

INTERMEDIATE PROGRAM TIMETABLE

Cycle 1

WEEK	MON	TUE	WED	THU	FRI	Comments
1	Run / Walk	Rest	Mini Circuit	Rest	Run / Walk	Ease into the training
2	Run / Walk	Mini Circuit	Rest	Run / Walk	Mini Circuit	Session added
3	Mini Circuit	Run / Walk	Mini Circuit	Run / Walk	Mini Circuit	Strength focus
4	Run / Walk	Mini Circuit	Run / Walk	Mini Circuit	Run / Walk	Peak training week
5	Run / Walk	Rest	Mini Circuit	Rest	Run / Walk	Back off week

Cycle 2

6	Run / Walk	Mini Circuit	Rest	Run / Walk	Mini Circuit	Ease into the training
7	Run / Walk	Mini Circuit	Run / Walk	Rest	Run / Walk	Build up
8	Mini Circuit	Run / Walk	Mini Circuit	Run / Walk	Mini Circuit	Strength focus
9	Run / Walk	Mini Circuit	Run / Walk	Mini Circuit	Run / Walk	Peak training week
10	Run / Walk	Rest	Mini Circuit	Rest	Run / Walk	Back off week

INTERMEDIATE PROGRAMS

CIRCUITS

WEEK 1

EXERCISE	REPS	SETS	REMARKS
PUSHUPS	1 MIN	X3	WHEN YOU CAN COMPLETE THIS WITHOUT REST ADD ON WEEK 2, AFTER A 1 MIN REST
TOE TOUCHES	1 MIN		
SQUATS	1 MIN		
STAIR RUN / WALK (FAST)	1 MIN		
NOTE: WHICH EVER CIRCUIT YOU ARE SCHEDULED FOR THE DAY, IF YOU CAN COMPLETE IT WITH OUT REST ADD THE NEXT CIRCUIT AFTERWARDS. E.G IF YOU CAN COMPLETE WK 2 THEN DO WK 3 AS WELL, OR IF YOU CAN COMPLETE WK 3 THEN DO WK 1 AND SO ON. TRY AND DO 3 IN A ROW!			

WEEK 2

EXERCISE	REPS	SETS	REMARKS
BENCH DIPS	1 MIN	X3	WHEN YOU CAN COMPLETE THIS WITHOUT REST ADD ON WEEK 3, AFTER A 1 MIN REST
CRUNCHES	1 MIN		
LUNGES	1 MIN		
STAIR RUN / WALK (FAST)	1 MIN		
NOTE: WHICH EVER CIRCUIT YOU ARE SCHEDULED FOR THE DAY, IF YOU CAN COMPLETE IT WITH OUT REST ADD THE NEXT CIRCUIT AFTERWARDS. E.G IF YOU CAN COMPLETE WK 2 THEN DO WK 3 AS WELL, OR IF YOU CAN COMPLETE WK 3 THEN DO WK 1 AND SO ON. TRY AND DO 3 IN A ROW!			

WEEK 3

EXERCISE	REPS	SETS	REMARKS
CHIN UPS / LYING CHIN UPS	1 MIN	X3	ONCE YOU ARE ABLE TO DO ALL WEEKS 1 / 2 / 3 TOGETHER TRY TO REMOVE ALL THE REST (BETWEEN THE CIRCUITS AS WELL)
ARMY SITUP	1 MIN		
STARTS	1 MIN		
SHUTTLE RUN	1 MIN		
NOTE: WHICH EVER CIRCUIT YOU ARE SCHEDULED FOR THE DAY, IF YOU CAN COMPLETE IT WITH OUT REST ADD THE NEXT CIRCUIT AFTERWARDS. E.G IF YOU CAN COMPLETE WK 2 THEN DO WK 3 AS WELL, OR IF YOU CAN COMPLETE WK 3 THEN DO WK 1 AND SO ON. TRY AND DO 3 IN A ROW!			

WEEK 4

EXERCISE	REPS	SETS	REMARKS
UP RIGHT ROW	1 MIN	X3	IF YOU ARE DOING ALL OF THE WORKOUTS (1 / 2 / 3) THEN TRY THIS SET OF EXERCISES AS A FINISHER (AFTER A 1 MIN REST)
GET UPS	1 MIN		
KETTLE BELL SWING	1 MIN		
SHUTTLE RUN	1 MIN		
NOTE: WHICH EVER CIRCUIT YOU ARE SCHEDULED FOR THE DAY, IF YOU CAN COMPLETE IT WITH OUT REST ADD THE NEXT CIRCUIT AFTERWARDS. E.G IF YOU CAN COMPLETE WK 2 THEN DO WK 3 AS WELL, OR IF YOU CAN COMPLETE WK 3 THEN DO WK 1 AND SO ON. TRY AND DO 3 IN A ROW!			

A detailed description of each exercise is listed below.

After you have completed these workouts you should conduct Static Stretching of the following muscle groups: Calves, Hamstrings, Quadriceps, Lower Back/ Glutes, Abdominals, Chest, Lats and Triceps.

For a guide on Stretching follow this link <http://www.sports-db.com/strength/stretching/index.html>

For a guide on nutritional information follow this link <http://www.brianmac.co.uk/nutrit.htm>. This link is one of the best fitness sites on the net and it is free.

EXERCISES

1. **PUSH UP** - Start on your stomach with hands on the ground about shoulder width apart. Push the ground away so you have extended your elbows fully then return to the bottom, this time keeping your chest and stomach off the ground. Make sure your back is straight throughout the movement.
2. **TOE TOUCHES** - Start on your back with your feet in the air and knees straight. Curl up through your abs and try to touch your toes, then come back down under control.
3. **SQUATS** - Start standing with your feet shoulder width apart and toes splayed slightly. Making sure you keep your back straight, bend at the knees until your thighs are parallel (or close) to the ground then push the ground through your heels to extend your knees back to the start.
4. **STAIR RUN / WALK** - Choose a set of stairs that have more than 20 stairs. Start by running up the stairs or if you are not at that level walk fast. Once at the top, run or walk down and repeat.
5. **BENCH DIPS** - Start by sitting on a bench. Place your hands on the bench, either side of you and slide yourself off the bench, keeping your feet on the ground. Then bend your elbows and lower your body until your upper arm is parallel to the ground. Then return to the top position.
6. **CRUNCHES** - Start on your back with your feet in the air and knees bent. Cross your arms over your chest with each of your hands on opposite shoulder. Then curl up using your abs until your chest reaches your knees, then return to the start under control.
7. **LUNGES** - Start by standing, then take a large step forward with your right foot. Then bend both knees so that the rear knee just touches the ground lightly. Extend both knees and step backwards back to the start (keeping your back straight).
8. **CHIP UPS LYING CHINUPS** - Grasp the bar over hand, take your feet off the ground and heave up by bending your elbows until your chest is touching the bar. If you can no longer do this then either jump assist or find a lying chin up bar (lower bar) usually in a park or can be done on a rope or rings. Lying chin-ups – start with your heels on the ground in front of you then heave up so your chest touches the bar and return.
9. **ARMY SIT UP** - Start lying on your back with your feet on the ground, knees bent at 90 degrees and your hands on your thighs. Curl up using your abs until your wrists have touched your knees then return to the ground under control.
10. **STARTS** - Start with your hands on the ground or slightly elevated on a bench. Your stance should be in a lunge position. Then jump up and swap your rear foot to the front and your front to the rear.
11. **UPRIGHT ROW** - Using a weight (Bar, kettle bell, weight plate). Start standing with your feet shoulder width apart keeping your back straight throughout the movement. Over hand grip on the weight with your hands nearly touching in the middle, lift the weight up to your chin and pull your elbows up so they are next to your ears. Return to the start.
12. **GETUPS** - Go from the standing position to lying down flat (fully extend your knees and arms above your head on the ground) then back to the standing position (you can use your hands to get up).
13. **KETTLE BELL SWING** - Start in an extra wide stance holding the weight between your legs, hands together and keeping a straight back. Squat down and stand up, at the same time start the swing forwards with your arms. Increase the swing until you have the weight at eye level. Each time you come back to the bottom, squat down and keep your back straight – all the force is generated by the legs.

WALK / RUN TABLE

LEVEL	WALK (The first 10 min of the walk is always the warm up)	RUN (The run and walk minutes are part of the total 30 min workout time)	INSERT RESULTS
1	24 min walk then →	3 x (1 min run + 1 min walk)	
2	20 min walk then →	5 x (1 min run + 1 min walk)	
3	16 min walk then →	7 x (1 min run + 1 min walk)	
4	12 min walk then →	9 x (1 min run + 1 min walk)	
5	10 min walk then →	5 x (2 min run + 1 min walk)	
6	Go straight in to the run – But ease into it. If there is any time left over walk it out as a cool down	6 x (3 min run + 1 min walk)	
7	Go straight in to the run – But ease into it. If there is any time left over walk it out as a cool down	5 x (4 min run + 1 min walk)	
8	Go straight in to the run – But ease into it	5 x (5 min run + 1 min walk)	
9	10 min walk to warm up then →	20 min run non-stop	
10	5 min walk to warm up then →	25 min run non-stop	
11	Go straight into the run but ease into it	30 min run non-stop	
12	Go straight into the run but use the 1 st 10 min as a warm up	40 min run non-stop	
13	Go straight into the run but use the 1 st 10 min as a warm up	50 min run non-stop	
14	Go straight into the run but use the 1 st 10 min as a warm up	60 min run non-stop	
15	Go straight into the run but use the 1 st 10 min as a warm up	40 min run non-stop with 5 x 1min surges (surges are part of the 40 min)	
16	Go straight into the run but use the 1 st 10 min as a warm up	40 min run non-stop with 10 x 1min surges (surges are part of the 40 min)	
17	Go straight into the run but use the 1 st 10 min as a warm up	10 min warm up, 5 x (1 min hard, 5 x 1 min easy) 10 x (30 sec hard, 30 sec easy). Then 10 min cool down pace	
18	Go straight into the run but use the 1 st 10 min as a warm up	Run at race pace for 30 min (try to run as much distance as you can in 30 min)	
19	Go straight into the run but use the 1 st 10 min as a warm up	10 min warm up, 2 x (run 90 sec hard, 90 sec easy), 4 x (60 sec hard, 60 sec easy) 4 x (30 sec hard, 30 sec easy) 4 x (15 sec hard, 15 sec easy), 10 min medium run	
20	Go straight into the run but use the 1 st 10 min as a warm up	Run at race pace for 50 min (try to run as much distance as you can in 50 min)	