

# Pass the PAST in 21 days

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Candidates Name:



Day 1.

1 mile run  
25 pull-ups  
50 pushups  
75 air squats  
1 mile run...Time to complete?

Day 2.

Breath hold techniques (10x30 seconds sitting, 2 min in between)  
500 meter swim  
21-15-9 (you do the number of each exercise before moving to the next exercise)  
Burpees  
Situps  
Lunges...Time to complete?

Day 3.

Run (intervals/sprints)  
6x 200 meter sprints  
4x 400 meter sprints  
2x 800 meter sprints  
Rest 200 meters of jog/walk between sprints

Day 4.

Breath hold techniques (10x30 seconds sitting, 2 min in between)  
500 meter swim  
30 min AMRAP (as many rounds as possible)  
5 pull-ups  
15 pushups  
15 situps...How many rounds?

Day 5.

1 mile run  
40 flutter kicks (4 ct)  
40 burpees  
40 jumping squats  
40 elevated pushups  
40 jumping pull-ups  
1 mile run...Time to complete?

Day 6.

Rest or do you own workout

Day 7.

Rest or do your own workout

Day 8.

1 mile run  
50 pull-ups  
100 pushups  
150 air squats  
1 mile run...Time to complete?

Day 9.

Breath hold techniques (10x35 seconds sitting, 1.5 min in between)  
500 meter swim  
27-21-15 (you do the number of each exercise before moving to the next exercise)  
Burpees  
Situps  
Lunges...Time to complete?

Day 10.

Run (intervals/sprints)  
7x 200 meter sprints  
5x 400 meter sprints  
3x 800 meter sprints  
Rest 200 meters of jog/walk between sprints

Day 11.

Breath hold techniques (10x35 seconds sitting, 1.5 min in between)  
500 meter swim  
35 min AMRAP (as many rounds as possible)  
7 pull-ups  
20 pushups  
20 situps...How many rounds?

Day 12.

1.5 mile run  
50 flutter kicks (4 ct)  
50 burpees  
50 jumping squats  
50 elevated pushups  
50 jumping pull-ups  
1.5 mile run...Time to complete?

Day 13.

Rest or do your own workout

Day 14.

Rest or do your own workout

Day 15.

1 mile run  
100 pull-ups  
200 pushups  
300 air squats  
1 mile run...Time to complete?

Day 16.

Breath hold techniques (10x40 seconds sitting, 1 min in between)

500 meter swim

27-21-15-9 (you do the number of each exercise before moving to the next exercise)

Burpees

Situps

Lunges...Time to complete?

Day 17.

Run (intervals/sprints)

8x 200 meter sprints

6x 400 meter sprints

4x 800 meter sprints

1x1 mile (1600 meters)

Rest 200 meters of jog/walk between sprints

Day 18.

Breath hold techniques (10x40 seconds sitting, 1 min in between)

500 meter swim

40 min AMRAP (as many rounds as possible)

8 pull-ups

25 pushups

25 situps...How many rounds?

Day 19.

2 mile run

60 flutter kicks (4 ct)

60 burpees

60 jumping squats

60 elevated pushups

60 jumping pull-ups

2 mile run...Time to complete?

Day 20.

Rest or do you own workout

Day 21.

Rest or do your own workout

**UNDERWATER TRAINING:** If you decide to train in actual 25 meter underwaters, do so at your own risk. Always have an informed lifeguard or training buddy that is following the pool deck with you or swimming above you and possesses the skill to save your life.

NOTES: