

What are you willing to do to accomplish your goal?

Professional athletes:

- Set challenging performance goals
- Imagine success daily
- Train through repetition
- Decrease race day anxiety with heart rate control
- Succeed using positive affirmation

As a Soldier, you are the ultimate professional athlete.

TRAIN LIKE ONE!

Goal Setting

- **Specific**
- **Measurable**
- **Attainable**
- **Realistic**
- **Time bound**

Personal Goals:

Push-Ups _____

Sit-Ups _____

Run Time _____

Weight _____

Goal setting improves physical and cognitive efforts.

Challenging goals = greater success

U.S. Army Physical Fitness Test Quick Reference Card



Training Guide

Push-Ups and Sit-Ups: Inhale on the way down, exhale on the way up.
Run: Breathe in for one stride (2 steps) and breathe out for one stride.
Measure resting heart rate: Place two fingers on pulse, count heart beats for six seconds and multiply by 10.
 Monitor heart rate frequently and attempt to decrease rate through slow, deep breathing for improved physical and psychological resilience and longer healthier life.

Imagine performing the task successfully.
Include all senses: Sight, smell, sound, taste, emotion, thoughts, and muscle control.
 Develop an imagery script for each event.
 Vividly imagine the motion and muscle contraction required for each activity.
 Visualize perfect form with each repetition and each step taken.
 Imagery strengthens neural connections, enhances muscle memory, and improves speed and precision.

Thoughts influence ability. Think and speak success into existence.
ALWAYS use positive self-talk in challenging situations.
 Positive self-esteem improves health and wellness.
 Positive self-talk improves resilience and perceived level of control.
 Positive thinking minimizes anxiety and lowers stress reaction. Promotes calm and focus under fire.

Performance Optimization for the Soldier Athlete

Setting performance goals improves motivation, provides focus, and creates an avenue for strategy development.

Lowering heart rate decreases anxiety and improves health.

Positive self-talk enables a can-do attitude.

Imagery strengthens neural connections, enhances muscle memory, and improves speed and precision.

RUN	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1	Rest	2-3 mi	X-train	¼ mi x 4	X-train	3 mi ez	3 + r/w
Week 2	Rest	2-3 mi	X-train	¼ mi x 5	X-train	3 mi ez	3 + r/w
Week 3	Rest	3 mi	X-train	¼ mi x 6	X-train	3 mi tempo	4 + r/w
Week 4	Rest	3 mi	X-train	¼ + ¼ + ½ + ¼ + ¼	X-train	3-4 mi tempo	4 + r/w
Week 5	Rest	3 mi	X-train	¼ + ½ + ½ + ¼ + ¼	X-train	4 mi tempo	4 + r/w
Week 6	Rest	4 mi	X-train	¼ mi x 7	X-train	4 mi tempo	4 + r/w
Week 7	Rest	4 mi	X-train	¼ + ¼ + ½ + ½ + ¼ + ¼	X-train	3 mi tempo	4 + r/w
Week 8	Rest	2 mi	X-train light	¼ mi x 5	Rest	2 mi ez	Hydrate and Rest

r/w = run/walk

Age Range		Male 60	Male 100	Female 60	Female 100
17-21	Push-Ups	42	71	19	42
	Sit-Ups	53	78	53	78
	Run	15:54	13:00	18:54	15:36
22-26	Push-Ups	40	75	17	46
	Sit-Ups	50	80	50	80
	Run	16:36	13:00	19:36	15:36
27-31	Push-Ups	39	77	17	50
	Sit-Ups	45	82	45	82
	Run	17:00	13:18	20:30	15:48
32-36	Push-Ups	36	75	15	45
	Sit-Ups	42	76	42	76
	Run	17:42	13:18	21:42	15:54
37-41	Push-Ups	34	73	13	40
	Sit-Ups	38	76	38	76
	Run	18:18	13:36	22:42	17:00
42-46	Push-Ups	30	66	12	37
	Sit-Ups	32	72	32	72
	Run	18:42	14:06	23:42	17:24
47-51	Push-Ups	25	59	10	34
	Sit-Ups	30	66	30	66
	Run	19:30	14:24	24:00	17:36
52-56	Push-Ups	20	56	9	31
	Sit-Ups	28	66	28	66
	Run	19:48	14:42	24:24	19:00
57-61	Push-Ups	18	53	8	28
	Sit-Ups	27	64	27	64
	Run	19:54	15:18	24:48	19:42
62-71	Push-Ups	16	50	7	25
	Sit-Ups	26	63	26	63
	Run	20:00	15:42	25:00	20:00

Ability Group Run ¼ Mile Split Times

Pace/ Mile	¼ Mile Split	Pace/ Mile	¼ Mile Split	Pace/ Mile	¼ Mile Split
6:00	1:30	8:15	2:03	10:30	2:38
6:15	1:34	8:30	2:07	10:45	2:42
6:30	1:37	8:45	2:11	11:00	2:45
6:45	1:42	9:00	2:15	11:15	2:49
7:00	1:45	9:15	2:19	11:30	2:53
7:15	1:48	9:30	2:23	11:45	2:57
7:30	1:52	9:45	2:27	12:00	3:00
7:45	1:56	10:00	2:30	12:15	3:04
8:00	2:00	10:15	2:34	12:30	3:07

Tips

Practice push-ups and sit-ups every other day; 3 sets x 30 seconds. Run intervals at race pace with ½ mile warm up and warm down and ¼ mile jog between reps. Cross-train with elliptical, biking, yoga, weight lifting. Tempo runs at 80% ability.

Push-Ups: Steady and strong, envision success.

Sit-Ups: Fast repetition tight torso minimize rest stops.

Run: Maintain steady pace and rhythmic breathing. Warm up prior to running: slow jog 1-2 min.

Lowering heart rate: Breath in to count of five, visualize oxygen filling muscles. Exhale to count of five visualize stress and anxiety being expelled. Think light and strong. **You're ready!**

For more information email
vanessa.m.meyer.mil@mail.mil