

Minimum Fitness Plan

This is a MINIMUM plan., you should be doing more on top of this preferentially.

WEEK 1:

Core: Do this quick session twice a week, at least.
15 seconds break between exercises
1 min plank
45 sec side plank (per side)
40 seconds raised plank (see end of note)
1 min leg lift (lie on back, and raise feet 20cm off the floor)

Running: 5 x 200m (1min 45sec rest between each run)
4 min break
5 x 25m (20sec break between run)
4 min break
5 x 100m (50 sec break between sprint)

This sprint session is relatively easy, so make sure you only rest for the allowed time. Also sprint fully through the distance and pace yourself on the 200m.

Raised Plank: Legs and back in straight line (like plank) hands on floor directly beneath your shoulders. Straight arms.(almost like a push up starting position. This position is easy to hold. So slowly start to move your hands forward (keeping their width separation shoulder width still and your body still locked in a plank position) until you feel a slight tightness in the stomach muscles. Hold in that position. As you get stronger (over time)the distance you can move your hands forward should increase. Hope that makes sense