

## 6 WEEK IMPROVEMENT SCHEDULE - 1 of 2

<b>Workout Goal</b>	This workout plan is perfect for an individual wishing to train for 2018 Fit Brit						
<b>Workout Description</b>	Training for Fit Brit is tough, and training to get quicker even tougher, but the rewards are huge! Training revolves around the 8 exercises within Fit Brit ensuring you get a full body workout						
<b>Safety Brief</b>	Ensure you're aware of what's expected on each exercise. Try to link up with an instructor who can ensure each exercise is being performed correctly						
<b>Equipment</b>	Everything within the Fit Brit						
<b>The Workout</b>	<b>Session Design</b>				<b>Methodology</b>		
	Follow the plan below as best you can, but you can switch days or add sections to one day if you know you can't make another, aim to accommodate your schedule. Just try not to do two really intense or long workouts two days in a row.				If your goal is to complete Fit Brit, take the options marked B, if you're looking to improve your Fit Brit time take the options marked I, and if you're looking to challenge for the title of Fit Brit 2018 take options marked A.		
<b>Weeks</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Treadmill 800m. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	30 single arms KB swings (15 L / 15 R), straight into 30 ViPR log press. B, 1 set. I-3 sets, 3 mins rest in-between. A, 5 sets, 1 min rest in-between	Row 500m. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	20 inc walking press ups, 20 sandbag overhead throws, 10 burpee box overs. B, 1 set. I-3 sets, 3 mins rest in-between. A, 5 sets, 1 min rest in-between	Assault Bike 30 calories. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	10 mins max distance on each cardio element. 30 mins in total. Record your combined distance	Rest
<b>Week 2</b>	Treadmill 800m into row 500m. B-1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	30 single arms KB swings (15 L / 15 R), straight into 30 ViPR log press. B, 1 set. I-3 sets, 3 mins rest in-between. A, 5 sets, 1 min rest in-between	Treadmill 800m into Row-500m. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	20 inc walking press ups, 20 sandbag overhead throws, 10 burpee box overs. B, 1 set. I-3 sets, 3 mins rest in-between. A, 5 sets, 1 min rest in-between	Row 500m into Assault Bike 30 calories. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Complete all the resistance elements back to back. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Rest
<b>Week 3</b>	Treadmill 800m into 30 single arm KB swings into 30 ViPR log press. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Rest	Row 500m into 20 inc walking press ups into 20 sandbag overhead throws. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Rest	10 burpee box overs into 30 calorie Assault Bike. B, 1 set. I-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Complete Fit Brit at race pace	Rest

## 6 WEEK IMPROVEMENT SCHEDULE - 2 of 2

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 4</b>	Treadmill 800m into 30 single arm KB swings into 30 ViPR log press. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 sec rest in-between	Rest	Row 500m into 20 inc walking press ups into 20 sandbag overhead throws. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	Rest	10 burpee box overs into 30 calorie Assault Bike. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	10 mins max distance on each cardio element. 30 mins in total. Record your combined distance	Rest
<b>Week 5</b>	Treadmill 800m into 30 single arm KB swings into 30 ViPR log press, into 500m Row. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	Rest	20 inc walking press ups into 20 sandbag overhead throws into 10 burpee box overs into 30 calorie Assault Bike. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	Rest	Aim to complete Fit Brit at 70% max effort. B, 1 set. 1-2 sets, 3 mins rest in-between. A, 3 sets, 2 mins rest in-between	Complete all the resistance elements back to back. Aim to use slightly heavier than normal weights if possible. 1-3 sets, 5 mins rest in-between. A, 5 sets, 3 mins rest in-between	Rest
<b>Week 6</b>	10 min max distance on each cardio element. 30 mins in total. Record your combined distance	Treadmill 800m into 30 single arm KB swings into 30 ViPR log press, into 500m Row. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	Rest	20 inc walking press ups into 20 sandbag overhead throws into 10 burpee box overs into 30 calorie Assault Bike. B, 1 set. 1-3 sets, 3 mins rest in-between. A, 5 sets, 90 secs rest in-between	Rest	Complete Fit Brit at race pace	Rest
<b>Cool Down</b>	For all disciplines take the opportunity to slow down and complete 5 minutes of light cardio and then stop.						
<b>Stretch</b>	Stretch whatever you feel is tight after each session, ask a member of the team to help with any developmental stretches.						
<b>Signposting</b>	Enquire with reception to see if any of the PT's at your club have any Fit Brit tips. Take a look at the Fit Brit leaderboard either in club, within the app or on our web site, can you set your sights on any DW Fitness First team members? Why not take to social media to let everyone know what challenge you've undertaken! <b>#risetothechallenge</b>						