



THE FIGHTING FIT CHALLENGE



Family Fun & Activity at Home
#BeActive



WOULD YOU BE FIT ENOUGH TO PAST THE IRISH ARMY FITNESS TEST?

Have you ever played call of duty and thought you could hold our own but could you pass the fitness test for the Irish army ?

What have you to do:

- Follow the programme below
- With your parents permission send us a video of you doing a session or going for a run to: sportpartnership@dlrcoco.ies
- Please maintain social distancing at all times



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DATE	TASKS & ASSIGNMENT	COMPLETED
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WEEK 1 TRAINING

MONDAY

- 15 min Warm up.
- Steady Run for 20 Mins. Record your distance.
- 15 min Cool down.
- Push Ups 5 sets x 5 reps.
- Sit Ups 5 sets x 5 reps.
- Stretch.



WEDNESDAY

- 15 min Warm up.
- Tempo Training. 4 x 5 min runs with 2 minute recovery.
- Record your distance.
- 15min Cool down
- Stretch.

FRIDAY

- 15 min Warm up.
- Steady Run for 20 Mins . Record your distance.
- 15 min Cool down.
- Push Ups 4 sets x 7 reps.
- Sit Ups 4 sets x 7 reps.
- Stretch