

# ARE YOU TAKING PART IN THE SUFFOLK SPLAT QUACK GO?

Everyone Active's expert personal trainers have created a five-week training plan to help you prepare.

The programme is designed to be achievable for everyone. If at first you find it too hard, just reduce the amount of time you're exercising for and the number of reps you perform. If it becomes too easy, simply increase them.

For more exercise ideas and demonstrations follow us on Facebook @eaMidSuffolk or visit us at Mid Suffolk Leisure Centre or Stradbroke Swim and Fitness Centre to see how we could help you achieve your goals.

**GOOD LUCK AND WE HOPE YOU HAVE A GREAT RACE!**

\*Exercise activities are performed at the participant's own risk. Everyone Active cannot be held liable for any loss or injury caused by following this programme. Should you have any health conditions, we suggest you contact your doctor prior to taking on any form of exercise

# SPLAT QUACK GO OCR TRAINING PLAN

## WEEK 1

Monday	Wednesday	Friday	Saturday
<b>10 Minute Brisk Walk</b>	<b>5 Minute Brisk Walk</b>	<b>10 Minute Brisk Walk</b>	<b>5 Minute Brisk Walk</b>
<b>2 Minute Jog</b> <b>2 Minute Walk</b> <b>Repeat x 5</b>	<b>10 x Squats</b> <b>10 x Press Ups</b> <b>10 x Bent Over Row</b> <b>30 Seconds Rest</b> <b>Repeat x 6</b>	<b>30 Second Walk</b> <b>1 Minute Jog</b> <b>30 Second Walk</b> <b>1 Minute Jog</b> <b>30 Second Walk</b> <b>Repeat x 5</b>	<b>10 x Squats</b> <b>10 x Press Ups</b> <b>10 x Sit Ups</b> <b>10 x Lunges</b> <b>10 x Mountain Climbers</b> <b>30 Second Plank</b> <b>30 Seconds Rest</b> <b>Repeat x 5</b>
<b>5 Minute Walk</b>	<b>5 Minute Walk</b>	<b>5 Minute Walk</b>	<b>5 Minute Walk</b>
<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x30 Seconds</b> <b>Calves x 30 Seconds</b> <b>Glutes x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x30 Seconds</b> <b>Calves x 30 Seconds</b> <b>Glutes x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>

# SPLAT QUACK GO OCR TRAINING PLAN

## WEEK 2

Monday	Wednesday	Friday	Saturday
10 Minute Brisk Walk	5 Minute Brisk Walk	10 Minute Brisk Walk	5 Minute Brisk Walk
2 Minute Jog 2 Minute Walk Repeat x 5	10 x Squats 10 Metre Bear Crawl 10 x Bent Over Row 10 Metre Bear Crawl 10 x Leg Raisers 10 Metre Bear Crawl 10 Metre Farmers Walk 30 Seconds Rest Repeat x 6	30 Second Walk 1 Minute Jog 30 Second Walk 1 Minute Jog 30 Second Walk Repeat x 5	15 x Squats 10 x Press Ups 15 x Sit Ups 10 x Lunges 15 x Mountain Climbers 30 Second Plank 30 Seconds Rest Repeat x 5
5 Minute Walk	5 Minute Walk	5 Minute Walk	5 Minute Walk
Stretch: Quadriceps x 30 Seconds Hamstrings x30 Seconds Calves x 30 Seconds Glutes x 30 Seconds	Stretch: Quadriceps x 30 Seconds Hamstrings x 30 Seconds Chest x 30 Seconds Back x 30 Seconds Triceps x 30 Seconds	Stretch: Quadriceps x 30 Seconds Hamstrings x30 Seconds Calves x 30 Seconds Glutes x 30 Seconds	Stretch: Quadriceps x 30 Seconds Hamstrings x30 Seconds Chest x 30 Seconds Back x 30 Seconds Triceps x 30 Seconds

# SPLAT QUACK GO OCR TRAINING PLAN

## WEEK 3

Monday	Wednesday	Friday	Saturday
<b>10 Minute Brisk Walk</b>	<b>5 Minute Brisk Walk</b>	<b>10 Minute Brisk Walk</b>	<b>5 Minute Brisk Walk</b>
<b>1 Minute Jog</b> <b>10 x Squats</b> <b>10 x Sit Ups</b> <b>1 Minute Jog</b> <b>10 x Mountain Climbers</b> <b>10 Metre Bear Crawl</b> <b>30 Second Rest</b> <b>Repeat x 5</b>	<b>10 x Crunches</b> <b>10 x Back Raisers</b> <b>10 x Leg Raisers (Face Down)</b> <b>10 x Leg Raisers (Face Up)</b> <b>45 Second Plank</b> <b>30 Second Rest</b> <b>Repeat x 6</b>	<b>5 Minute Jog</b> <b>2 Minute Walk</b> <b>Repeat x 4</b>	<b>15 x Squats</b> <b>15 x Press Ups</b> <b>15 x Sit Ups</b> <b>15 x Tricep Dips</b> <b>15 x Mountain Climbers</b> <b>30 Second Plank</b> <b>30 Seconds Rest</b> <b>Repeat x 5</b>
<b>5 Minute Walk</b>	<b>5 Minute Walk</b>	<b>5 Minute Walk</b>	<b>5 Minute Walk</b>
<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Calves x 30 Seconds</b> <b>Glutes x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>

# SPLAT QUACK GO OCR TRAINING PLAN

## WEEK 4

Monday	Wednesday	Friday	Saturday
<p>10 Minute Brisk Walk</p> <hr/> <p>1 Minute Jog 15 x Squats 2 Minute Jog 15 x Mountain Climbers 3 minute Jog 15 x Press Up 30 Second Rest Repeat x 5</p> <hr/> <p>5 Minute Walk</p> <hr/> <p>Stretch: Quadriceps x 30 Seconds Hamstrings x 30 Seconds Chest x 30 Seconds Back x 30 Seconds Triceps x 30 Seconds</p>	<p>5 Minute Brisk Walk</p> <hr/> <p>10 Metre Bear Crawl 20 x Mountain Climbers 10 Metre Bear Crawl 5 Squat Jumps 30 Second Side Plank 30 Second Rest Repeat x 6</p> <hr/> <p>5 Minute Walk</p> <hr/> <p>Stretch: Quadriceps x 30 Seconds Hamstrings x 30 Seconds Chest x 30 Seconds Back x 30 Seconds Triceps x 30 Seconds</p>	<p>10 Minute Brisk Walk</p> <hr/> <p>7 Minute Jog 2 Minute Walk Repeat x 4</p> <hr/> <p>5 Minute Walk</p> <hr/> <p>Stretch: Quadriceps x 30 Seconds Hamstrings x 30 Seconds Calves x 30 Seconds Glutes x 30 Seconds</p>	<p>5 Minute Brisk Walk</p> <hr/> <p>20 Metre Farmers Walk 1 Minute Jog 20 Metre Farmers Walk 1 Minute Jog 20 Metre Farmers Walk 1 Minute Jog 30 Seconds Rest Repeat x 6</p> <hr/> <p>5 Minute Walk</p> <hr/> <p>Stretch: Quadriceps x 30 Seconds Hamstrings x 30 Seconds Chest x 30 Seconds Back x 30 Seconds Triceps x 30 Seconds</p>

# SPLAT QUACK GO OCR TRAINING PLAN

## WEEK 5

Monday	Wednesday	Friday	Saturday
<b>10 Minute Brisk Walk</b>	<b>5 Minute Brisk Walk</b>		
<b>2 Minute Jog</b> <b>20 Metre Bear Crawl</b> <b>4 Minute Jog</b> <b>20 x Mountain Climbers</b> <b>6 Minute Jog</b> <b>15 x Tricep Dips</b> <b>30 Second Rest</b> <b>Repeat x 5</b>	<b>5 Minute Jog</b> <b>10 Metre Bear Crawl</b> <b>20 x Mountain Climbers</b> <b>10 Metre Bear Crawl</b> <b>5 Squat Jumps</b> <b>30 Second Side Plank</b> <b>30 Second Rest</b> <b>5 Minute Jog</b> <b>Repeat x 6</b>		
<b>5 Minute Walk</b>	<b>5 Minute Walk</b>		
<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>	<b>Stretch:</b> <b>Quadriceps x 30 Seconds</b> <b>Hamstrings x 30 Seconds</b> <b>Chest x 30 Seconds</b> <b>Back x 30 Seconds</b> <b>Triceps x 30 Seconds</b>		

**Prepare for  
Race Day.  
Good Luck!**