



PRIDWIN
Preparatory School

TRAINING PROGRAMME –DECEMBER SCHOOL HOLIDAY:

Grade 3 & 4's: Aerobic and Anaerobic:

MON	15 min continuous jogging. 15 push ups, core and stretches.
TUES	15 min jog Hill sprints x 7 @ maximum effort. 15 push ups, core and stretches
WED	Rest day
THURS	20 min continuous jogging. 15 Burpees and core.
FRI	15 min Fartlek. (Jog 30 seconds and sprint for 1min). 15 push ups and core.
SAT	20 – 30 min cycle/swim. 20 Star jumps, core and stretches
SUN	Rest day

Grade 5 – 7's: Aerobic and Anaerobic:

MON	20 min continuous jogging. 20 push ups, core and stretches.
TUES	20 min jog Hill sprints x 10 @ maximum effort. 20 push ups, core and stretches
WED	Rest day
THURS	30 min continuous jogging. 20 Burpees and core.
FRI	20 min Fartlek. (Jog 30 seconds and sprint for 1min). 20 push ups and core.
SAT	30 – 45 min cycle/swim. 20 Star jumps, core and stretches
SUN	Rest day