

Fitness Schedule

1/2/2010 – 7/2/2010

For those who are spending time at the gym on a regular basis, maintain your regular schedule.

Those of you who follow an irregular strength workout pattern, shift your focus to a lower body workout.

Core: 1 min raised plank
45 sec raised side plank (each side)
1 min leg hold (6-12 inches off ground)
15 seconds break between each exercise
2 minute break
Repeat but with 30 sec break between exercise

Ideally twice during the week

Running: Attempt (if possible) a 5km run
Alternatively, try 2 2.5km runs, during the week

Sprints 3x Henman sprints (10m shuttle sprints for 1min. 1 min break)
4 min break
Square cutting box (square with 20m sides)
1. 5x 30sec of cutting between corner cones, 30sec rest after each
2. 2x 45sec, 45 sec rest after each
3. 1x1min
4 min break
Square cutting box small (5m sides)
1. 5x20sec, 20sec rest after each
2. 2x40sec, 40 sec rest after each
3. 1x1min

Make sure you are alternating your cutting/planted leg for an even workout)

Stretch STRECTH!!!

8/2/2010 – 14/2/2010

Gym: if following a regulated pattern, then maintain it
If following an irregular schedule, focus mainly on your lower body

Core Repeat as above

Running 5x400 4min rest
4min break
10x50 25sec rest

4min break
3x200 50sec rest
4min break
20x25 0:20
Total distance 3600m

Make sure you adhere to the correct rest times and don't go over. It makes it harder but better for you

Also pace yourselves properly, especially on those 200's and 400's, the aim is to finish strong not to sprint the first 50 and limp over the line.