

Physical Fitness is important part of life as a cadet at SUNY Maritime. To ensure that you are physically prepared for INDOC and MUG year at SUNY Maritime, it is highly recommended that you begin a training regimen now. Attached is a 6-week fitness program designed as an example to help you get in shape or stay in shape for INDOC. It is imperative that you begin a physical training program now if you are not already on one. Starting with day 1 of INDOC, life at Maritime requires a certain standard of physical fitness, and every student is held to that standard.

When you arrive at INDOC there will be a Physical Readiness Test (PRT). Those students who do not meet the physical standards seen as necessary for a Maritime cadet will be placed in remedial PT until they reach those physical standards.

*Make sure to spend 10-20 minutes stretching before and after every workout

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	Run 1 Mi. Stretch	1 min. max pushups, 1 min. max sit-ups	Swim/ Bike 20- 30 min. Stretch	5x10 Pushups 5x10 situps	5x50 yard sprints Stretch	5xFailure Pushups 3x30 second plank	Rest
Week 2	Run 1.5 mi. Stretch	5x15 pushups 5x15 situps	Swim/ Bike 20-30 min. Stretch	5x15 pushups 5x15 situps	8x50 yard sprints Stretch	5xFailure Pushups 5x30 second plank	Rest
Week 3	Run 2 mi. Stretch	1.5 min max pushups, 1.5 min max situps	Swim/ Bike 20- 30 min. Stretch	5x20 pushups 5x20 situps	8x75 yard sprints Stretch	5xFailure Pushups 3x 1 minute plank	Rest
Week 4	Run 2.5 mi. Stretch	5x20 pushups 5x20 situps	Swim/ Bike 20-30 min. Stretch	5x20 pushups 5x20 situps	10x75 yard sprints Stretch	5xFailure Pushups 5x1 minute plank	Rest
Week 5	Run 3 mi. Stretch	2 min. Max pushups 2 min. max situps	Swim/ Bike 20-30 min. Stretch	5x25 pushups 5x25 situps	10x100 yard sprints Stretch	5xFailure Pushups 5x1.5 minute plank	Rest
Week 6	Run 3.5 mi. Stretch	2 min. Max pushups 2 min. max situps	Swim/ bike 20-30 min. Stretch	5x30 pushups 5x30 situps	12x100 yard sprints Stretch	5xFailure Pushups 5x2 minute plank	Rest

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