Coachford College Fitness Schedule

Requirements: Good shoes, a stopwatch and a "CAN DO" attitude!

Before you start, why not print the attached monthly template? It will allow you to keep track of your progress in reaching your exercise goals. A simple tick or maybe recording your total time spent exercising on the assigned days will give you a real sense of accomplishment. Put it somewhere conspicuous. Be proud of your initiative and accomplishment.

There are three schedules. You decide which one suits you.

Basic Fitness Schedule	Improver Fitness Schedule	Advanced Fitness Schedule
For those who do not think they have a good basic fitness and want to improve their basic fitness (cannot run and talk at a slow pace for five minutes without stopping.)	For those who have a good basic fitness and want to maintain or improve their fitness (can run and talk comfortably at a slow pace for five minutes.)	For those who already prioritise fitness and want to maintain or improve their fitness (can already run 2 to 3 miles comfortably.)

Week 1: January 11th - 17th			
	Basic	**Improver**	**Advanced**
Tuesday	**Warm up**: Walk/jog for five minutes. Stretch. *5 minutes of 10 seconds fast running, 50 seconds walk/jog* **Warm down**: Walk/jog for 5 minutes	**Warm up**: Jog 5 minutes. Stretch. *Run for 5 minutes of 15 seconds fast, 45 seconds slow.* **Warm down**: Jog 5 minutes.	**Warm up**: Jog 5 minutes. Stretch. *Run for 5 minutes of 15 seconds fast, 45 seconds slow.* *Jog for three minutes.* *Repeat 5 minutes of 15 seconds fast, 45 seconds slow.* **Warm down**: Jog 5 minutes.
Thursday	**Warm up**: Walk/jog for 5 minutes. Stretch. *4 minutes of 1minute run, 1 minute walk* **Warm down**: Walk/jog for 5 minutes	**Warm up**: Jog 5 minutes. Stretch. *Run for 5 minutes of 1 minute steady, 1 minute slow.* **Warm down**: Jog for 5 minutes	**Warm up**: Jog 5 minutes. Stretch. *Run for 12 minutes of 1 minute steady, 1 minute slow.* **Warm down**: Jog for 5 minutes
Saturday	*Walk/run for 10 minutes continuously.*	*Slow run for 15 minutes*	*Slow run for 25 minutes*

Coachford College Fitness Schedule Progress Log				
Week	Day & Date	Completed ✓ or ✗	Time Taken	Comments
1	Tue. 12th			
1	Thu. 14th			
1	Sat. 16th			