det/CC IAW AFI 91-202, US Air Force Mishap Prevention Program.

3-WEEK MAINTENANCE PERIOD TO ALLOW FOR DE-LOAD/REST OVER WINTER/SUMMER/HOLIDAY BREAKS

Week 1

Day 1	Total Time: 20 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Steady State Run	1	20 min	Conversation	NA
Day 2	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	RDL	4	6	65%-85%	
Time: 45 min	1B	Toe Touch (Stretch)	4	3		0:45-1:00
	2A	Push Press	4	6-12 ea	65%-85%	
	2B	PVC Pass Through	4	5		0:45-1:00
	3	Bird Dog	3	30 sec ea		0:45-1:00
	4	Sliding Leg Curl	3			0:45-1:00
	5	Feet Elevated Pushup	3	15-20		0:45-1:00
Day 4	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Hang Power Clean	4	5	65%-85%	
Time: 45 min	1B	World's Greatest Stretch	4	3 ea		0:45-1:00
	2A	Gblet Squat	4	10	65%-85%	
	2B	Figure 4 Stretch	4	3 ea		0:45-1:00
	3	Bicycles (4 Count)	3	25		0:45-1:00
	4	Chin-up	3	10		0:45-1:00
	5	Curtsey KB Lunge	3	6-12	65%-85%	0:45-1:00
Day 5	Total Time: 1 hr					
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	1	20m		
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1A	LSD	1	40min	8:30/mi	NA

Week 2

Day 1	Total Time: 20 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Steady State Run	1	20 min	Conversation	NA
Day 2	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Incline DB Bench	4	6-12	65%-85%	
Time: 45 min	1B	Chest Stretch	4	3		0:45-1:00
	2A	Trap Bar Deadlift	4	6-12 ea	65%-85%	
	2B	Cross Leg Toe Touch	4	3 ea		0:45-1:00
	3	Hollow Hold	3	30 sec		0:45-1:00
	4	SA OH DB Pres	3	6-12 ea	65%-85%	0:45-1:00
	5	KB Swings	3	15	65%-85%	0:45-1:00
Day 4	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Front Squats	4	5	65%-85%	
Time: 45 min	1B	Standing Quad Stretch	4	3 ea		0:45-1:00
	2A	Sumo Deadlift High Pull	4	10	65%-85%	
	2B	Kneeling Reach Through	4	3 ea		0:45-1:00
	3	Band Chop	3	5 ea		0:45-1:00
	4	SA Suitcase Squat	3	10 ea	65%-85%	0:45-1:00
	5	TRX T-Pull	3	6-12		0:45-1:00
Day 5	Total Time: 1 hr					
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 20 min	2	Mask & Snorkel Recovery	1	20m		
	3	Treading Water	2		1:00 on/ :30 off	

Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1A	LSD	1	40min	8:30/mi	NA

Week 3

Day 1	Total Time: 20 min					
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 20 min	1	Steady State Run	1	20 min	Conversation	NA

Day 2	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	BB Bench Press	4	6-12	65%-85%	
Time: 45 min	1B	Chest Stretch	4	3 ea		0:45-1:00
	2A	KB Swing	4	15	65%-85%	
	2B	Lying Hamstring Stretch	4	3 ea		0:45-1:00
	4	Pallof Press	3	10 ea		0:45-1:00
	4	SA OH Press	3	10	65%-85%	0:45-1:00
	5	Sliding Leg Curl	3	6-12	65%-85%	0:45-1:00

Day 4	Total Time: 45 min					
Strength & Conditioning	Order	Exercise	Sets	Reps	Intensity	Rest
	1A	Bent Over Row	4	6-12	65%-85%	
Time: 45 min	1B	Seated T-Spine Rotation	4	3 ea		0:45-1:00
	2A	Lateral DB Lunge	4	6-12 ea	65%-85%	
	2B	Figure 4 Stretch	4	3 ea		0:45-1:00
	4	Perpendicular MB Throw	3	5 ea		0:45-1:00
	4	Lat Pull Down	3	10	65%-85%	0:45-1:00
	5	DB Lunge	3	10 ea	65%-85%	0:45-1:00

Day 5	Total Time: 1 hr					
Water Confidence	Order	Exercise/ Drill	Sets	Distance	Interval	
	1	Underwaters	3	25m	2:30	
Time: 2 min	2	Mask & Snorkel Recovery	1	20m		
	3	Treading Water	2		1:00 on/ :30 off	
Run	Order	Exercise/ Drill	Sets	Distance/ Time	Pace	Rest
Time: 40 min	1A	LSD	1	40min	8:30/mi	NA