

KERN REGIONAL TRAINING CENTER RECOMMENDED PRE-ACADEMY FITNESS PROGRAM

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
	Warm-up / Stretching	Warm-up / Stretching	Warm up / Stretching	Warm up / Stretching
	Cool-down / Stretching	Cool-down / Stretching	Cool-down / Stretching	Cool-down / Stretching
	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes
	Stretching routine	Stretching routine	Stretching routine	Stretching routine
I	Run 1/2 mile	Run 1/2 mile	Run 1 mile	Run 1 mile
5	6 to 8 minutes on shock	6 to 8 minutes on shock	12 to 14 minutes on shock	12 to 14 minutes on shock
ō	absorbing surface, i.e. track	absorbing surface, i.e. track	absorbing surface, i.e. track	absorbing surface, i.e. track
Σ	One day of rest	One day of rest	One day of rest	One day of rest
1ST MONTH	No Treadmills	No Treadmills	No Treadmills	No Treadmills
1	Calisthenics / Strength	Calisthenics / Strength	Calisthenics / Strength	Calisthenics / Strength
	Push-ups 10-20 reps - 2 sets	Push-ups 10-20 reps - 2 sets	Push-ups 10-20 reps - 2 sets	Push-ups 10-20 reps - 2 sets
	Sit ups 20-25 reps -2 sets	Sit ups 20-25 reps -2 sets	Sit ups 20-25 reps -2 sets	Sit ups 20-25 reps -2 sets
	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets
	Leg-lifts 10-20 reps -2 sets	Leg-lifts 10-20 reps -2 sets	Leg-lifts 10-20 reps -2 sets	Leg-lifts 10-20 reps -2 sets
	WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT
	Warm-up / Stretching	Warm-up / Stretching	Warm-up / Stretching Cool-down / Stretching	Warm-up / Stretching Cool-down / Stretching
	Cool-down / Stretching Light aerobics 5-10 minutes	Cool-down / Stretching Light aerobics 5-10 minutes	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes
	Stretching routine	Stretching routine	Stretching routine	Stretching routine
	Stretching routine	Stretching round		
Ξ	Run 1 1/2 miles	Run 1 1/2 miles	Run 2 miles	Run 2 miles
2ND MONTH	11 to 12 minutes on shock	11 to 12 minutes on shock	11 to 12 minutes on shock	11 to 12 minutes on shock
2	absorbing surface, i.e. track	absorbing surface, i.e. track	absorbing surface, i.e. track	absorbing surface, i.e. track
2	One day of rest	One day of rest	One day of rest	One day of rest
9	No Treadmills	No Treadmills	No Treadmills	No Treadmills
7	Calisthenics / Strength	Calisthenics / Strength	Calisthenics / Strength	Calisthenics / Strength
	Push-ups 15-25 reps - 2 sets	Push-ups 15-25 reps - 2 sets	Push-ups 15-25 reps - 2 sets	Push-ups 15-25 reps - 2 sets
	Sit ups 25-30 reps -2 sets	Sit ups 25-30 reps -2 sets	Sit ups 25-30 reps -2 sets	Sit ups 25-30 reps -2 sets
	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets	Pull-ups 3-10 reps - 2 sets
	Leg-lifts 15-25 reps -2 sets	Leg-lifts 15-25 reps -2 sets	Leg-lifts 15-25 reps -2 sets	Leg-lifts 15-25 reps -2 sets
	WEEK NINE	WEEK TEN	WEEK ELEVEN	WEEK TWELVE
	Warm-up / Stretching	Warm-up / Stretching	Warm-up / Stretching	Warm-up / Stretching
	Cool-down / Stretching	Cool-down / Stretching	Cool-down / Stretching	Cool-down / Stretching
	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes	Light aerobics 5-10 minutes
	Stretching routine	Stretching routine	Stretching routine	Stretching routine
Ξ	100 00000000000000000000000000000000000		Run 3 miles	Run 3 miles
₽	Run 2 1/2 miles	Run 2 1/2 miles		
z	Run 2 1/2 miles 10 to 11 minutes on shock	Run 2 1/2 miles 10 to 11 minutes on shock	10 to 11 minutes on shock	10 to 11 minutes on shock
NO	The state of the s	10 to 11 minutes on shock absorbing surface, i.e. track	10 to 11 minutes on shock absorbing surface, i.e. track	absorbing surface, i.e. track
MON	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	absorbing surface, i.e. track One day of rest
RD MON	10 to 11 minutes on shock absorbing surface, i.e. track	10 to 11 minutes on shock absorbing surface, i.e. track	10 to 11 minutes on shock absorbing surface, i.e. track	absorbing surface, i.e. track
3RD MONTH	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	absorbing surface, i.e. track One day of rest
3RD MON	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	absorbing surface, i.e. track One day of rest No Treadmills
3RD MON	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength	absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength
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3RD MON	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK THIRTEEN Warm-up / Stretching	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK FOURTEEN Warm-up / Stretching	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK FIFTEEN Warm-up / Stretching	absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK SIXTEEN Warm-up / Stretching
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4TH MONTH 3RD MONT	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets Leg-lifts 20-30 reps - 3 sets Stretching Cool-down / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 3 1/2 miles 10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK FOURTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 3 1/2 miles 10 to 11 minutes on shock absorbing surface, i.e. track One day of rest	10 to 11 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets Leg-lifts 20-30 reps - 3 sets Strength Push-ups 3-13 reps - 3 sets Pull-ups 3-13 reps - 3 sets Strength Push-ups - 3 sets Push-u	absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 20-30 reps - 3 sets Sit ups 30-35 reps - 3 sets Pull-ups 3-13 reps - 3 sets Leg-lifts 20-30 reps - 3 sets WEEK SIXTEEN Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 4 miles 9 to 10 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength
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