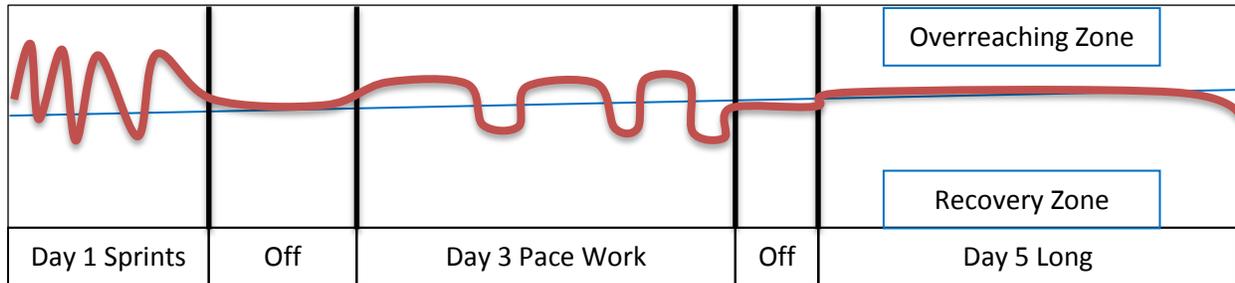


### Air Force PT Weekly Schedule



### Air Force PT Quarterly Schedule

Quarter 1		
Month 1	Month 2	Month 3
Weekly Schedule	Weekly Schedule	Weights and Easy Weekly schedule
Weekly Schedule	Weekly Schedule	Weekly Schedule
Time Trial (TT) Review TT and adjust weekly schedule	Weights and Easy Weekly schedule	Weekly Schedule
Weights and Easy Weekly schedule	Time Trial (TT) Review TT and adjust weekly schedule	Time Trial (TT) Review TT and adjust weekly schedule

### Air Force PT Yearly Schedule

Quarters			
Quarter 1	Quarter 2	Quarter 3	Quarter 4 with Test
Follow above schedule	Increase miles, increase Easy distance	Decrease miles, increase speed	Decrease miles, increase speed focus on rest
Decrease use of weights	Increase weight, lower reps	Decrease weights, increase reps	High reps, low weights, mixed with high weights