



**U.S. AIR FORCE
ACADEMY**

PACT

PRE-ARRIVAL CADET TRAINING

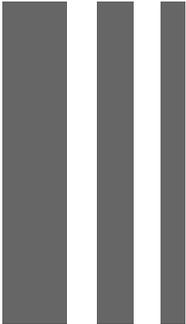
To help ensure you arrive at the Academy in top physical form, Academy instructors have created this PACT regimen for incoming cadets.

INSTRUCTIONS

Select the regimen best suited to current level of fitness (good or fair) and the amount of time remaining before you arrive.

Complete that regimen every week for two to four weeks, then progress to a more advanced regimen as your fitness improves and your Academy arrival date nears.

**THE ACADEMY EDUCATES, TRAINS,
AND INSPIRES MEN AND WOMEN TO
BECOME OFFICERS OF CHARACTER**





Weeks
from
Arrival

12+

PHYSICAL CONDITION: GOOD

PHYSICAL CONDITION: FAIR

DAY 1

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 1 set
Jog: 1/2 mile x 2 reps (walk ¼ mile between reps)
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 20 reps x 2 sets

COOLDOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 1 set
Push-Ups: max reps x 1 set
Jog: 1/4 mile x 2 reps (Walk ¼ mile between reps)
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 1 set
Dumbbell Calf Raise: 20 reps x 1 set

COOLDOWN

Stretching: 10 min.

DAY 2

Jog ¼ mile and stretch 10-15 min.
Jog 1 mile to loosen muscles

Jog ¼ mile and stretch 10-15 min.
Jog ½ mile to loosen muscles

DAY 3

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 20 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Sprint: 100 yards x 3 sets (2 min. rest between reps)
Sprint: 200 yards x 2 sets (4 min. rest between reps)
Walk: ¼ mile
Crunches: max reps x 1 set
Dumbbell Calf Raise: 20 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 15 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 1 set
Biceps Curl with dumbbells or barbell: 12 reps x 1 set
Sprint: 100 yards x 2 sets (2 min. rest between reps)
Sprint: 200 yards x 2 sets (4 min. rest between reps)
Walk: ¼ mile
Crunches: max reps x 1 set
Dumbbell Calf Raise: 20 reps x 1 set

COOL DOWN

Stretching: 10 min.

DAY 4

Jog ¼ mile and stretch 10-15 min.
Jog 1 mile to loosen muscles

Jog ¼ mile and stretch 10-15 min.
Jog ½ mile to loosen muscles

DAY 5

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbells: 12 reps x 2 sets
Push-Ups: max reps x 1 set
Jog: 1 mile
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 20 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 1 set
Push-Ups: max reps x 1 set
Jog: 1 mile
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 1 set
Dumbbell Calf Raise: 20 reps x 1 set

COOL DOWN

Stretching: 10 min.

DAY 6&7 Rest

Rest



Weeks
from
Arrival

6-12

PHYSICAL CONDITION: GOOD

DAY 1

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Push-Ups: max reps x 2 sets
Run: ¾ miles x 2 reps (walk ¼ mile between reps)
Bent Leg Sit-Up: max reps x 2 sets
Back Extension: 12 reps x 3 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOLDOWN

Stretching: 10 min.

PHYSICAL CONDITION: FAIR

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 1 set
Jog: 1/2 mile x 2 reps (walk ¼ mile between reps)
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 20 reps x 2 sets

COOLDOWN

Stretching: 10 min.

DAY 2

Jog ¼ mile and stretch 10-15 min.
Jog 1.5 miles to loosen muscles

Jog ¼ mile and stretch 10-15 min.
Jog 1 mile to loosen muscles

DAY 3

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 25 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 3 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Sprint: 100 yards x 4 sets (2-3 min. rest between reps)
Med. Run: ¼ mile x 2 sets (2-3 min. between reps)
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 2 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 20 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Sprint: 100 yards x 3 sets (2 min. rest between reps)
Sprint: 200 yards x 2 sets (4 min. rest between reps)
Walk: ¼ mile
Crunches: max reps x 1 set
Dumbbell Calf Raise: 20 reps x 2 sets

COOL DOWN

Stretching: 10 min.

DAY 4

Jog ¼ mile and stretch 10-15 min.
Jog 1.5 miles to loosen muscles

Jog ¼ mile and stretch 10-15 min.
Jog 1 mile to loosen muscles

DAY 5

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 2 sets
Jog: 2 miles
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 2 sets
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 1 set
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 1 set
Jog: 1 mile
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 1 set
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 20 reps x 2 sets

COOL DOWN

Stretching: 10 min.

DAY 6&7 Rest

Rest



Weeks
from
Arrival

0-6

PHYSICAL CONDITION: GOOD

DAY 1

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 3 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Push-Ups: max reps x 3 sets
Run: 1.5 miles x 2 reps (6-8 min. rest between reps)
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 3 sets
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOLDOWN

Stretching: 10 minutes

PHYSICAL CONDITION: FAIR

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Push-Ups: max reps x 2 sets
Run: ¾ mile x 2 reps (walk ¼ mile between reps)
Bent Leg Sit-Up: max reps x 2 sets
Back Extension: 12 reps x 3 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOLDOWN

Stretching: 10 min.

DAY 2

Jog ¼ mile and stretch 10-15 min.
Jog 2 miles

Jog ¼ mile and stretch 10-15 min.
Jog 1.5 miles to loosen muscles

DAY 3

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 30 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 3 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Sprint: 100 yards x 2 sets (2-3 min. between sets)
Med. Run: ½ mile x 2 sets (2-3 min. between sets)
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 3 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Push-Ups: 25 reps
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Wide Grip Lat Pulldown: 12 reps x 3 sets
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Sprint: 100 yards x 4 sets (2-3 min. rest between reps)
Med. Run: ¼ mile x 2 sets (2-3 min. between reps)
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 2 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 min.

DAY 4

Jog ¼ mile and stretch 10-15 min.
Jog 2 miles

Jog ¼ mile and stretch 10-15 min.
Jog 1.5 miles to loosen muscles

DAY 5

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 3 sets
Standing Long Jump: max distance x 5 reps
Bicep Curls with dumbbells or barbell: 12 reps x 3 sets
Push-Ups: max reps x 3 sets
Jog: 3 miles
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 3 sets
Back Extension: 12 reps x 3 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 min.

WARM UP

Jumping Jacks: 40 reps
Flutter Kicks: 40 reps
Arm Circles: 20 reps forward
Arm Circles: 20 reps backward
Jog: ¼ mile
Light Stretching: 10 min.

WORKOUT

Pull-Ups: max reps x 2 sets
Bicep Curls with dumbbells or barbell: 12 reps x 2 sets
Push-Ups: max reps x 2 sets
Jog: 2 miles
Walk: ¼ mile
Bent Leg Sit-Up: max reps x 2 sets
Back Extension: 12 reps x 2 sets
Dumbbell Calf Raise: 25 reps x 2 sets

COOL DOWN

Stretching: 10 minutes

DAY 6&7 Rest

Rest