

MILITARY CALISTHENICS · 56-DAY PERIODIZATION

THE 8-WEEK MILITARY CALISTHENICS

A periodized 56-day bodyweight program: 4 phases, 5 days/week, built-in deload weeks. Print, train, peak.

DURATION
8
WEEKS

FREQUENCY
5
DAYS / WEEK

PHASES
4
PERIODIZED

DELOADS
2
BUILT-IN

by JAMES NOLAN

[gymnasetips.com / 8-week-military-calisthenics-plan-pdf](https://gymnasetips.com/8-week-military-calisthenics-plan-pdf)

*"The deload week isn't optional.
It's where the gains lock in."*

THE STRUCTURE

4 phases, 8 weeks, 56 days

Mon Circuit A (push) · Tue conditioning · **Wed rest** · Thu Circuit B (pull) · Fri conditioning · Sat long run + ladder · **Sun rest**. Tape this sheet where you train. Check off each session.

PHASE 1 WEEKS 1-2 BASELINE	PHASE 2 WEEKS 3-4 VOLUME + DELOAD	PHASE 3 WEEKS 5-6 DENSITY	PHASE 4 WEEKS 7-8 PEAK + TEST
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Goal at week 8: push-up max +20–35 reps · 2-mile run –2–3 min · 5–10 lb body composition change.

WEEK 1 — Baseline

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 3 rounds: 12 push-ups, 10 lunges/leg, 30s plank · 90s rest	___	___
TUE	20-min run + 3 × 30s flutter kicks	___	___
THU	Circuit B: 3 rounds: 5 pull-ups (or 10 inverted rows), 18 sit-ups, 12 glute bridges · 90s rest	___	___
FRI	20-min run + 3 × 30s mountain climbers	___	___
SAT	Long: 2-mile run + 5 × 8 push-up ladder	___	___

WEEK 2 — Baseline +

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 3 rounds: 14 push-ups, 11 lunges/leg, 35s plank · 90s rest	___	___
TUE	20-min run + 3 × 35s flutter kicks	___	___
THU	Circuit B: 3 rounds: 6 pull-ups, 20 sit-ups, 14 glute bridges · 90s rest	___	___
FRI	20-min run + 3 × 35s mountain climbers	___	___
SAT	Long: 2-mile run + 5 × 10 push-up ladder	___	___

PHASE 2 · VOLUME BUILD + DELOAD

Weeks 3 & 4

WEEK 3 — Volume

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 4 rounds: 16 push-ups, 12 lunges/leg, 40s plank · 75s rest	___	___
TUE	25-min run + 3 × 40s flutter kicks	___	___
THU	Circuit B: 4 rounds: 7 pull-ups, 22 sit-ups, 15 glute bridges · 75s rest	___	___
FRI	25-min run + 3 × 40s mountain climbers	___	___
SAT	Long: 2.5-mile run + 5 × 12 push-up ladder	___	___

WEEK 4 — Deload + Mid-Cycle Test

DAY	WORKOUT	RESULT
MON	TEST: 2-min max push-ups	___ reps
MON	TEST: 2-min max sit-ups	___ reps
MON	TEST: max pull-ups (one set)	___ reps
MON	TEST: 1-mile timed run	___ min
TUE	30-min walk + 10 min mobility	___ done
THU	30-min walk + 10 min mobility	___ done
FRI	Week 1 Circuit A at 3 rounds (deload)	___ done
SAT	Easy 30-min walk	___ done

Record your test numbers — they become your week-5 starting points. Compare to week-8 final test for the full picture.

PHASE 3 · DENSITY

Weeks 5 & 6

Same exercises as Phase 1–2. The progression is now **compression** — cut rest, not reps. Same volume in less time = bigger conditioning stimulus.

WEEK 5 — Density

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 4 rounds: 18 push-ups, 14 lunges/leg, 50s plank · 45s rest	—	—
TUE	25-min run + 5 burpees per minute (last 10 min)	—	—
THU	Circuit B: 4 rounds: 9 pull-ups, 25 sit-ups, 18 glute bridges · 45s rest	—	—
FRI	1-mile timed run + 50 push-ups for time	—	—
SAT	Long: 3-mile run + 5 × 15 push-up ladder	—	—

WEEK 6 — Density +

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 4 rounds: 20 push-ups, 15 lunges/leg, 55s plank · 30s rest	—	—
TUE	25-min run + 6 burpees per minute (last 12 min)	—	—
THU	Circuit B: 4 rounds: 10 pull-ups, 28 sit-ups, 20 glute bridges · 30s rest	—	—
FRI	1-mile timed run + 60 push-ups for time	—	—
SAT	Long: 3.5-mile run + 5 × 15 push-up ladder	—	—

PHASE 4 · PEAK + FINAL TEST

Weeks 7 & 8

WEEK 7 — Peak

DAY	WORKOUT	DATE DONE	NOTES
MON	Circuit A: 5 rounds: 22 push-ups, 16 lunges/leg, 60s plank · 30s rest	___	___
TUE	30-min run + 8 burpees per minute (last 12 min)	___	___
THU	Circuit B: 5 rounds: 11 pull-ups, 30 sit-ups, 22 glute bridges · 30s rest	___	___
FRI	1.5-mile timed run + 75 push-ups for time	___	___
SAT	Long: 4-mile run + 5 x 20 push-up ladder	___	___

WEEK 8 — Final Test + Deload

DAY	WORKOUT	RESULT
MON	Active recovery: 30-min walk + mobility	___ done
TUE	TEST: 2-min max push-ups	___ reps
TUE	TEST: 2-min max sit-ups	___ reps
TUE	TEST: max pull-ups (one set)	___ reps
THU	TEST: 2-mile timed run	___ min
FRI	Easy 30-min walk + mobility	___ done
SAT	Week 1 full circuit at 3 rounds (compare to W1)	___ time

Mid-cycle vs final test · Personal records

TEST	BASELINE	WEEK 4	WEEK 8	DELTA
2-min push-ups	___	___	___	___
2-min sit-ups	___	___	___	___
Max pull-ups	___	___	___	___
1-mile / 2-mile	___	___	___	___
Body weight	___	___	___	___

8 weeks beats 4 because you get two distinct progression phases with a deload between. That's how strength coaches actually program.

★ THE FULL GUIDE · CYCLE 2 PROGRESSION

What to do after week 8

Cycle 2 (weeks 9–16): repeat with new starting reps based on Week 8 numbers, +10% volume · add weighted vest from cycle 3 · specialize for Marine PFT, Army ACFT, or SEAL conditioning

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