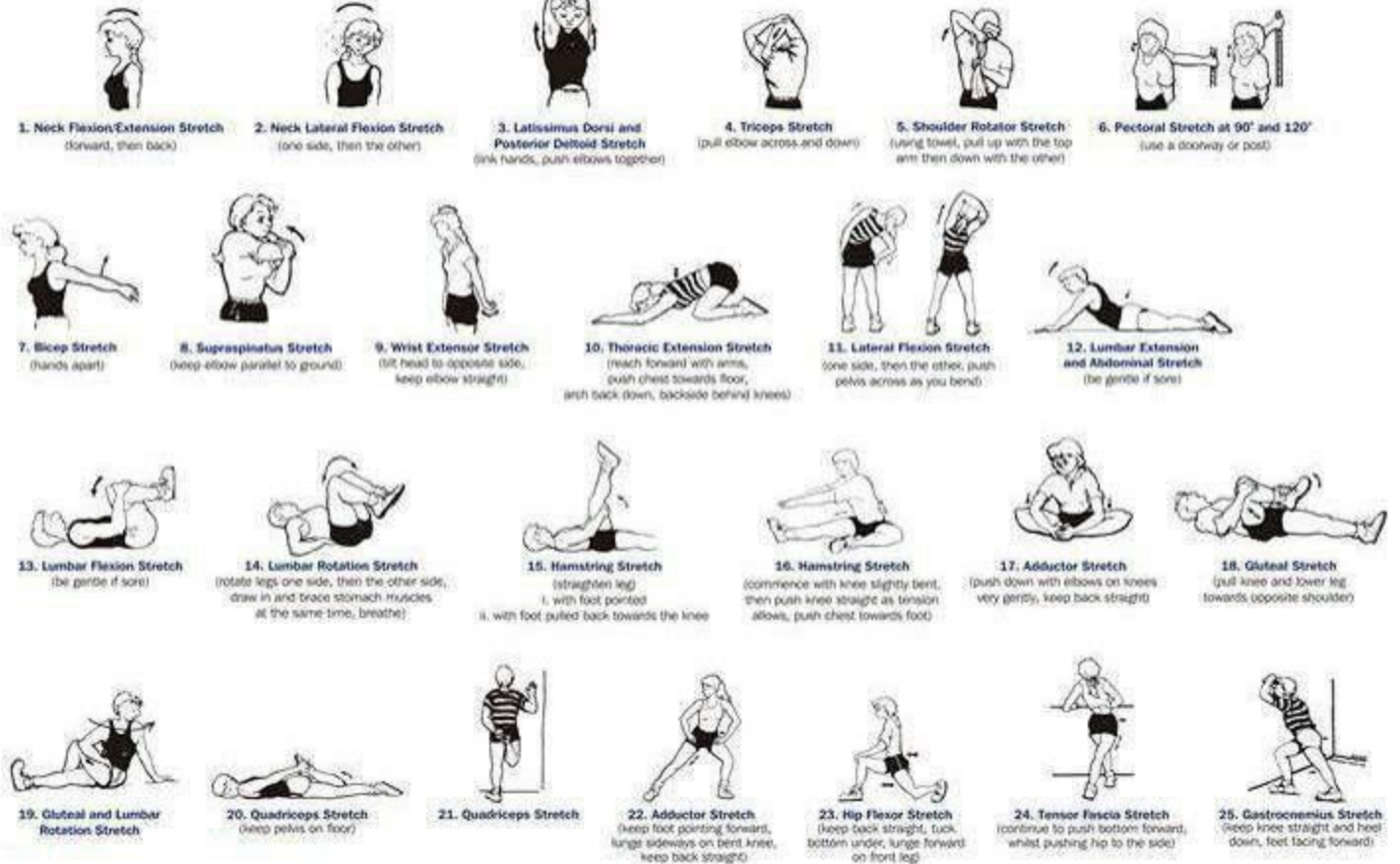# PE Preparation – Summer 2020

Stretching:

Here are some basic stretching exercises that you can do on a daily basis to improve or maintain your flexibility. Remember to perform these after a 5-10 minute active warm (light jog, jump rope, stairs, etc.)

Sit Up/Push-Up Routine:

Here are some different sit up and push-ups exercise routines to be completed 3 days a week.

- 3 sets of 30 seconds (both sit ups and push-ups) – with I minute rest between each set
- 3 sets of 15-25 push-ups and sit ups – 1 minute rest
- 21 Club: start at 21 push-ups, 21 sit ups – proceed to work your way down by 3's until you get to 1 of each (make sure to stay alternating between the two with as little rest as possible)

* If needed, modified push ups include on both knees on the ground or standing in front of a wall (still keeping your body straight)

Running Programs:

1 Mile:

Program that is 4 days per week to improve your mile run time.

Week	Distance	Cool Down
1	Jog 1 lap, walk 2 laps	5 minute stretch
2	Jog 1 lap, power walk 2 laps	5 minute stretch
3	Jog 1.5 laps, power walk 2 laps	5 minute stretch
4	Jog 2 laps, power walk 3 laps	5 minute stretch
5	Jog 3 laps, power walk 2 laps	5 minute stretch
6	Jog 4 laps (1 mile)	5 minute walk/stretch

* Power walk = faster walking pace with more arm swing

5K:

Training for your first 5-K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30- 60 min walk
2	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	5-K Race