



10 WEEK TRAINING PROGRAM FOR PARAS' 10 P COMPANY & TEAM CHALLENGE



WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	REMARKS
1		Aerobic run (2-4 Miles)	Cardio circuit (CV machines)	Rest	Aerobic run (4 Miles)	Swim session (30 mins)	Rest	Rest	Prepare a pair of boots
2		Aerobic run (4 Miles)	Aerobic run (interval training)	Cardio circuit (CV machines)	Swim session (30 mins)	Rest	Rest	Rest	Prepare a ruck-sack for running with
3		Gym session (All over body conditioning)	Fartlek run (4-5Miles)	Rest	Aerobic run (5 miles)	Stretching session	Rest	Aerobic run (4miles) Carrying 15lbs (In trainers)	
4		Rest	Aerobic run (6-8Miles)	Swim session (40 mins)	Aerobic run (5 Miles) Carrying 20lbs (In trainers)	Swim session (45 mins)	Rest	Aerobic run/walk (4 miles) (In boots)	
5		Cardio circuit (CV machines)	Aerobic run (9 Miles)	Rest	Aerobic run/walk (5-6 Miles) (In boots carrying 15lbs)	Gym session (All over body conditioning)	Rest	Aerobic run (interval training)	
6		Swim session (50mins)	Sprint Training	Aerobic run (10 miles)	Rest	Aerobic run/walk (7 miles) (In boots carrying 20lbs)	Rest	Cardio circuit (CV machines)	
7		Aerobic run (10 miles)	Gym Session (Legs overload)	Rest	Aerobic run/walk (8 miles) (In boots carrying 20lbs)	Swim session (55 mins)	Rest	Aerobic run (10 miles)	
8		Gym session (All over body conditioning)	Fatlek run (6-8 miles)	Aerobic run/walk (9 miles) (in boots carrying 25lbs)	Rest	Sprint session	Rest	Aerobic run/walk (10 miles) (in boots carrying 25lbs)	
9		Rest	Aerobic run (10 Miles)	Swim session (60 mins)	(Stretching session)	Aerobic run/walk (10 miles) (in boots carrying 30lbs)	Rest	Aerobic run (10 miles)	
10		Rest	Aerobic run/walk (10 Miles) (in boots carrying 30lbs)	Swim session (60 mins)	Aerobic run (10 miles)	Sprint session	Rest	Cardio circuit (CV machines)	

- Ensure you warm up prior and cool down after each session, specific to each activity.
- Always hydrate and rehydrate before, during and after each session.
- The above programme is generic and progressive geared towards Civilians entering the P Company Challenge in the Para's 10.
- The rest periods can be pushed left or right to suit availability.