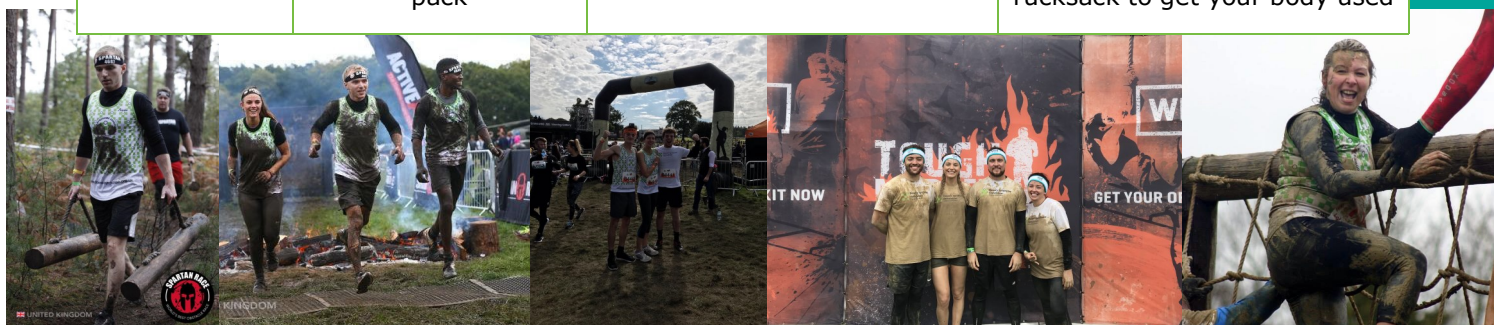


Obstacle Training Plan

WEEK 1			
DAY 1	400M INTERVALS	4 x 400m intervals and 2:10 minutes pace, 1:1 rest ratio	Run 400m and try and complete it in 2 minutes 10 secs, rest 2 minutes 10 secs then repeat - try and keep to 2 minutes 10 secs for each repetition
DAY 2	Pull ups and Burpees	2 (8), 3 (8), 4 (8), 5 (8)	Perform 2 pull ups, then 8 burpees, rest 2 minutes, then 3 pull ups, 8 burpees, rest 2 minutes etc
DAY 3	LSD 1km and heavy carries	Run 2km for time, carry load (1/2 BW) 20 meters 3 sets 1:3 rest ratio	Run 2km for time. Then carry a load (on your front or back) a third your bodyweight 20 meters (bag full of books, sandbag,
DAY 4	Active recovery—long walk carrying a back-pack	1 hour walk	Go for a walk, no more than an hour, to aid recovery. Wear a rucksack to get your body used to carrying weight.

WEEK 2			
DAY 1	400M INTERVALS	4 x 400m intervals and 2:08 minutes pace, 1:1 rest ratio	Run 400m and try and complete it in 2 minutes 8 secs, rest 2 minutes 8 secs then repeat - try and keep to 2 minutes 8 secs
DAY 2	Pull ups and Burpees	2(8) ,3(8), 4(8), 5(8), 4 (8)	Perform 2 pull ups, then 8 burpees, rest 2 minutes, then 3 pull ups, 8 burpees, rest 2 minutes etc
DAY 3	LSD 1km and heavy carries	Run 2km for time, carry load (1/2 BW) 25 meters 3 sets 1:3 rest ratio	Run 2km for time. Then carry a load (on your front or back) a third your bodyweight 25 meters (bag full of books, sandbag,
DAY 4	Active recovery—long walk carrying a back-pack	1 hour walk	Go for a walk, no more than an hour, to aid recovery. Wear a rucksack to get your body used





Down's Syndrome Association

A Registered Charity No. 1061474



Obstacle Training Plan

WEEK 3

DAY 1	400M INTERVALS	4 x 400m intervals and 2:06 minutes pace, 1:1 rest ratio	Run 400m and try and complete it in 2 minutes 06 secs, rest 2 minutes 06 secs then repeat - try and keep to 2 minutes 06
DAY 2	Pull ups and Burpees	2(8),3(8),4(8),5(8), 4(8), 3(8)	Perform 2 pull ups, then 8 burpees, rest 2 minutes, then 3 pull ups, 8 burpees, rest 2 minutes etc
DAY 3	LSD 1km and heavy carries	Run 2km for time, carry load (1/2 BW) 30 meters 3 sets 1:3 rest ratio	Run 2km for time. Then carry a load (on your front or back) a third your bodyweight 30 meters (bag full of books, sandbag,
DAY 4	Active recovery—long walk carrying a back-pack	1 hour walk	Go for a walk, no more than an hour, to aid recovery. Wear a rucksack to get your body used

WEEK 4

DAY 1	400M INTERVALS	4 x 400m intervals and 2:04 minutes pace, 1:1 rest ratio	Run 400m and try and complete it in 2 minutes 4 secs, rest 2 minutes 4 secs then repeat - try and keep to 2 minutes 4 secs
DAY 2	Pull ups and Burpees	2(8),3(8),4(8),5(8), 4(8), 3(8)	Perform 2 pull ups, then 8 burpees, rest 2 minutes, then 3 pull ups, 8 burpees, rest 2 minutes etc
DAY 3	LSD 1km and heavy carries	Run 2km for time, carry load (1/2 BW) 35 meters 3 sets 1:3 rest ratio	Run 2km for time. Then carry a load (on your front or back) a third your bodyweight 35 meters (bag full of books, sandbag,
DAY 4	Active recovery—long walk carrying a back-pack	1 hour walk	Go for a walk, no more than an hour, to aid recovery. Wear a rucksack to get your body used

