



## BG Energy Challenge 2006- Egypt Training Programme

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Walk for 30 minutes	Rest	Jog for 15 minutes	Rest	Jog for 15 minutes	Rest	Jog for 15 minutes
							10 mins Stepper
<b>Week 2</b>	Walk for 40 minutes Hill	Rest	Jog for 15 minutes	Full body weights training	Jog for 20 minutes	Rest	Jog for 20 minutes
				10 mins stretch			
<b>Week 3</b>	15 mins. Jog	20 mins. Run	Rest	15 mins . Hill programme	Rest	20 mins easy run	Rest
	10 mins Stepper ( Hill )			10 mins Row		Row5x2minsx30Sce.rest	
<b>Week 4</b>	30 mins. Slow run	Rest	Full body weights training	Rest	3 mins jog	Rest	20 mins medium pace run
			10 mins stretch		4x6 mins quick pace		10 mins Stepper
					2 mins jog between		
					3 mins jog		
<b>Week 5</b>	Rest	30 mins medium pace	Rest	10 mins jog	Rest	30 mins easy run	Full body weights training
		10 mins Stepper ( Hill )		8 x 200m fast with		Row5x2minsx30Sce.rest	10 mins stretch
		4x15 rep ( sit ups)		200m jog between each			
				10 mins jog			
<b>Week 6</b>	40 mins easy run	Rest	5 mins jog	Rest	60 mins easy run	Rest	30 mins . Jog
	4x15 rep ( sit ups)		6 x 5 mins quick pace				300 floors ( Stepper )
			runs with 3 min jog				
			between each				
			5 mins jog				
<b>Week 7</b>	Full body weights training	Rest	30 mins easy run	Rest	30 mins easy run	Rest	The challenge
	10 mins stretch						

On rest days try to do 4x15 push ups and 4x20 sit ups per day. This will increase total body strength and help your running.