

PLAN A: 30 day training plan for those just starting Physical Training (PT)

DAY	RUN	PUSH-UPS	CURL-UPS
1	Cover 2 miles alternate 3-4 min. walk with 45-90 sec. jog	2 x 10	2 x 15
2	Off		
3	Cover 2 miles alternate 2.5-3.5 min. walk with 1-2 min. jog	2 x 10	2 x 15
4	Off		
5	Cover 2 miles alternate 2-3 min. walk with 1-2 min. jog	2 x 15	2 x 20
6	Off		
7	Off		
8	Cover 2 miles alternate 1.5-2.5 min. walk with 2-3 min. jog	2 x 15	2 x 20-25
9	Off		
10	Cover 2 miles alternate 1-2 min. walk with 2.5-3.5 min. jog	2 x 20	2 x 25
11	Off		
12	Cover 2 miles alternate 1 min. walk with 4-5 min. jog	1 x max	1 x max
13	Off		
14	Off		
15	Cover 1.5 miles jogging, walk only if necessary	2 x 25	2 x 30
16	Off		
17	Cover 2 miles jogging, walk only if necessary	1 x 30	1 x 40
18	Off		
19	12-15 min. easy jog	2 x 25	2 x 30
20	Off		
21	10 min. easy jog	1 x 40	1 x 50
22	Off		
23	15-20 min. run at varied speeds	2 x 30	2 x 35
24	Off		
25	14 min. moderate paced run	1 x 40	1 x 50
26	Off		
27	Off		
28	10 min. easy jog	1 x 35	1 x 45
29	Off		
30 PFA	1.5 miles	Max set (2 minutes)	Max set (2 minutes)

PLAN B: 30 Day training plan for those already doing some Physical Training

DAY	RUN	PUSH-UPS	CURL-UPS
1	2-4 Miles	1 x Max	1 x Max
2	Off		
3	3 miles	2 x 90% max	2 x 90% max
4	Off		
5	2 miles	1 x max	1 x max
6	3.5 miles alternating ½ mile jog with ½ mile sprint		
7		1 x 80% max	1 x 80% max
8	3 miles	1 x max	1 x max
9	Off		
10		3 x max with 10 min. rest between sets	3 x max with 10 min. rest between sets
11	4-5 miles		
12	Off		
13	2-3 miles easy	3 x 80% max 10 min. rest between sets	3 x 80% max 10 min. rest between sets
14	Off		
15	4 miles		
16		3 x 80% max 10 min. rest between sets	3 x 80% max 10 min. rest between sets
17		2 x max	2 x max
18	3 miles; ½ mile jog, 1 ½ mile fast, 1 mile jog	3 x 85% max 15 min. rest in between sets	3 x 85% max 15 min. rest in between sets
19	Off		
20	3 miles at 80%	3 x 85% max 10 min. rest in between sets	1 x max
21	Off		
22	Off		
23	2 miles; alternate ½ mile jog with ½ mile fast	2 x 90% max with 15 min. rest	2 x 90% max with 15 min. rest
24	Off		
25	3 miles	1 x max	1 x max
26	Off		
27	1 ½ -2 miles at 80%	1 x 90% max	1 x 90% max
28	Off		
29	Off		
30 PFA	1.5 miles	Max set (2 minutes)	Max set (2 minutes)