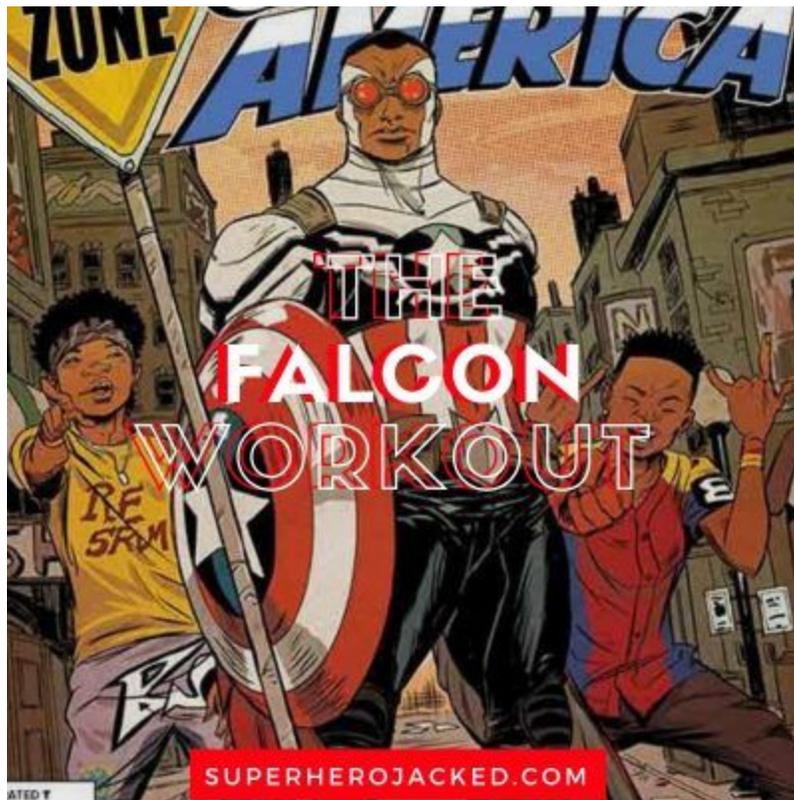


FALCON

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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FALCON WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're using the opportunity to get our first ever routine based on an Air Force Veteran on the site. For that reason we'll be taking a look at the physical requirements that the Air Force has set out for men and women looking to join and we're going to shoot for the highest caliber and build a schedule to get us there.

Falcon Workout Routine: The Air Force Physical Requirements

Males	Run (2 miles)	Run (1.5 mile)	Push- ups	Sit-u ps	Pull-u ps
Liberator (minimum graduation standard)	16:45 min.	11:57 min.	45	50	0

Thunderbolt (honor graduate standard)	14:15 min.	8:55 min.	62	70	4
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Warhawk (extraordinary – highest standard)	13:30 min.	8:08 min.	75	80	10
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Females

Liberator (minimum graduation standard)	19:45 min.	13:56 min.	27	50	0
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Thunderbolt (honor graduate standard)	16:00 min.	11:33 min.	37	60	2
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Warhawk (extraordinary –highest standard)	15:00 min.	10:55 min.	40	75	5
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So we're going to be shooting for Warhawk in both categories.

That means we want this:

Men: 2 miles in 13:30 or less, 1.5 miles in 8:08 or less, 75 push ups straight, 80 sit ups straight and 10 pull ups.

Women: 2 miles in 15 or less, 1.5 miles in 10:55 or less, 40 push ups straight, 75 sit ups straight and 5 pull ups.

Men and Women will both be using the same routine for this one.

Falcon Workout Routine: Weekly Schedule

Monday: 1 Mile Run and Calisthenics

Tuesday: 3 Mile Run

Wednesday: 1 Mile Run and Calisthenics

Thursday: 5 Mile Run

Friday: 1 Mile Run and Calisthenics

Saturday: Off Day

Sunday: Off Day or Test 1.5 or 2 Mile Run

Falcon Workout Routine: Calisthenics Training

For this one we're going to want to obviously focus in on our main calisthenics (push ups, pull ups and sit ups), which means we want to strengthen up in all things bodyweight, and also our core.

You can utilize our two articles to work on your calisthenics here:

1. [How to get better at calisthenics](#)

2. Pull-up alternatives

Warm Up:

Jump Rope

3×50

Main Calisthenics:

Push Ups

5×25

Scale these with knee push ups, or pause push ups.

Sit Ups

5×20

Scale these with crunches or v-ups if absolutely necessary to start.

Pull-Ups

5×10

Scale these with the alternatives found in the link above.

Accessory Work:

Forearm Planks

3×60 seconds

Plank to Push-Ups

3×10

Burpees

3×5

Don't forget you're also doing a mile run on top of this.

This does not include warm up or cool down walk that will likely go along with it.