

Six Week

FITNESS CHALLENGE

The programme will help increase your physical fitness so you are better prepared for the challenge of initial training. Please ensure that you warm up and cool down thoroughly to help avoid potential injuries.

Choosing your level

Start where you feel comfortable.

Still not sure?

Use the below guide based off your MSFT (beep test) score.

Level: Less than 7

Beginner

Level: 7-9

Intermediate (Int)

Level: 9 and above

Advanced

The Workouts

- » Each day of the week has a colour which indicates which workout to complete.
- » Running is best completed on a flat sports field. Treadmills can be used but limit this to once a week.
- » We recommend you seek professional advice as to the type of running shoe to wear, as some shoe types will cause you injuries. Advice can be sought from specific sport shoe retailers.
- » Each exercise has the number repetitions (reps) first, followed by the number of sets. You should have between 1-2 minutes rest between each set.
- » Each week you will complete a race pace run. The purpose of this is to track progress by timing yourself over a set distance (2.4km) with a target time to achieve each week.



Warm up and
more Workouts



Injury Prevention

	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5			WEEK 6					
	Monday → Run			Tuesday → Exercises			Wednesday → Run			Thursday → Exercises			Friday → Race Pace			Saturday → Exercises			Sunday → Rest		
	Beginner	Int	Advanced	Beginner	Int	Advanced	Beginner	Int	Advanced	Beginner	Int	Advanced	Beginner	Int	Advanced	Beginner	Int	Advanced			
Run	20 mins	25 mins	30 mins	20 mins	25 mins	30 mins	25 mins	30 mins	35 mins	25 mins	30 mins	35 mins	30 mins	35 mins	40 mins	30 mins	35 mins	40 mins			
Race Pace 2.4 km	Time yourself (max effort)			- 15 sec			- 30 secs			- 40 secs			- 50 secs			- 60 secs					
	3-5 Rounds			3-5 Rounds			3-5 Rounds			4-5 Rounds			4-5 Rounds			4-5 Rounds					
Press Ups	5	10	15	8	12	15	10	15	20	12	18	22	15	20	25	15	25	30			
Squats	10	15	20	12	20	25	15	20	25	20	25	30	20	25	30	25	30	35			
Sit Ups	5	10	15	8	15	20	10	20	25	15	25	30	20	30	30	25	30	35			
Burpees	3	5	8	5	8	10	8	10	12	10	12	15	12	15	18	15	15	20			
Lunges	10	15	20	15	20	25	15	20	25	20	25	30	20	25	30	25	30	35			

Challenge completed? Once you have completed the challenge, start over on the next level.