



4

## 10 burpees

From a starting position, drop to a crouch with your hands on the floor behind your head. Kick your feet back, and then immediately return to the start position, and then jump up high as possible with your arms overhead.



5

## 10 sidebends

Stand with your legs spread wide. Stretch your arms so they extend out to the sides. Slowly press your right shoulder forward and pull your right ear towards your right shoulder. Hold for 10 seconds. Repeat the move on the other side.



11

## 10 elbow pickups

Spread your legs wide. Touch the ground between your feet with your arms. Walk forward until your hands touch the ground. Bring your arms forward again and touch them to your feet. Complete 10 repetitions.



11

## 10 more pick-ups



12

## 10 elbow jabs

Lie on your back with your legs bent, feet on the ground. Lift your right leg and bring it towards your chest. Return to the starting position. Repeat.



13

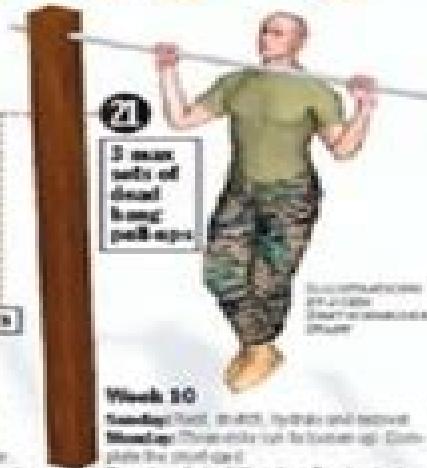
## 10 burpees

Lie on your back with your legs bent, feet on the ground. Lift your right leg and bring it towards your chest. Return to the starting position. Repeat.



14

## 10 break twists



## Week 6

**Monday:** Rest, stretch, hydrate and recover  
**Tuesday:** Run the 10K (or 10K race) (choose the first 10K)

**Wednesday:** Swim (1000 meters). Rest water for 10 minutes

**Thursday:** Run 4000 meters, 10 miles, at a walk pace. Complete the first 10K

**Friday:** Walk 10 miles in an hour and 10 minutes

**Saturday:** Complete the first 10K race (choose the first 10K)

**Sunday:** 10 miles, with pace. 10-14 hours per week

## Week 7

**Monday:** Rest, stretch, hydrate and recover  
**Tuesday:** Run the 10K. Complete the first 10K

**Wednesday:** Swim (1000 meters). Rest water for 10 minutes

**Thursday:** Run 4000 meters, 10 miles, at a walk pace. Complete the first 10K

**Friday:** Walk 10 miles in an hour and 10 minutes

**Saturday:** Complete the first 10K race (choose the first 10K)

**Sunday:** 10 miles, with pace. 10-14 hours and 10 minutes

## Week 8

**Monday:** Rest, stretch, hydrate and recover  
**Tuesday:** Run 4000 meters. Complete the first 10K

**Wednesday:** Swim (1000 meters). Rest water for 10 minutes

**Thursday:** Run 4000 meters, 10 miles, at a walk pace. Complete the first 10K

**Friday:** Walk 10 miles in an hour and 10 minutes

**Saturday:** Complete the first 10K race (choose the first 10K)

**Sunday:** 10 miles, with pace. 10-14 hours and 10 minutes

## Week 9

**Monday:** Rest, stretch, hydrate and recover  
**Tuesday:** Run 4000 meters. Complete the first 10K

**Wednesday:** Swim (1000 meters). Rest water for 10 minutes

**Thursday:** Run 4000 meters, 10 miles, at a walk pace. Complete the first 10K

**Friday:** Walk 10 miles in an hour and 10 minutes

**Saturday:** Complete the first 10K race (choose the first 10K)

**Sunday:** 10 miles, with pace. 10-14 hours and 10 minutes

## Week 10

**Monday:** Rest, stretch, hydrate and recover  
**Tuesday:** Run 4000 meters. Complete the first 10K

**Wednesday:** Swim (1000 meters). Rest water for 10 minutes

**Thursday:** Run 4000 meters, 10 miles, at a walk pace. Complete the first 10K

**Friday:** Walk 10 miles in an hour and 10 minutes

**Saturday:** Complete the first 10K race (choose the first 10K)

**Sunday:** 10 miles, with pace. 10-14 hours and 10 minutes

**Source:** Marine Corps Fitness Special Operations (Marine)

# Marine Corps Daily 16 Workout

**RS Peters**

## Marine Corps Daily 16 Workout:

**The Marine Corps Daily 16 Workout** Freundlich Communications,1999 The daily workout that is the heart of Marine Corps physical fitness The Daily 16 is the exercise program at the heart of Marine Recruit Training a regimen of stretching warm up and calisthenics that is the fundamental building block of the Marine recruit s legendary strength endurance agility and quickness This clear accessible and profusely illustrated guide makes the Daily 16 available to men and women of all ages and at all levels of fitness The intensely focused hour long workout includes Dynamic stretches Static stretches Conditioning exercises Conditioning runs Cool down These segments of the workouts are all balanced to help you attain the superb level of fitness Marine recruits must achieve With tables to chart aerobic fitness standard requirements for Marine Recruit Training tests and an Introduction by L M Palm Major General USMC Ret and executive director of the Marine Corps Association Marine Corps Daily 16 Workouts is a no frills no nonsense whole body training program

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