

Fitness Timetable

DAY	AM	PM	ACTIVITY
MON	BMR BOOSTER	PUSH/SPD END	
TUES	BMR BOOSTER		
WED		PULL/SPD END	
THUR	BMR BOOSTER		
FRI	BMR BOOSTER	LEGS	
SAT			
SUN		5KM RUN	

Weight Training

PUSH	CHEST	SHOULDERS		
PULL	BACK	BICEPS		
LEGS	SQUATS	DEADLIFTS		

WEIGHT TRAINING: First 4 weeks strength training at 80% + 1RM. Sessions are split into 3 ,push, pull and legs. Do warm up sets x2 12-15 reps then 4x 6-8 reps with 2 exercises per body part. We will move on to Olympic lifts after 4 weeks . Weeks 5 and 6 will focus more on power and will send you updated schedule. Don't' worry about triceps they will be worked enough with chest and shoulder workouts.

RUN: 5 Km Run at (70-85%)

SPEED ENDURANCE SESSIONS: 2 per week this will also serve as your third cardio session To be done after the push and pull gym sessions See table below.

BMR BOOSTER: 5 min session(30 sec push-ups,30secs abs,30 sec rest)x3-4 . To be done in the morning to build muscular endurance and get the body fired up for the day.

Speed-Endurance Training

Week 1 and 2	
Tues	2x4x150m (23-30 secs) Active recovery 2 min/rep and 5min/set*
Thurs	2x3x200m (30-40 secs) Active recovery 2 min/rep and 5min/set*
Week 3 and 4	
Tues	2x3x250m (38-50 sec) Active recovery 2 min/rep and 5min/set*
Thurs	2x4x200(30-40 sec) Active recovery 2 min/rep and 5min/set*

* Active recovery: walk or slow jog