

Physical Training Programme

This 8-week Physical Training Programme is designed to aid you in being physically prepared for both the Regional and Central selection fitness assessments.

Week 1 – 4 are set at a lower progressive intensity with week 5 – 8 set at a higher intensity. Start at a point you feel best suits your physical ability within the programme. Look to complete weeks 5 – 8 as many times as possible before your selection date.

You are to complete the exercises in order and follow the sets, reps and rest periods provided.

Example: *Squat with Calf Raise - 3 Sets, 10 Reps, 30-60sec Rest.* - Complete 1 set of 10 reps and then rest for 30-60sec and repeat until you have completed all 3 sets. The rest period is to allow for physiological adaptations within your muscles. Once your rest period is over move onto the next exercise.

Week 1	Exercises	Sets	Reps	Rest
Day 1	Run – 2km Best effort	Record your time		
	Squat With Calf Raise	3	10	30-60 sec
	Glute Bridge	3	10 – 15	
	Ball Throw	4	3 – 5	
	Overhand Grasp Heaves	3	3 – 5	
Rest Day				
Day 3	Lunge	3	10 – 15	30-60 sec
	Glute Bridge	3	10 – 15	
	Lateral Lunge	3	10 – 15	
	Alternate Squat Thrust	3	20	
	Front and Side Plank	3	30 secs	
Rest Day				
Day 5	Walk/Run Program	Please see cardio table		
	Jump Squat	3	10 – 15	30-60 sec
	Burpee	3	10 – 15	
	Press Up	3	10	
	Rope Pull	2	10sec Hold	

Week 2	Exercises	Sets	Reps	Rest
Day 1	Ball Throw	4	5	30-60 sec
	Squat With Calf Raise	3	10 – 15	
	Lunge	3	10 – 15	
	Lateral Lunge	3	10 – 15	
	Alternate Squat Thrust	3	20	
Rest Day				
Day 3	Walk/Run Program	Please see cardio table		
	Lateral Lunge	3	10 – 15	30-60 sec
	Front and Side Plank	3	30sec Hold	
	Burpee	3	10 – 15	
	Overhand Grasp Heaves	4	3 – 5	
Rope Pull	3	10sec Hold		
Rest Day				
Day 5	Tree Push	4	5	30-60 sec
	Squat With Calf Raise	3	10 – 15	
	Glute bridge	3	10 – 15	
	Lateral Lunge	3	10 – 15	
	Press Up	4	10	
Rest Day				
Day 7	Walk/Run Program	Please see cardio table		
	Burpee	3	10 – 15	30-60 sec

Week 3	Exercises	Sets	Reps	Rest
Day 1	Walk/Run Program	Please see cardio table		
	Lateral Lunge	3	10 – 15	30-60 sec
	Alternate Squat Thrust	4	20	
	Overhand Grasp Heaves	4	4 – 8	
	Press Up	4	10	
Rest Day				
Day 3	Lunge	3	10 – 15	30-60 sec
	Glute Bridge	3	10 – 15	
	Alternate Squat Thrust	4	20	
	Press Up	4	10	
	Front and Side Plank	3	30sec Hold	
Rest Day				
Day 5	Walk/Run Program	Please see cardio table		
	Squat With Calf Raise	4	10 – 15	30-60 sec
	Front and Side Plank	3	30sec Hold	
	Glute Bridge	4	10 – 15	
	Rope Pull	4	15sec Hold	

Week 4	Exercises	Sets	Reps	Rest
Day 1	Ball Throw	5	3	30-60 sec
	Squat With Calf Raise	4	10 – 15	
	Glute Bridge	4	10 – 15	
	Alternate Squat Thrust	4	20	
	Front and Side Plank	3	30sec Hold	
Rest Day				
Day 3	Run	30min Running		
	Squat With Calf Raise	4	10 – 15	30-60 sec
	Lateral Lunge	4	10 – 15	
	Overhand Grasp Heaves	4	4 – 8	
	Press Up	4	12	
Rest Day				
Day 5	Tree Push	5	3	30-60 sec
	Lunge	4	10 – 15	
	Glute Bridge	4	10 – 15	
	Lateral Lunge	4	10 – 15	
	Alternate Squat Thrust	4	20	
Rest Day				
Day 7	Walk/Run Program	Please see cardio table		
	Tree Push	5	3	30-60 sec
	Lunge	4	10 – 15	
	Glute Bridge	4	10 – 15	
	Front and Side Plank	5	30sec Hold	

Cardio Table								
	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Level 1	Repeat 2 times 5min walk, 10min run (E)	Repeat 2 times 2min walk, 13min run (E)	Repeat 2 times 1min walk, 14min run (M)	Run: 30 min (M)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 250m (M) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 250m (M) Run, 50m (M) Jog, 50m Walk.	Interval: Repeat 5 times - 250m (M) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)
	Repeat 2 times 2min walk, 13min run (E)	Repeat 2 times 1min walk, 14min run (M)	Repeat 2 times 1min walk, 16min run (M)	Run: 30 min (M)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 250m (M) Run, 100m (M) Jog, 100m walk.	Interval: Repeat 5 times - 300m (H) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 300m (H) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)
Level 2	Repeat 2 times 1min walk, 14min run (M)	Repeat 2 times 1min walk, 16min run (M)	Repeat 2 times 1min walk, 18min run (H)	Run: 30 min (H)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 300m (H) Run, 100m (M) Jog, 100m walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)
	Repeat 2 times 1min walk, 14min run (M)	Repeat 2 times 1min walk, 16min run (M)	Repeat 2 times 1min walk, 18min run (H)	Run: 30 min (H)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 300m (H) Run, 100m (M) Jog, 100m walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)
Level 3	Repeat 2 times 1min walk, 14min run (M)	Repeat 2 times 1min walk, 16min run (M)	Repeat 2 times 1min walk, 18min run (H)	Run: 30 min (H)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 300m (H) Run, 100m (M) Jog, 100m walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)
	Repeat 2 times 1min walk, 14min run (M)	Repeat 2 times 1min walk, 16min run (M)	Repeat 2 times 1min walk, 18min run (H)	Run: 30 min (H)	Test: 2km Best Effort. (H) Interval: Repeat 5 times - 300m (H) Run, 100m (M) Jog, 100m walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 100 m Walk.	Interval: Repeat 5 times - 350m (H) Run, 50m (M) Jog, 50m Walk.	Test: 2km Best Effort. (H)

Level 1: New to training - Level 2: Relatively fit - Level 3: Physical Fit
See Cardio Table Exertion Scale for definitions on - E, M, H.

Lunge

Burpee

Alternate Squat Thrust

Front and Side Plank

Jerry Can Carry

Tree Push

Rope Pull

Overhand Grasp Heave

Front Carry

Cardio Table Exertion Scale

Easy (E)	Fells like you can maintain for hours. Easy to breathe and carry a conversation.
Moderate (M)	Borderline uncomfortable. Short of breath, can speak a sentence.
Hard (H)	Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.

Lateral Lunge

Glute Bridge

Ball Throw

Press Up

All the above exercises can be progressed by using a suitable weight. You can use items such as a dumbbell, kettlebell, a water can, a weighted bag or a brick.

Ensure you sufficiently hydrate before, during and after your session.

If at any point for feel any pain, stop and seek medical advice.

Week 5	Exercises	Sets	Reps	Rest
Day 1	Intervals	See cardio table		
	Rest Day			
Day 3	Ball Throw	5	3	30-60 sec
	Squat With Calf Raise	4	10 – 15	
	Glute Bridge	4	10 – 15	
	Lateral Lunge	4	10 – 15	
	Press Up	4	10 – 12	
	Jerry Can Carry	2	50m	
Day 4	Run – 2km Best effort	Record your time.		
	Walters Walk	4	50m	30-60 sec
	Lateral Lunge	4	10 – 15	
	Ball Throw	5	3	
	Overhand Grasp Heaves	4	4 – 8	
Rope Pull	5	10sec Hold		
Rest Day				
Day 6	Lunge	4	10 – 15	30-60 sec
	Glute Bridge	4	10 – 15	
	Lateral Lunge	4	10 – 15	
	Alternate Squat Thrust	4	30	
	Front Carry	3	50m	
Rest Day				
Day 8	Walk/Run Program	Please see cardio table		
	Press Up	4	10 – 15	30-60 sec
	Burpee	3	10 – 15	
	Front and Side Plank	3	30secs	
	Rope Pull	2	10sec Hold	

Week 6	Exercises	Sets	Reps	Rest
Day 1	Ball Throw	5	4	30-60 sec
	Squat With Calf Raise	4	12 – 18	
	Lunge	4	12 – 18	
	Lateral Lunge	4	12 – 18	
	Alternate Squat Thrust	4	30	
	Front and side plank	4	45sec Hold	
Rest Day				
Day 3	Intervals	See cardio table		
	Lunge	4	12 – 18	30-60 sec
	Front and Side Plank	4	45sec Hold	
	Burpee	4	12 – 18	
Rope Pull	5	10sec Hold		
Day 4	Tree Push	5	4	30-60 sec
	Jerry Can Carry	4	50m	
	Glute Bridge	4	12 – 18	
	Lateral Lunge	4	12 – 18	
	Burpee	4	12 – 18	
Rest Day				
Day 6	Run	See cardio table		
	Front Carry	4	50m	30-60 sec
	Overhand Grasp Heaves	3	6 – 10	

Week 7	Exercises	Sets	Reps	Rest
Day 1	Intervals	See cardio table		
	Lateral Lunge	4	14 – 20	60-90 sec
	Lunge	4	14 – 20	
	Press Up	4	12 – 14	
	Rope Pull	5	10sec Hold	
Ball Throw	5	4		
Day 2	Lunge	4	14 – 20	60-90 sec
	Glute Bridge	4	14 – 20	
	Jerry Can Carry	5	50m	
	Press Up	4	12 – 14	
	Front and Side Plank	3	60sec Hold	
Rest Day				
Day 4	Run	See cardio table		
	Squat With Calf Raise	4	14 – 20	60-90 sec
	Rope Pull	6	10sec Hold	
	Overhand Grasp Heaves	3	10 – 15	
	Front Carry	5	50m	
	Glute Bridge	4	14 – 20	
Day 5	Ball Throw	5	4	
	Squat With Calf Raise	4	14 – 20	
	Glute Bridge	4	14 – 20	
	Alternate Squat Thrust	5	30	
	Burpee	4	14 – 20	
Rest Day				
Day 7	Intervals	See cardio table		
	Tree Push	5	4	30-60 sec
	Front Carry	2	100m	
Overhand Grasp Heaves	3	10 – 15		

Week 8	Exercises	Sets	Reps	Rest
Day 1	Ball Throw	5	4	60-90 sec
	Lunge	4	14 – 20	
	Glute Bridge	4	14 – 20	
	Lateral Lunge	4	14 – 20	
	Alternate Squat Thrust	3	40	
	Front and Side Plank	4	60sec Hold	
Rest Day				
Day 3	Run – 2km Best effort	Record your time.		
	Squat With Calf Raise	4	14 – 20	60-90 sec
	Lateral Lunge	4	14 – 20	
	Press Up	4	12 – 16	
Tree Push	5	4		
Day 4	Squat With Calf Raise	4	14 – 20	60-90 sec
	Glute Bridge	4	14 – 20	
	Overhand Grasp Heaves	3	10 – 15	
	Jerry Can Carry	3	100m	
	Burpee	4	14 – 20	
Rest Day				
Day 6	Intervals	See cardio table		
	Lunge	4	14 – 20	60-90 sec
	Burpee	4	14 – 20	
	Overhand Grasp Heaves	3	10 – 15	
	Front Carry	3	100m	
Front and Side Plank	4	60sec Hold		
Day 7	Ball Throw	5	4	60-90 sec
	Squat With Calf Raise	4	14 – 20	
	Lunge	4	14 – 20	
	Jump Squat	4	14 – 20	
	Alternate Squat Thrust	4	40	
	Front and Side Plank	4	60sec Hold	