












**PREPARATION EXERCISE PROGRAMME FOR APPLICANTS' PHYSICAL FITNESS ASSESSMENTS**

**NB!! Use comfortable exercise attire & running shoes. Always warm-up every time before exercising by jogging for 5 - 10 minutes or fast walking for 10 – 15 minutes. Exercise on a flat non slippery surface. Have water to drink to avoid dehydration.**

<p>DAY 1</p> 	<ul style="list-style-type: none"> <li>• Run 100 meters (3/4 pace not a full sprint pace) without stopping Rest for 3 minutes</li> <li>• Run 4 x 100 meter sets with 3 minutes, rest between the trials to prepare for PACER test.</li> </ul>
<p>DAY 2</p> 	<ul style="list-style-type: none"> <li>• Jog at a slow pace for 150 meters and walk at a normal pace for 50 meters</li> <li>• Repeat 3 times (no rest in between the walk and run)</li> <li>• Perform as many push-ups and sit-ups as possible continuously (rest 5 minutes between push-ups and sit-ups) to prepare for 30m Punch bag sprint.</li> </ul>
<p>DAY 3</p> 	<ul style="list-style-type: none"> <li>• Run a 2,4 km distance at a comfortable pace to improve your stamina.</li> <li>• Perform stretching exercises, to reduce muscle soreness.</li> </ul>
<p>DAY 4</p> 	<ul style="list-style-type: none"> <li>• Run 120 meters at a brisk pace (not a full sprint) without stopping</li> <li>• Rest for 2 minutes in between 120 meter runs</li> <li>• Repeat 5 x times</li> <li>• Perform as many push-ups and sit-ups as possible continuously (rest 5 minutes between push-ups and sit-ups) to improve your upper body strength and core stability.</li> </ul>
<p>DAY 5</p> 	<ul style="list-style-type: none"> <li>• Jog at a slow pace for 200 meters then walk at a normal pace for 50 meters</li> <li>• Repeat 3 x times without rest</li> <li>• Perform as abdominal exercise as per the videos attached. Perform 15 repetitions x 3 for each exercise.</li> </ul>
<p>Day 6</p> 	<ul style="list-style-type: none"> <li>• Walk at a fast pace for 10 minutes – this is an active rest day.</li> <li>• Perform different stretching exercises for main muscle groups.</li> </ul>
<p>DAY 7</p> 	<ul style="list-style-type: none"> <li>• Run 200 meters at a brisk pace (not a full sprint) without stopping</li> <li>• Rest for 1 minute in between 200 meter runs</li> <li>• Repeat 3 x times</li> <li>• Perform as many push-ups and sit-ups as possible continuously (rest 5 minutes between push-ups and sit-ups) to improve upper body strength and core.</li> </ul>
<p>DAY 8</p> 	<ul style="list-style-type: none"> <li>• Jog at a slow pace for 200 meters then walk fast for 50 meters and repeat 3 x times without rest</li> <li>• Perform as many push-ups and sit-ups as possible continuously (rest 5 minutes between push-ups and sit-ups)</li> </ul>
<p>DAY 9</p> 	<ul style="list-style-type: none"> <li>• Run a 2,5 km distance at a comfortable pace</li> <li>• Perform different stretching exercises.</li> </ul>
<p>DAY 10</p> 	<ul style="list-style-type: none"> <li>• Test yourself and run 20 meters between point A and point B at your own pace. Run as many laps as possible without stopping</li> <li>• Perform as many push-ups and sit-ups as possible continuously (rest 5 minutes between push-ups and sit-ups)</li> </ul>
<p>DAY 11</p> 	<ul style="list-style-type: none"> <li>• Repeat Day: 7 – 10 until two days before the SAPS Physical Fitness Assessments.</li> </ul>