

Module 4: Personal Fitness Plan

Topic 3 Content: Personal Fitness Plan Example

This table represents one week of a fitness routine. In this example, the long-term goal is to be able to run a mile in eight minutes in three months' time. The short-term goals include increasing endurance and increasing muscular strength of both the upper- and lower-body. If you were to adopt a similar plan, understand that you could adjust the next weeks plan. Each week does not have to be the same, as long as you include anaerobic and aerobic exercises, and the exercises you have selected are related to your fitness goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up	Five-minute brisk walk	Ten-minute jog	Rest	Five-minute brisk walk	Ten-minute jog	Rest	Five-minute brisk walk
Stretches	Stretch calves, quads, hamstrings, glutes, and groin	Stretch calves, quads, hamstrings, glutes, and groin	Rest	Stretch calves, quads, hamstrings, glutes, and groin	Stretch arms, back, shoulders, and chest	Rest	Stretch calves, quads, hamstrings, glutes, and groin
Workout	Run at 60% of your maximum heart rate for 30 minutes	Weight lifting exercises for lower-body	Rest	Run on treadmill at 60% of your maximum heart rate for 30 minutes; include periods of short sprints	Weight lifting exercises for upper-body	Rest	Run on treadmill at 60% of your maximum heart rate for 45 minutes
Cooldown	Five-minute walk and re-stretch	Dynamic stretching of lower-body	Rest	Five-minute walk and re-stretch	Dynamic stretching of upper-body	Rest	Five-minute walk and re-stretch
Total Time	45 minutes	60 minutes	0 minutes	45 minutes	60 minutes	0 minutes	60 minutes