

(Example of Monday's Physical Activities)  
**Physical Training Activity Schedule**  
**University of Scranton, Spring/ Fall 200X**

<b>DATE</b>	<b>Physical Training Activity</b>
Feb 2	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Feb 9	Circuit Training, 10 stations, 60/45/30 seconds
Feb 16	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Feb 23	Individual Assessment Run, around UofS Campus or Lake Scranton, established route so cadets know their time per mile
Mar 1	Aerobics, 40 minutes, in the gym, with music.
Mar 8	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Mar 15	Spring Break
Mar 22	Lake Scranton Run, ability groups, everyone present, 3.5 miles, Depart 0600hrs from Rockhall
Mar 29	Pool PT or Organized Sports, Frisbee or Football, 4 teams on Fitz Field
Apr 5	PU- 45/30/20 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Apr 12	Easter Break
Apr 19	PU- 45/30/20 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Apr 26	Lake Scranton Bn Run, Motivational last run, everyone present, Depart 0600hrs from Rockhall
May 3	Make up for APFT, everyone must take and pass the APFT prior to the end of the semester
May 10	No scheduled classes for the rest of the semester. Continue your individual workout plan during the Summer break!