

PREPARING FOR THE 1.5 MILE RUN

Below is a schedule that would enable you to perform a maximum effort for the 1.5-mile run. If you have been inactive, following the schedule below would assist you to meet the entrance requirement for the 1.5-mile run with 12 weeks of training. If you have already been training, pick an appropriate starting point. For example, if you currently can walk/jog 2 miles in 26 minutes, start this schedule at week 6. If you can do the distance in less time, then that should be encouraged.

Prior to beginning any exercise, you should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles.

WEEK	ACTIVITY	DISTANCE	TIME	FREQUENCY
1	WALK	1 MILE	20'-17'	5/WEEK
2	WALK	1.5 MILES	29'-25'	5/WEEK
3	WALK	2.0 MILES	35'-32'	5/WEEK
4	WALK/JOG	2.0 MILES	30'-28'	5/WEEK
5	WALK/JOG	2.0 MILES	27'	5/WEEK
6	WALK/JOG	2.0 MILES	26'	5/WEEK
7	WALK/JOG	2.0 MILES	25'	5/WEEK
8	WALK/JOG	2.0 MILES	24'	4/WEEK
9	JOG	2.0 MILES	23'	4/WEEK
10	JOG	2.0 MILES	22'	4/WEEK
11	JOG	2.0 MILES	21'	4/WEEK
12	JOG	2.0 MILES	20'	4/WEEK

PUSH-UPS

Prior to beginning any exercise, the participant should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles. Rest at least 30 seconds between sets.

The first step is to see how many push-ups you can do in one minute. That will become your initial training repetition dose or **ITRD**.

To perform an acceptable push-up, you should start the push-up in a face downward position with your arms extended and your neck, back, hips, and knees straight such that only your hands and toes are touching the ground. Your hands should be shoulder width apart and your feet 12 inches or less. With your back and knees kept straight, you should lower yourself to a position in which your chest is approximately 3 inches from the ground (or until your upper arm is parallel to the ground) then push up until your arms are extended.

If you cannot do a regular push-up at first, do the modified push-up (with knees bent and on the ground) for several weeks following the same routine, then advance to the regular push-up.

For successive weeks keep adding 2 more repetitions per week.

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	ITRD	3 times/week
2	2	ITRD divided by 2	3 times/week
3	3	ITRD divided by 2	3 times/week
4	3	ITRD divided by 2 plus 2	3 times/week
5	3	ITRD divided by 2 plus 4	3 times/week
6	3	ITRD divided by 2 plus 6	3 times/week
7	3	ITRD divided by 2 plus 8	3 times/week
8	3	ITRD divided by 2 plus 10	3 times/week

SIT-UPS

Prior to beginning any exercise, the participant should do 3-5 minutes of preparatory stretching and calisthenics to warm up the muscles. Rest at least 30 seconds between sets.

The first step is to see how many sit-ups you can do in one minute. That will become your initial training repetition dose or **ITRD**.

To perform an acceptable sit-up, lie on your back with your knees bent and heels flat on the floor. Your hands should be behind your head but not interlaced. **DO NOT HOLD THE NECK**. Have a partner hold your feet down. Sit up and touch your elbows to your knees or upper legs and return to the lying position before starting the next sit-up. You should not raise your buttocks from the ground. When returning to the down position, your shoulder blades should touch the ground.

For successive weeks keep adding 2 more repetitions per week.

WEEK	SETS	REPETITIONS	FREQUENCY
1	1	ITRD	3 times/week
2	2	ITRD divided by 2	3 times/week
3	3	ITRD divided by 2	3 times/week
4	3	ITRD divided by 2 plus 2	3 times/week
5	3	ITRD divided by 2 plus 4	3 times/week
6	3	ITRD divided by 2 plus 6	3 times/week
7	3	ITRD divided by 2 plus 8	3 times/week
8	3	ITRD divided by 2 plus 10	3 times/week