



## 8 WEEK TRAINING PROGRAM FOR PARAS' 10 RACE - RUNNERS



WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	REMARKS
1		Aerobic run (2-4 miles)	Cardio circuit ( CV machines)	Rest	Aerobic run (4 miles)	Swim session (30 mins)	Rest	Rest	
2		Aerobic run (4 miles)	Aerobic run (interval training)	Cardio circuit (CV machines)	Swim session (30 mins)	Rest	Rest	Aerobic run (4 miles)	
3		Gym session (All over body conditioning)	Fartlek run (4-5 miles)	Rest	Aerobic run (5 miles)	Stretching session	Rest	Aerobic run (Interval training)	
4		Rest	Aerobic run (5-6 miles)	Swim session (40 mins)	Sprint Training	Swim session (45 mins)	Rest	Gym session (Legs overload)	
5		Cardio circuit (CV machines)	Aerobic run (6 miles)	Rest	Fartlek run (6-8 miles)	Gym session (All over body conditioning)	Rest	Aerobic run (interval training)	
6		Swim session (50 mins)	Sprint Training	Aerobic run (7 miles)	Rest	Aerobic run (8 miles)	Rest	Cardio circuit (CV machines)	
7		Aerobic run (Interval session)	Gym Session (Legs overload)	Rest	Aerobic run (9 miles)	Swim session (55 mins)	Rest	Aerobic run (10 miles)	
8		Rest	Fatlek run (6-8 miles)	Swim session (50 mins)	Sprint session	Stretching session	Rest	Aerobic run (10 miles)	

- Ensure you warm up prior and cool down after each session, specific to each activity.
- Always hydrate and rehydrate before, during and after each session.
- The above programme is generic and progressive geared towards Civilians entering the Paras' 10.
- The rest periods can be pushed left or right to suit availability.