

8 week

6 days p/w

Programme

FIT 4 FIRE PT

Weeks 1 & 2

Monday.

Fitness test

- 20 metre Bleep test
- 1 minute press ups max
- 1 minute sit ups max

Tuesday.

Cardio and strength workout

- 1.5mile run within 14 minutes
- Press ups - 10 reps x 2 sets
- Sit ups - 15 reps x 2 sets
- Plank - 30 seconds x 2 sets

Wednesday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Burpees - 10 reps
- Oblique twists - 15 reps
- Press ups - 10 reps
- Sit ups - 20 reps
- Tricep dips - 10 reps
- Supermans - 25 reps

Thursday.

Cardio

- Steady 3.2 mile run (5 km)

Friday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Mountain climbers- 40 reps
- Squats- 20 reps
- Lunges - 20 reps (10 per leg)
- Glute bridge- 20 reps
- Side lunges- 20 reps (10 per leg)
- High knees- 40 reps

Saturday.

Cardio

- 20 minute run

Sunday.

Rest day.

Weeks 3 & 4

Monday.

Fitness test

- 20 metre Bleep test
- 1 minute press ups max
- 1 minute sit ups max

Tuesday.

Cardio and strength workout

- 1.5mile run within 14 minutes
- Press ups - 15 reps x 2 sets
- Sit ups - 20 reps x 2 sets
- Plank - 40 seconds x 2 sets

Wednesday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Burpees - 15 reps
- Oblique twists - 20 reps
- Press ups - 15 reps
- Sit ups - 25 reps
- Tricep dips - 15 reps
- Supermans - 30 reps

Thursday.

Cardio

- Steady 4 mile run (6.4 km)

Friday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Mountain climbers- 60 reps
- Squats- 30 reps
- Lunges - 30 reps (10 per leg)
- Glute bridge- 25 reps
- Side lunges- 30 reps (15 per leg)
- High knees- 60 reps

Saturday.

Cardio

- 25 minute run

Sunday.

Rest day.

Weeks 5 & 6

Monday.

Fitness test

- 20 metre Bleep test
- 1 minute press ups max
- 1 minute sit ups max

Tuesday.

Cardio and strength workout

- 1.5mile run within 14 minutes
- Press ups - 17 reps x 3 sets
- Sit ups - 22 reps x 3 sets
- Plank - 50 seconds x 3 sets

Wednesday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Burpees - 20 reps
- Oblique twists - 25 reps
- Press ups - 20 reps
- Sit ups - 30 reps
- Tricep dips - 20 reps
- Supermans - 35 reps

Thursday.

Cardio

- Steady 5 mile run (8 km)

Friday.

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Mountain climbers- 80 reps
- Squats- 35 reps
- Lunges - 40 reps (20 per leg)
- Glute bridge- 30 reps
- Side lunges- 40 reps (20 per leg)
- High knees- 80 reps

Saturday.

Cardio

- 25 minute run

Sunday.

Rest day.

Weeks 7 & 8

Monday

Fitness test

- 20 metre Bleep test
- 1 minute press ups max
- 1 minute sit ups maximum

Tuesday

Cardio and strength workout

- 1.5mile run within 14 minutes
- Press ups - 20 reps x 3 sets
- Sit ups - 25 reps x 3 sets
- Plank - 60 seconds x 3 sets

Wednesday

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Burpees - 35 reps
- Oblique twists - 25 reps
- Press ups - 25 reps
- Sit ups - 35 reps
- Tricep dips - 25 reps
- Supermans - 40 reps

Thursday

Cardio

- Steady 6 mile run (9.6 km)

Friday

Strength Workout circuit

Complete 3 sets with 2 mins rest between sets

- Mountain climbers- 100 reps
- Squats- 40 reps
- Lunges - 50 reps (25 per leg)
- Glute bridge- 35 reps
- Side lunges- 50 reps (25 per leg)
- High knees- 100 reps

Saturday

Cardio

- 30 minute run

Sunday

Rest day