



KERN REGIONAL TRAINING CENTER

RECOMMENDED PRE-ACADEMY

FITNESS PROGRAM

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	
1ST MONTH	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit ups 20-25 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps -2 sets	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1/2 mile 6 to 8 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit ups 20-25 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps -2 sets	Warm up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit ups 20-25 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps -2 sets	Warm up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1 mile 12 to 14 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 10-20 reps - 2 sets Sit ups 20-25 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 10-20 reps -2 sets	
	WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT	
	2ND MONTH	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1 1/2 miles 11 to 12 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit ups 25-30 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps -2 sets	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 1 1/2 miles 11 to 12 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit ups 25-30 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps -2 sets	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 2 miles 11 to 12 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit ups 25-30 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps -2 sets	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 2 miles 11 to 12 minutes on shock absorbing surface, i.e. track One day of rest No Treadmills Calisthenics / Strength Push-ups 15-25 reps - 2 sets Sit ups 25-30 reps -2 sets Pull-ups 3-10 reps - 2 sets Leg-lifts 15-25 reps -2 sets
		WEEK NINE	WEEK TEN	WEEK ELEVEN	WEEK TWELVE
3RD MONTH	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 2 1/2 miles 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	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 2 1/2 miles 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	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 3 miles 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	Warm-up / Stretching Cool-down / Stretching Light aerobics 5-10 minutes Stretching routine Run 3 miles 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	WEEK FOURTEEN	WEEK FIFTEEN	WEEK SIXTEEN	
4TH MONTH	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 No Treadmills Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	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 No Treadmills Calisthenics / Strength Push-ups 25-30 reps - 3 sets Sit ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	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 Push-ups 25-30 reps - 3 sets Sit ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	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 Push-ups 25-30 reps - 3 sets Sit ups 35-40 reps - 3 sets Pull-ups 3-15 reps - 3 sets Leg-lifts 25-35 reps - 3 sets	