

TCR Physical Training - Pre Academy Program
Suggested Weekly Schedule

Distance Running

Day	Beginners	Intermediate	Advanced	Suggestions
MONDAY	1	2	3	Run at home. Even if you stop and walk. Finish the run.
TUESDAY	Circuit Training (see attached)			
WEDNESDAY	DAY OFF			
THURSDAY	Circuit Training (see attached)			
FRIDAY	1	2	2	Run on track. Complete 100 push-ups (10-20 each set), Run 100 yards, Complete 100 crunches (10-20 each set). Between each set, Run 100 yards. Walk 2 laps. Cool Down.
SATURDAY	DAY OFF			
SUNDAY	1-2	2-3	3-4	Long distance day. If you get tired, walk and pick up the pace when you are rested.

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Aerobics Exercise Circuit with Calisthenics

Activity	Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-8	Weeks 9-10	Weeks 11-12	Week 13+
Push-Ups	10	10	12	12	14	14	Add 2 reps every 2 weeks
Sprint 220 yards @ $\frac{3}{4}$ speed ($\frac{1}{2}$ lap)	1:00 min	1:00 min	1:00 min				
Abdominal Crunches (feet off the ground)	20	25	30	35	40	45	Add 5 reps every 2 weeks
Jog 440 yards (1 lap)	2:30 min	2:26 min	2:22 min	2:18 min	2:15 min	2:15 min	2:15 min
Mountain Climbers (4-count exercise)	10	12	14	16	18	20	Add 2 reps every 2 weeks
Sprint 220 yards	1:00 min	1:00 min	1:00 min				
Push-ups	10	10	12	12	14	14	Add 5 reps every 2 weeks
Jog 440 yards	2:30 min	2:26 min	2:22 min	2:18 min	2:15 min	2:15 min	2:15 min
Bicycle crunches (4-count exercise)	20	20	25	25	30	30	Add 5 reps every 2 weeks
Sprint 220 yards ($\frac{1}{2}$ lap)	1:00 min	1:00 min	1:00 min				
Prayer Pushups	6	6	8	8	10	10	Add 2 reps every 2 weeks
Jog 880 yards (2 laps)	5:00 mins	4:52 mins	4:44 mins	4:36 mins	4:30 mins	4:26 mins	4:26 mins