

# Weeks one and two

## Monday

### Home tests

20 m Bleep test  
1 min Press ups  
1 min Sit ups  
Max Plank

## Tuesday

### Cardio and strength run

Distance: 1.5 miles  
Time: 14 minutes

### Press ups

Reps 10 x 2 sets

### Sit ups

Reps 15 x 2 sets

### Plank

30 secs x 2 sets

## Wednesday

### Strength – upper and core

**Burpees** Reps 10 x 3 sets

**Russian twists** Reps 15 x 3 sets

**Wide push ups** Reps 10 x 3 sets

**Crunches** Reps 20 x 3 sets

**Narrow push ups** Reps 10 x 3 sets

**Dorsal raises** Reps 25 x 3 sets

2 mins rest  
between  
each set

## Thursday

### Cardio - run

Distance: 5 km

## Friday

### Lower strength

**Mountain climbers** Reps 40 x 3 sets

**Squats** Reps 20 x 3 sets

**Lunges** Reps 20 x 3 sets

**Glute bridges** Reps 20 x 3 sets

**Reverse lunges** Reps 20 x 3 sets

**High knees** Reps 40 x 3 sets

2 mins rest  
between  
each set

## Saturday

### Cardio - run

Time: 20 minutes

## Sunday

Rest

# Weeks three and four

## Monday

### Home tests

20 m Bleep test  
1 min Press ups  
1 min Sit ups  
Max Plank

## Tuesday

### Cardio and strength run

Distance: 1.5 miles  
Time: 13:15 minutes

### Press ups

Reps 15 x 2 sets

### Sit ups

Reps 20 x 2 sets

### Plank

40 secs x 2 sets

## Wednesday

### Strength – upper and core

#### Burpees

Reps 10 x 4 sets

#### Crunches

Reps 20 x 4 sets

2 mins rest

#### Russian twists

Reps 15 x 4 sets

#### Narrow push ups

Reps 10 x 4 sets

between

#### Wide push ups

Reps 10 x 4 sets

#### Dorsal raises

Reps 25 x 4 sets

each set

## Thursday

### Cardio - run

Distance: 5 km

## Friday

### Lower strength

#### Mountain climbers

Reps 40 x 4 sets

#### Glute bridges

Reps 20 x 4 sets

2 mins rest

#### Squats

Reps 20 x 4 sets

#### Reverse lunges

Reps 20 x 4 sets

between

#### Lunges

Reps 20 x 4 sets

#### High knees

Reps 40 x 4 sets

each set

## Saturday

### Cardio - run

Time: 20 minutes

## Sunday

Rest

# Weeks five and six

## Monday

### Home tests

20 m Bleep test  
1 min Press ups  
2 min Sit ups  
Max Plank

## Tuesday

### Cardio and strength run

Distance: 1.5 miles  
Time: 12:30 minutes

### Press ups

Reps 12 x 3 sets

### Sit ups

Reps 15 x 3 sets

### Plank

30 secs x 3 sets

## Wednesday

### Strength – upper and core

#### Burpees

Reps 12 x 4 sets

#### Crunches

Reps 22 x 4 sets

2 mins rest

#### Russian twists

Reps 18 x 4 sets

#### Narrow push ups

Reps 12 x 4 sets

between

#### Wide push ups

Reps 12 x 4 sets

#### Dorsal raises

Reps 28 x 4 sets

each set

## Thursday

### Cardio - run

Distance: 5 km

## Friday

### Lower strength

#### Mountain climbers

Reps 46 x 4 sets

#### Glute bridges

Reps 24 x 4 sets

2 mins rest

#### Squats

Reps 24 x 4 sets

#### Reverse lunges

Reps 24 x 4 sets

between

#### Lunges

Reps 24 x 4 sets

#### High knees

Reps 46 x 4 sets

each set

## Saturday

### Cardio - run

Time: 20 minutes

## Sunday

Rest

# Weeks seven and eight

## Monday

### Home tests

20 m Bleep test  
1 min Press ups  
2 min Sit Ups  
Max Plank

## Tuesday

### Cardio and strength run

Distance: 1.5 miles  
Time: 12 minutes

### Press ups

Reps 15 x 3 sets

### Sit ups

Reps 20 x 3 sets

### Plank

40 secs x 3 sets

## Wednesday

### Strength – upper and core

**Burpees**           Reps 10 x 5 sets

**Russian twists**   Reps 15 x 5 sets

**Wide push ups**   Reps 10 x 5 sets

**Crunches**           Reps 20 x 5 sets

**Narrow push ups**   Reps 10 x 5 sets

**Dorsal raises**       Reps 25 x 5 sets

2 mins rest  
between  
each set

## Thursday

### Cardio - run

Distance: 5 km

## Friday

### Lower strength

**Mountain climbers**   Reps 40 x 5 sets

**Squats**               Reps 20 x 5 sets

**Lunges**               Reps 20 x 5 sets

**Glute bridges**       Reps 20 x 5 sets

**Reverse lunges**      Reps 20 x 5 sets

**High knees**         Reps 40 x 5 sets

2 mins rest  
between  
each set

## Saturday

### Cardio - run

Time: 20 minutes

## Sunday

Rest