

**Phase 1**

**Week 1**

**Day 1**

Warm up 800m jog

5x400m rest 1:30

Cool down 800m jog  
and stretch

**Day 2**

40 minute jog

3 sets of:  
plank x 30sec  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 15  
Glute bridges x25

**Day 3**

Warm up 800m jog

3x800m 2 min rest

Cool down 800m jog  
and stertch

**Week 2**

**Day 1**

Warm up 800m jog

6x400m rest 1:30

Cool Down 800m jog  
and Stretch

**Day 2**

50 minute jog

3 sets of:  
plank x 45sec  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 20  
Glute bridges x25

**Day 3**

Warm up 800m jog

4x800m 2 min rest

Cool down 800m jog  
and stertch

**Week 3**

**Day 1**

Warm up 800m jog

7x400m rest 1:30

Cool Down 800m jog  
and Stretch

**Day 2**

60 minute jog

3 sets of:  
plank x 1 minute  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 25  
Glute bridges x25

**Day 3**

Warm up 800m jog

5x800m 2 min rest

Cool down 800m jog  
and stertch

**Week 4 Rest and Test**

**Day 1**

Warm up 800m jog

4x400m rest 1:30

Cool down 800m jog  
and stretch

**Day 2**

30 minute jog

3 sets of:  
plank x 30sec  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 15  
Glute bridges x25

**Day 3**

Warm up 800m jog

Run 5k on track.  
Practice pacing  
Go for fast time

Cool down 800m jog  
and stertch

**Week 5**

**Day 1**

Warm up 800m jog

3x400m rest 1:30  
4x200m jog back recovery  
5x100m jog back recovery

Cool down 800m jog  
and stretch

**Day 2**

10 minute jog warm up  
2 min slow tempo run  
2 min medium tempo run  
repeat 5 times  
10 minute cool down

3 sets of:  
plank x 1 minute  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 15  
Glute bridges x25

**Day 3**

Warm up 800m jog

2x1200m 2min rest  
2x1000m 1:30 rest  
2x800m 1 min rest

Cool down 800m jog  
and stertch

**Week 6**

**Day 1**

Warm up 800m jog

4x400m rest 1:30  
5x200m jog back recovery  
6x100m jog back recovery

Cool Down 800m jog  
and Stretch

**Day 2**

10 minute jog warm up  
1 min slow tempo run  
2 min medium tempo run  
1 min fast tempo run  
repeat 6 times  
10 minute cool down

3 sets of:  
plank x 1 minute  
situps x 25  
back extensions x15  
pushups x10  
russian twist x20  
squats x 20  
Glute bridges x25

**Day 3**

Warm up 800m jog

2x1600m 2min rest  
2x1200m 1:30 rest  
2x800m 1 min rest

Cool down 800m jog  
and stertch

**Week 7**

**Day 1**

Warm up 800m jog

2x400m rest 1:30  
4x200m jog back recovery  
10x100m jog back recovery

Cool Down 800m jog  
and Stretch

**Day 2**

10 minute jog warm up  
1 min slow tempo run  
1 min medium tempo run  
2 min fast tempo run  
repeat 7 times  
10 minute cool down

3 sets of:  
plank x 1 minute  
situps x 25  
back extentsions x15  
pushups x10  
russian twist x20  
squats x 25  
Glute bridges x25

**Day 3**

Warm up 800m jog

2x2000m 2:30 rest  
2x1600m 2min rest  
2x1000m 1:30 rest

Cool down 800m jog  
and stertch

**Week 8 Rest and Test**

**Day 1**

Warm up 800m jog

4x400m rest 1:30

Cool down 800m jog  
and stretch

**Day 2**

30 minute jog

3 sets of:  
plank x 30sec  
situps x 25  
back extentiions x15  
pushups x10  
russian twist x20  
squats x 15  
Glute bridges x25

**Day 3**

Warm up 800m jog

Run 5k on track.  
Practice pacing  
Go for fast time

Cool down 800m jog  
and stertch