

PGMOL Fitness Test Preparation

If using a treadmill perform using a 3-5% incline

All sessions should contain the following warm up and cool down:

Warm Up

- ◆ 10' jogging slowly building up to 85% HR_{max} , then commence the HI session once your HR is at 85% HR_{max} to maximise training time over 85% HR_{max} .

Cool down

- ◆ 5' LI jogging / walking
- ◆ 10' static stretching & mobility exercises

Fitness test running pace is 18kmh for 30".

SPEED –BASED LONG INTERVAL EXERCISES

EXERCISE 1:

- ◆ 10' running (13.5-14.5 km/h)
- ◆ 3 – 5' stretching break
- ◆ 10' running (13.5-14.5 km/h)

EXERCISE 2:

- ◆ 8' running (14-15 km/h)
- ◆ 4' active recovery / jogging
- ◆ Repeat
- ◆ Total HI aerobic exercise duration = 25' (20' HI & 5' recovery)

EXERCISE 3:

- ◆ 6' running (14.5-15.5 km/h)
- ◆ 1' recovery jogging
- ◆ Repeat x5
- ◆ Total HI Aerobic Exercise duration = 36' (30' HI & 6' recovery)

EXERCISE 4:

- ◆ 4' running (15-16km/h)
- ◆ 3' active recovery / jogging
- ◆ Repeat x4
- ◆ Total HI aerobic exercise duration = 28' (16' HI & 12' recovery)

EXERCISE 5:

- ◆ 4' running (15-16 km/h)
- ◆ 2' active recovery / jogging
- ◆ Repeat x4
- ◆ Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 6:

- ◆ 4' running (15-16 km/h)

- ◆ 1' recovery jogging
- ◆ Repeat x5
- ◆ Total HI Aerobic Exercise duration = 25' (20' HI & 5' recovery)

SHORT INTERVAL EXERCISES

EXERCISE 1:

- ◆ 3' running (15 km/h)
- ◆ 1' jogging
- ◆ 2' running (16 km/h)
- ◆ 1' jogging
- ◆ 1' running (16.5 km/h)
- ◆ 1' jogging
- ◆ 1' running (16.5 km/h)
- ◆ 1' jogging
- ◆ 2' running (16 km/h)
- ◆ 1' jogging
- ◆ 3' running (15 km/h)
- ◆ 1' jogging
- ◆ 3' running (15 km/h)
- ◆ 1' jogging
- ◆ 2' running (16 km/h)
- ◆ 1' jogging
- ◆ 1' running (16.5 km/h)
- ◆ 1' jogging
- ◆ Total HI exercise duration = 27'

EXERCISE 2:

- ◆ 2' running (15-16 km/h)
- ◆ 1' active recovery / jogging
- ◆ Repeat x8
- ◆ Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 3:

- ◆ 30" running (18.5 km/h)
- ◆ 1' jogging
- ◆ 1' running (16.5-17.5 km/h)
- ◆ 1' jogging
- ◆ 90" running (16-17 km/h)
- ◆ 1' jogging
- ◆ 2' running (15-16 km/h)
- ◆ 1' jogging
- ◆ 90" running (16-17 km/h)
- ◆ 1' jogging
- ◆ 1' running (16.5-17.5 km/h)
- ◆ 1' jogging

- ◆ 30" running (18.5 km/h)
- ◆ 1' jogging
- ◆ This equals 1 SET, 15' (8' HI running, 7' jogging)
- ◆ 5' Rest
- ◆ Perform a 2nd SET
- ◆ Total exercise duration = 35'

EXERCISE 4:

- ◆ 1' running (17-18km/h)
- ◆ 1' jogging
- ◆ 30" running (18-19 km/h)
- ◆ 30" jogging
- ◆ Repeat x8 for a total of 24' running

EXERCISE 5:

- ◆ 1' running (16-17 km/h)
- ◆ 30" active recovery / jogging
- ◆ Repeat x8
- ◆ 5' recovery (jogging / stretching)
- ◆ 1' running (16-17 km/h)
- ◆ 30" active recovery / jogging
- ◆ Repeat x8
- ◆ Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 6:

- ◆ 30" running (16-17 km/h)
- ◆ 15" recovery jogging
- ◆ Repeat x24
- ◆ Total HI aerobic exercise duration = 18' (12' HI & 6' jogging)

DISTANCE BASED HI EXERCISES

EXERCISE 1:

- ◆ 400m in 90", followed by 2' active recovery
- ◆ 600m in 140", followed by 2'20" active recovery
- ◆ 800m in 190", followed by 2'40" active recovery
- ◆ 1000m in 240", followed by 3' active recovery
- ◆ 800m in 190", followed by 2'40" active recovery
- ◆ 600m in 140", followed by 2'20" active recovery
- ◆ 400m in 90", followed by 2' active recovery
- ◆ Total of 4600m; duration of 37' (20' HI & 17' recovery).

EXERCISE 2:

- ◆ 150m in 30", followed by 2' active recovery
- ◆ 300m in 65", followed by 2' active recovery
- ◆ 450m in 100", followed by 2' active recovery

- ◆ 600m in 140", followed by 2' active recovery
- ◆ 450m in 100", followed by 2' active recovery
- ◆ 300m in 65", followed by 2' active recovery
- ◆ 150m in 30", followed by 2' active recovery
- ◆ 300m in 65", followed by 2' active recovery
- ◆ 450m in 100", followed by 2' active recovery
- ◆ 600m in 140", followed by 2' active recovery
- ◆ Total of 3750m.

EXERCISE 3:

- ◆ 3x 1000m in 240"
- ◆ 3' active recovery in between each 1000m
- ◆ 3x 500m in 110 - 120"
- ◆ 2' active recovery in between each 500m
- ◆ Therefore, 21' HI running (with 15' active recovery).

VO₂MAX TRAINING SESSIONS

The aim of this type of training is to improve the delivery and rate of delivery of oxygen to the exercising muscles and also to improve the muscle ability to extract and utilise the oxygen. Although training at lower intensities will also initiate these adaptations, VO₂ max sessions provide a greater training stimulus as the heart and the muscles are working at their upper limit during this phase of training. Consequently, VO₂ max sessions provide a massive training stimulus to improve VO₂ max as they force the heart to send out as much O₂ as possible to the working muscles and also force the muscles to use the incoming O₂ at the highest possible rate. This creates a maximal stimulus to utilise O₂ as an energy source. This form of training will significantly improve aerobic, and to a lesser extent anaerobic endurance.

Intensity guide:

- ◆ HR should be over 90%HR_{max}
- ◆ RPE should be 8-10
- ◆ For VO₂ running the running pace should be the maximal pace that can be sustained over the interval duration
- ◆ Recovery periods should be very light jogging to facilitate recovery in between intervals.

Exercise 1:

- ◆ 5' VO₂ running, followed by 5' recovery jogging
- ◆ Repeat x3 for a session duration of 30'

Exercise 2:

- ◆ 4' VO₂ running, followed by 4' recovery jogging
- ◆ Repeat x4 for a session duration of 32'

Exercise 3:

- ◆ 3' VO₂ running, followed by 3' recovery jogging
- ◆ Repeat x5 for a session duration of 30'

Exercise 4:

- ◆ 1' VO₂ running, followed by 1' recovery jogging
- ◆ Repeat x15 for a session duration of 30'

Exercise 5:

- ◆ 30" VO₂ running, followed by 30" recovery jogging
- ◆ Repeat x20 for a session duration of 20'

Exercise 6:

- ◆ 15" VO₂ running, followed by 15" recovery jogging
- ◆ Repeat x30 for a session duration of 15'

Speed Endurance Training Sessions

Speed endurance training is basically interval running at high to maximal speeds, with incomplete recovery in between running bouts. The work: rest ratio should ideally be 1:3 thus inducing cumulative fatigue as session progresses as there is not enough time for the body to recover completely. Therefore, this method of training improves the bodies' ability to tolerate fatigue during repeated bouts of maximal or near maximal sprinting.

Exercise 1:

- ◆ 5x 200m maximal efforts
- ◆ 90" recovery in between repetitions
- ◆ 2 sets with 15' rest in between
- ◆ Therefore a total of 10x 200m maximal efforts

Exercise 2:

- ◆ 8x 150m maximal efforts
- ◆ 60" recovery in between repetitions
- ◆ 2 sets with 10' rest in between
- ◆ Therefore a total of 16x 150m efforts

Exercise 3:

- ◆ 10x 100m maximal efforts
- ◆ 45" recovery in between repetitions
- ◆ 2 sets with 7' rest in between
- ◆ Therefore a total of 20x 100m efforts

Exercise 4:

- ◆ 4x 75" @ 100% effort with 5' recovery

Exercise 5:

- ◆ 5x60" @100% effort with 2'30" recovery

Schedule

Week 1

2x Long Interval Exercises, 2x VO₂max exercise, 2x Conditioning Exercises (see pages 7-8)

Week 2

2x Long Interval Exercises, 2x VO₂max exercise, 2x Conditioning Exercises (see pages 7-8)

Week 3

2x Long Interval Exercises, 2x VO₂max exercise, 2x Conditioning Exercises (see pages 7-8)

Week 4

1x Long Interval Exercises, 1x Distance Based HI Exercise, 1x Speed Endurance Exercise, 2x Conditioning Exercises

Week 5

1x Short Interval Exercises, 1x Distance Based HI Exercise, 1x Speed Endurance Exercise, 2x Conditioning Exercises

Week 6

1x Short Interval Exercises, 1x Distance Based HI Exercise, 1x Speed Endurance Exercise, 2x Conditioning Exercises

Week 7

1x Short Interval Exercises, 1x Distance Based HI Exercise, 1x Speed Endurance Exercise, 2x Conditioning Exercises

Week 8

1x Short Interval Exercises, 1x Distance Based HI Exercise, 1x Speed Endurance Exercise, 2x Conditioning Exercises

1) LOWER LIMB

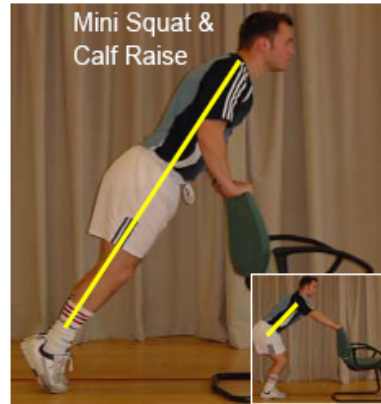
Perform these 3 exercises for 30" each in sequence x2 with 15" rest in between.



Area - Thigh & Hip
Action - Keep heel of supporting foot in contact with step as body weight is lowered to the floor. Stop once the heel of the non weight bearing foot touches the floor.
Technique - Keep back straight. At the bottom the trunk should be parallel with the line of the supporting shin.



Area - Hip & Trunk Stabilisers
Action - Stand in a stride position. Keeping the chest out & the shoulders back, drop down so that body weight is lowered vertically. At the bottom the knees should be at 90° with the trunk aligned vertically above the rear thigh.
Technique - Don't allow the leading knee to lunge forward of the ankle. At the bottom of the squat the rear knee should be in line with the hip & shoulder of the same side. Avoid sticking the backside out & dropping the shoulders forward



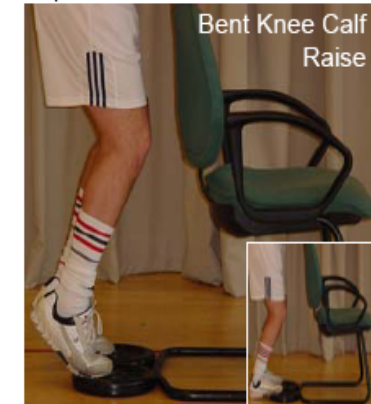
Area - Lower Limb 'Push-Off' Muscles
Action - Start with the knees slightly bent & heels in contact with floor. Maintain balance with hand support & drive forwards & upwards. Finish with the knees fully extended & the heels lifted maximally from the floor.
Technique - Keep the back straight throughout the exercise.

2) CALF

Perform these exercises for 30" each in sequence x2 with 15" rest between exercises



Area - Superficial Calf Muscles
Action - Place your toes on a small raise. Keep the knees extended & taking the weight through your hands - push up onto your toes.
Technique - Perform the movement slowly. The raise should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.



Area - Deep Calf Muscles
Action - Place your toes on a small raise. Keep the knees partially bent & taking the weight through your hands - push up onto your toes. Keep the knees bent as you do this.
Technique - Perform the movement slowly. The raise under the toes together with the degree of knee bend should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.

3) HAMSTRING

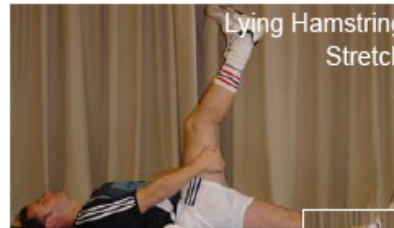
Perform these 5 exercises for 30" each in sequence x2 with 15" rest in between exercises



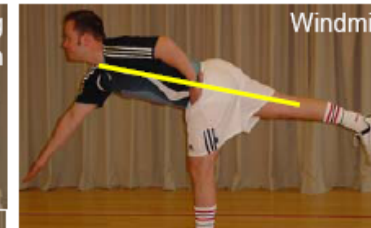
Area - Hamstring
Action - Place your heels on a bench & position the body near enough to the bench so that the knees are bent between 45-90°.
Technique - Placing the hands on the floor makes the exercise easier than placing the arms across the chest.



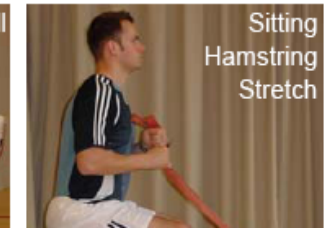
Area - Hamstring (endurance)
Action - Place your heels on a bench & position the body near enough to the bench so that the knees are bent between 45-90°.
Technique - The resistance should be low so that high reps can be performed (20+). Keep the back straight throughout the exercise. Don't allow the lower back to bend as the knee is taken forwards.



Area - Hamstring (flexibility)
Action - Place a rolled towel beneath the small of the back. Keep the leg that isn't to be stretched flat to the floor. Grasp with both hands behind the thigh and then straighten the knee until a stretch sensation is felt on the back of the thigh. Hold for a count of 8 and repeat x10.
Technique - Keep the non-stretched leg flat to the floor.



Area - Hamstring (eccentric)
Action - Standing upright, keep the back straight & tip forwards maintaining a straight line down the length of the trunk and the non weight bearing leg. Reach down towards the floor and stop when tightness is experienced at the back of the thigh.
Technique - Perform the movement slowly & don't let the back bend - keep the backside in a 'stuck out' position.



Area - Hamstring (flexibility)
Action - Sit with the back straight & the backside in a 'stuck out' position. Tip the shoulders forwards, then straighten the knee by pulling on a belt that is looped around the foot. Hold at the point of stretch for a count of 8. repeat x10.
Technique - Don't let the lower back bend as the stretch is applied - the backside must be kept in the 'stuck out' position throughout the exercise.

4) GLUTS

Perform these 2 exercises for 30" each in sequence x2 with 15" rest in between exercises

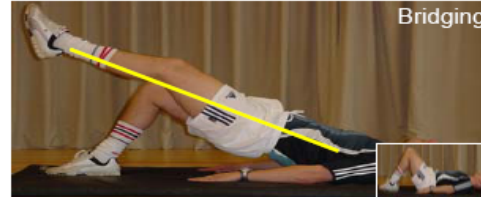


Hip Extension

Area - Buttock

Action - Support the upper body over the end of a table. Maintain a straight lower back as the bent knee is lifted to achieve full hip extension. Perform the movement smoothly and slowly.

Technique - Keep the knee bent to 90° throughout the movement - this shortens the hamstrings & focuses the effort onto the buttock muscles. Keep the back straight - don't let it over extend as the leg is lifted or bend the leg as the leg is lowered.



Bridging

Area - Buttock & Trunk

Action - Start with the knees & hip bent with the feet flat to the floor. Push up on both legs to lift the backside. Transfer weight to one foot then lift the other foot.

Technique - Engage the buttock muscles in preference to the hamstrings. Don't let the hip of the lifted leg drop as the weight is taken off the foot. Placing the hands on the floor makes the exercise easier than placing the arms across the chest.

5) TRUNK

Perform these 4 exercises for 30" each in sequence x2 with 15" rest in between exercises

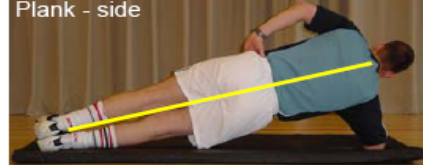


Plank - front

Area - Trunk (front abdominals)

Action - Take the weight through the toes & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into a side plank position

Technique - Don't let the backside sag beneath the horizontal & keep the head in line with the trunk.



Plank - side

Area - Trunk (side abdominals)

Action - Take the weight through the side of the foot & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into the front plank position.

Technique - Keep the head in line with the trunk and don't allow the backside to fall back into a 'jackknife' position.



BirdDog

Area - Trunk & Hip Extensors

Action - Keep the supporting knee directly under the hip & the supporting arm directly beneath the shoulder. Without twisting excessively - straighten the opposite arm and leg.

Technique - Perform the movements slowly and smoothly. Aim to have as little wobble as possible & no excessive trunk twisting.



Roll Outs

Area - Trunk (front abdominals)

Action - Start with the back straight & maintain this as the bar rolls away from the body.

Technique - Don't allow the lower back to fall into hyper-extension at the end of the roll out. Initiate movements first from hips then the arms.