

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>Aerobic Run</i>	<i>Bodyweight Strength</i>	<i>Aerobic Run</i>	<i>Rest</i>	<i>Bodyweight Strength</i>	<i>Aerobic Run</i>	<i>Rest</i>
1	20 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	15 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	20 min Run	Rest
2	23 min run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	15 min run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	23 min run	Rest
3	26 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	15 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	26 min Run	Rest
4	29 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	15 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	29 min Run	Rest
5	32 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	20 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	32 min Run	Rest
6	35 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	20 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	35 min Run	Rest
7	38 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	20 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	38 min Run	Rest
8	41 min Run	Press Ups – 3x Up to 20 Squats - 3x Up to 20 Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Lying Leg Raises - 3x15 Dead Bugs - 3x10 each side	20 min Run	Rest	Press Ups – 3x Up to 20 Split Squats - 3x8 each side Pike Press Ups – 3x Up to 10 Calf Raises - 3x Up to 30 Plank - 3x Up to 60s Side Plank - 3x30s each side	41 min Run	Rest

Explanation

This is a basic 8 week training plan to make sure you're ready to hit the ground running when you start as a recruit here at CFRS

Terms are describes below

3x8 = 3 sets, 8 repetitions in each of those sets

Rest time between sets should be 60 seconds

Rest time between exercises should be 90 seconds