

4 WEEK TRAINING PROGRAMME FOR RDF COURSE APPLICANTS

Week	Session 1	Session 2	Session 3
1	15 min Warm Up. Steady Run for 20 mins. Record your distance. 15 min Cool Down. Push Ups 5 sets x 5 reps. Sit Ups 5 sets x 5 reps. Stretch.	15 min Warm Up. Tempo Training. 4 x 5 min runs with 2 min recovery. Record your distance. 15 min Cool Down. Stretch.	15 min Warm Up. Steady Run for 20 mins. Record your distance. 15 min Cool Down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.
2	15 min Warm Up. Tempo Training. 3 x 6 min runs with 2 min recovery. Record your distance. 15 min Cool Down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.	15 mins Warm Up. Steady Run for 25 mins. Record your distance. 15 min Cool Down. Push Ups 4 sets x 7 reps. Sit Ups 4 sets x 7 reps. Stretch.	15 mins Warm Up. Tempo Training. 2 x 10 min runs with 2 min recovery. 15 min Cool Down. Push Ups 3 sets x 10 reps. Sit Ups 3 sets x 10 reps. Stretch.
3	15 mins Warm Up. Steady Run for 30 mins. Record your distance. 15 min Cool Down. Push Ups 3 sets x 12 reps. Sit Ups 3 sets x 12 reps. Stretch.	15 mins Warm Up. Tempo Training. 2 x 1 mile/1600m runs with 2 min recovery. Record your time. 15 min Cool Down. Push Ups 3 sets x 15 reps. Sit Ups 3 sets x 15 reps. Stretch.	15 mins Warm Up. Steady Run for 2 miles. Record your time. 15 min Cool Down. Push Ups 2 sets x 17 reps. Sit Ups 2 sets x 17 reps. Stretch.
4	15 mins Warm Up. Tempo Training. 2 x 1 mile/1600m runs with 2 min recovery. Record your time. 15 mins Cool Down. Push Ups 2 sets x 20 reps. Sit Ups 2 sets x 20 reps. Stretch.	Pre-Test Rehearsal. Push Ups – 20 Repetitions / 1 min. Sit Ups – 20 Repetitions / 1 min. 1.5 mile run – Timed. Males – 11.30 mins. Females – 13.00 mins.	Recovery session. Allow sufficient recovery time between this session and your test date.
5	20 Push Ups (1 min). 20 Sit Ups (1 min). 2 mile Run (16.31 max).		