

# ROOKIES TRAINING PLAN

BY MICHAEL CROSS, OWNER/HEAD COACH

 THE BARRACKS **GYM**



# THE PLAN

Your spare time is limited at Rookies so this program takes the pressure off. The workouts are short, sharp and to the point focusing on the basics to get you through your fitness assessment.

On the weekends take the opportunity to do a 2.4km test run to help calm the nerves for test day

## TIME SAVING TIPS

1. Plan ahead and know what you will be doing when you arrive at the gym.
2. Hydrate before you start your workout so you're not playing catch up.
3. Download a TABATA app onto your phone.
4. Jog to the gym and use this time as part of your warm up.
5. Stretch when you get back to your accommodation after your workout.

# WEEK 1 - 4 / SESSION 1

## DYNAMIC WARM UP

---

30sec high knees  
glute stretch  
30sec butt kicks  
quad stretch  
30sec leg swings  
hamstring stretch  
30sec mountain climbers  
calf stretch  
30sec shoulder circles  
30sec air push ups  
30sec air pull ups  
30sec arm swings across body

## WORKOUT

---

1) PUSH-UP TABATA  
20sec Work  
10sec Rest  
x 8  
(record total number of push-ups)

---

2) INTERVAL TRAINING  
2min running  
2min rest  
x 6  
(run as far as you can in 2mins,  
rest 2mins then run back to the  
start point)

## STRETCH

---

tricep  
shoulder  
upper back  
calf  
hamstring  
quad  
glute  
hip flexor  
lower back

(hold each stretch for 30sec)

# WEEK 1 - 4 / SESSION 2

## DYNAMIC WARM UP

-----

30sec high knees  
glute stretch  
30sec butt kicks  
quad stretch  
30sec leg swings  
hamstring stretch  
30sec mountain climbers  
calf stretch  
30sec shoulder circles  
30sec air push ups  
30sec air pull ups  
30sec arm swings across body

## WORKOUT

-----

1) Every 2mins conduct 30% of your max push ups and pull ups. Then conduct sit-ups for the remainder of the 2mins.  
x 5  
-----  
2) FARTLEK TRAINING  
30sec hard  
30sec jog  
x 10  
Rest 2 minutes then repeat

## STRETCH

-----

tricep  
shoulder  
upper back  
calf  
hamstring  
quad  
glute  
hip flexor  
lower back

(hold each stretch for 30sec)

# WEEK 1 - 4 / SESSION 3

## DYNAMIC WARM UP

-----

30sec high knees  
glute stretch  
30sec butt kicks  
quad stretch  
30sec leg swings  
hamstring stretch  
30sec mountain climbers  
calf stretch  
30sec shoulder circles  
30sec air push ups  
30sec air pull ups  
30sec arm swings across body

## WORKOUT

-----

1) 1 minute sprint on treadmill  
50% max push ups  
10 body weight squats  
20 sit-ups  
1 minute rest  
x 5  
-----  
2) 60sec plank  
60sec rest  
x 3

## STRETCH

-----

tricep  
shoulder  
upper back  
calf  
hamstring  
quad  
glute  
hip flexor  
lower back

(hold each stretch for 30sec)

# WEEK 5 - 8 / SESSION 1

## DYNAMIC WARM UP

-----

- 30sec high knees
- glute stretch
- 30sec butt kicks
- quad stretch
- 30sec leg swings
- hamstring stretch
- 30sec mountain climbers
- calf stretch
- 30sec shoulder circles
- 30sec air push ups
- 30sec air pull ups
- 30sec arm swings across body

## WORKOUT

-----

- 1) 60sec push ups  
60sec pull ups  
60sec squats  
60sec sit ups  
60sec rest  
then 45sec of each  
then 30sec of each
- 2) INTERVAL TRAINING  
4min running  
3min rest  
x 4  
(run as far as you can in 4mins)

## STRETCH

-----

- tricep
  - shoulder
  - upper back
  - calf
  - hamstring
  - quad
  - glute
  - hip flexor
  - lower back
- (hold each stretch for 30sec)

# WEEK 5 - 8 / SESSION 2

## DYNAMIC WARM UP

-----

30sec high knees  
glute stretch  
30sec butt kicks  
quad stretch  
30sec leg swings  
hamstring stretch  
30sec mountain climbers  
calf stretch  
30sec shoulder circles  
30sec air push ups  
30sec air pull ups  
30sec arm swings across body

## WORKOUT

-----

1) 30 push ups  
30 squats  
30 sit ups  
30 pull ups  
5 minute run  
x 3

## STRETCH

-----

tricep  
shoulder  
upper back  
calf  
hamstring  
quad  
glute  
hip flexor  
lower back

(hold each stretch for 30sec)

# WEEK 5 - 8 / SESSION 3

## DYNAMIC WARM UP

-----

- 30sec high knees
- glute stretch
- 30sec butt kicks
- quad stretch
- 30sec leg swings
- hamstring stretch
- 30sec mountain climbers
- calf stretch
- 30sec shoulder circles
- 30sec air push ups
- 30sec air pull ups
- 30sec arm swings across body

## WORKOUT

-----

- 1) Every minute conduct 20% of your max push ups then plank for the remainder of the minute.  
Do this for 10 minutes.

-----

### 2) FARTLEK TRAINING

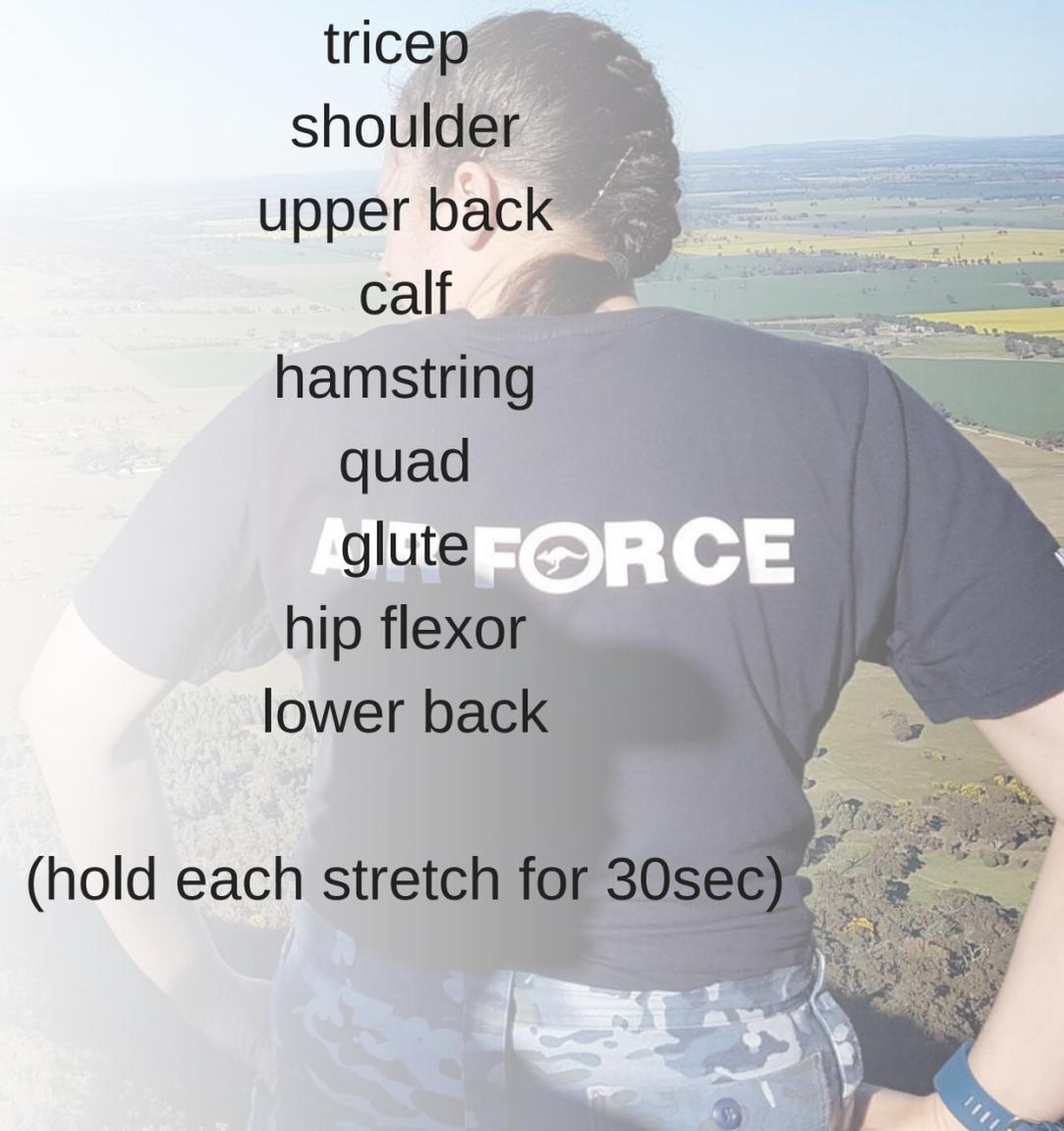
- 60sec hard
- 60sec jog
- x 10

## STRETCH

-----

- tricep
- shoulder
- upper back
- calf
- hamstring
- quad
- glute
- hip flexor
- lower back

(hold each stretch for 30sec)



# NEED HELP?

At The Barracks Gym, we offer specialist fitness coaching and mentoring for Defence Force applicants and serving members. For custom programming please don't hesitate to get in touch with us.

Visit:

[www.thebarracksgym.com.au](http://www.thebarracksgym.com.au)

Or email:

[thebarracksgym@hotmail.com](mailto:thebarracksgym@hotmail.com)

