

3 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Session Notes
1	3	M	Dynamic Warm-Up (Note 1)/4 Mile Run 8.30 Mile Pace/Warm-Down Stretch (Note 2).	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. No access to Rowing Machine,conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up/Strength Circuit (Note 7) 3 Sets-20 Reps on each Exercise 80% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
2	4	M	Dynamic Warm-Up/8 Mile Run, 9 Min Mile Pace/Warm-Down Stretch.	PT Kit /Running Shoes.	
		T	Dynamic Warm-Up/Stabilisation Exercises (Note 3) 3 Sets-60 Secs each Exercise/Core Strength Circuit (Note 4) 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Muscular Endurance Circuit (Note 5) 3 Sets-20 Reps/Warm-Down Stretch.	PT Kit/Running Shoes. Quality of Exercise, concentrate on Form not speed.	
		F	Dynamic Warm-Up/4 Mile Run as Fast as possible/ Muscular Endurance Circuit 1 Set-20 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes. On completion of the Running go straight into M/E Circuit.	
3	3	M	Dynamic Warm-Up/10 Mile Run, 9.30 Min Mile Pace/Warm-Down Stretch.	PT Kit /Running Shoes.	
		W	Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running shoes.	

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3	3	F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/Warm-Down Stretch.	Boots/Utes. Quality of Exercise concentrating on Form not Speed.	
4	2	M	Dynamic Warm-Up/Pack Circuit (Note 6) 60lb 4 Sets-20 Reps on each Exercise/Warm-Down Stretch.	concentrating on Form not Speed.	
		TH	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
5	2	W	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. No access to Rowing Machine,conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/Warm Down Stretch.	Boots/Utes. Form over Speed. Full range of movement on Exercise.	
6	4	M	Dynamic Warm-Up/8 Mile Run, 9 Min Mile Pace/Warm-Down Stretch.	PT Kit/Trainers.	
		T	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/4 Mile Run as Fast as possible/Warm-Down Stretch.	PT Kit/Running Shoes.	
7	3	M	Dynamic Warm-Up/8 Mile Run, 10 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
		W	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/Warm Down Stretch.	PT Kit/Trainers.	

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7	3	F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/Warm-Down Stretch.	Boots/Utes.	
8	4	M	Dynamic Warm-Up/Pack Circuit 70lb 4 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes. Form over Speed. Full range of movement on Exercise.	
		T	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/8 Mile Run 9 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
9	3	M	Dynamic Warm-Up/10 Mile Hike Carrying 60lb-3 Mile Per Hour Pace/Warm-Down Stretch.	Boots/utes.	
		W	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. No access to Rowing Machine,conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
10	3	M	Dynamic Warm-Up/10 Mile Run, 10 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
		W	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes.	

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11	3	M	Dynamic Warm-Up/Hill Session 8 X Hill Sprints 60 Sec rest between Sprints/Warm-Down Stretch.	Boots/Utes. 500 Mtr Hill Section.	
		W	Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
12	4	M	Dynamic Warm-Up/Pack Circuit 80lb 4 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes.	
		T	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	Boots/Utes.	
		TH	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/4 Mile Run 9 Min Mile Pace/Warm-Down Stretch.	Boots.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Session Notes
1	3	M	Dynamic Warm-Up (Note 1) /4 Mile Run at 9 Min Mile Pace on Flat to Undulating Ground/Warm down Stretch (Note 2).	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up (Note 1)/Muscular Endurance Circuit (Note 5) 3 Sets-10 Reps on each exercise, One minute rest between each set/Warm Down Stretch(Note 2).	PT Kit/Running Shoes. Quality of exercise over speed.	
		F	Dynamic Warm-Up (Note 1)/Stabilisation Exercises (Note 3) 2 Sets 30 Seconds each exercise/Core Strength Circuit(Note 4) 3 Sets-40 Seconds each exercise/Warm Down Stretch .	PT Kit/Running Shoes.	
2	4	M	Dynamic Warm-Up/4 Mile Run @ 9 Min Mile Pace, Last Mile to be Run as fast as possible/Stretch.	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up/Strength Circuit(Note 7) 3 Sets-10 Reps of each Exercise 80% of your body weight/Stretch.	PT Kit/Running Shoes. Concentrate on Form whilst conducting exercises.	
		TH	Dynamic Warm-Up/Pack Circuit (Note 6) 40lb in Pack 3 Sets-20 Reps on each exercise/Stretch.	Boots/Utes. Quality of exercise over Speed.	
		F	Dynamic Warm-Up/Stabilisation Exercises 2 Sets-60 Sec each Exercise/Core Strength Circuit 3 Sets-60 Sec/Stretch.	PT Kit/Running Shoes.	
3	3	M	Dynamic Warm-Up/Strength Circuit 3 Sets-12 Reps each exercise 80% of your Body weight/Stretch.	Pt Kit/Running Shoes.	
		W	Dynamic Warm-Up/5 Mile run @ 9 Min Mile Pace/Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-15 Reps each exercise/Stretch.	PT Kit/Running Shoes.	
4	4	M	Dynamic Warm-Up/5 Mile run @9 Min Mile Pace, Last Mile to be run as fast as possible/Stretch.	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-15 Reps each exercise/Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Pack Circuit 40lb in Pack 3 Sets-25 Reps on each exercise/Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/Stabilisation Exercise 3 Sets-60 Seconds each exercise/Core Strength Circuit 3 Sets-60 Secs/Stretch.	PT Kit/Running Shoes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
5	3	M	Dynamic Warm-Up/5 Mile Run 9 Min Mile Pace on Undulating Ground trying to incorporate some steep hills/Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Strength Circuit 4 Sets-12 Reps each Exercise 80% of body weight/Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Stabilisation Exercise 3 Sets-40 Sec on each Exercise/Core Strength Circuit 3 Sets-60 Secs on each exercise/Stretch.	PT Kit/Running Shoes.	
6	4	M	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-40 Secs each Exercise/Strength Circuit 4 Sets-45 Secs each Exercise/Stretch.	PT Kit/Running shoes.	
		T	Dynamic Warm-Up/4 Mile Fartlek Run 2 Min Sprinting 2 Min recovery at 50% pace/Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-15 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Pack Circuit 40lb 3 Sets-30 Reps each Exercise/Warm Down Stretch.	Boots/Utes.	
7	3	M	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-17 Reps each Exercise/2x100m sprints between each Set/Warm Down Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/5 Mile Run @ 8.30 Pace/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-45 Sec each Exercise/Core Strength Circuit 4 Sets-45 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
8	3	M	Dynamic Warm-Up/6 Mile Hike Carrying 40lb 3 Mile Per Hour Pace/Warm Down Stretch.	Boots/Utes. Over Undulating Ground	
		T	Dynamic Warm-Up/Stabilisation Exercise's 3 Sets-60 Secs/Core Strength Circuit 3Sets-60 Secs Each Exercise./Warm Down Stretch.	Boots/Utes.	
		TH	Dynamic Warm Up/Row Circuit 5 x 300 mtrs working at 1.50 Min Average split times, 1 Minute gap between sets, 5 x 200 mtrs working at 1.50 Min Average with 1 Min gap between sets/Warm-Down Stretch.	No access to Rowing Machine change period for Hill Sprints covering the same distance. 5 x 300Mtr/5x 200Mtr Sprints as fast as possible with 1 Min gap between Sprints. Running in Running Shoes and PT Kit.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
9	3	M	Dynamic Warm-Up/8 Mile Hike Carrying 45lb-3 Mile Per Hour Pace/Warm-Down Stretch.	Hike over undulating Ground, Boots/Utes.	
		W	Dynamic Warm-Up/Stabilisation Exercises 4 Sets-45 Secs each Exercise/Core Strength Circuit 4 Sets-45 Secs each Exercise/Warm-Down Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/4 Mile Run 9 Min Mile Pace/Warm-Down Stretch.	Run on Flat to Undulating Ground. Boots.	
10	3	M	Dynamic Warm-Up/Strength Circuit 4 Sets-15 Reps on each Exercise 85%Body Weight/Warm-Down Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Row Circuit 8 x 500 Mtrs working at 2.00 Min pace and quicker, with 1 Min gap between Rows/Warm-Down Stretch.	Pace yourself on the Row, don't go out to fast. No Access to Rowing Machine change period to Hill sprints covering same distance and rest.	
		F	Dynamic Warm-Up/Stabilisation Circuit 4 Sets-45 Secs on each Exercise/Core Strength Exercises 4 Sets-60 Secs on each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
11	3	M	Dynamic Warm-Up/4 Mile Fartlek Run 2 Min Sprint with 1.30 Recovery at 50% Pace/Warm-Down Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Stabilisation Exercises 4 Sets-45 Secs each Exercise/Core Strength Circuit 4 Sets-45 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 85% of Body Weight/Warm Down Stretch.	30 Secs recovery between each Exercise.	
12	4	M	Dynamic Warm-Up/Row Circuit 10 x 300 Mtrs working at 1.50 Min pace and quicker, with 1 Min gap between Rows/Warm-Down Stretch.	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up/Pack Circuit 45lb 3 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes.1 Min Rest between each set. Concentrate on Form and Quality of exercise.	
		TH	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/4 Mile Run as Fast as possible/Warm-Down Stretch.	PT Kit/Running Shoes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
13	3	M	Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Pack Circuit 60lb 3 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/6 Mile Run, no slower than 54 Min/Warm-Down Stretch.	PT Kit/Running Shoes.	
14	4	M	Dynamic Warm-Up/Pack Hill Session 55lb- 400 Mtr Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/Warm-Down Stretch.	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 85% of Body Weight/Warm Down Stretch.	Boots/Utes.	
		TH	Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/6 Mile Run, no slower than 60 Min/Warm-Down Stretch.	PT Kit/Running Shoes.	
15	3	M	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 90% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Pack Hill Session 55lb- 400 Mtr Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/Warm-Down Stretch.	Boots/Utes.	
		F	Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. If no access to Rowing Machine conduct Sprints.	
16	4	M	Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running shoes.	
		T	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 90% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/7 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	PT Kit/Running Shoes.	

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Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
17	3		Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Pack Hill Session 55lb- 400 Mtr Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/Warm-Down Stretch	Boots/Utes.	
			Dynamic Warm-Up/7 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
18	3		Dynamic Warm-Up/Pack Hill Session 55lb- 400 Mtr Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
19	3		Dynamic Warm-Up/Pack Circuit 60lb 4 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/Muscular Endurance Circuit 4 Sets-20 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/8 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	PT Kit/Running Shoes.	
20	4		Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. No Rowing Machine conduct Sprints.	
			Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Muscular Endurance Circuit 4 Sets-20 Reps each Exercise/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/8 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	

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Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
21	3		Dynamic Warm-Up/10 Mile Hike Carrying 60lb-3 Mile Per Hour Pace/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. No Rowing Machine conduct Sprints.	
			Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/Warm Down Stretch.	PT Kit/Running Shoes.	
22	4		Dynamic Warm-Up/8 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Row Circuit 5 x 500 Mtrs working at 2.00 Min pace-5 x 300 Mtrs working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/Warm-Down Stretch.	PT Kit/Running Shoes. If no access to Rowing Machine conduct Sprints.	
			Dynamic Warm-Up/4 Mile Run as Fast as possible/Warm-Down Stretch.	PT Kit/Running Shoes.	
23	3		Dynamic Warm-Up/10 Mile Run, no slower than 9 Min Mile Pace/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/5 x 880 Yrd Sprints. 2 Minutes rest between sprints/Core Strength Circuit 3 Sets-60 Sec on each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
24	4		Dynamic Warm-Up/Pack Circuit 60lb 4 Sets-20 Reps on each Exercise/Warm-Down Stretch.	Boots/Utes.	
			Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Stabilisation Exercises 3 Sets-60 Secs each Exercise/Core Strength Circuit 3 Sets-60 Secs each Exercise/Warm-Down Stretch.	PT Kit/Running Shoes.	
			Dynamic Warm-Up/4 Mile Run 9 Min Mile Pace/Warm-Down Stretch.	Boots.	