

Beginner FITNESS PROGRAM



1 SAT Walk 2km	2 SUN HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP? 50 Push-ups (knees)	3 MON 50 Sit-Ups	4 TUES Swim 100m or Run 500m	5 WED 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats
6 THUR Max Plank Challenge	7 FRI 2 x 400m Run, rest 2 minutes between	8 SAT Walk 500m, carrying 8kg in each hand	9 SUN CONGRATULATIONS! YOU'VE EARNED YOUR CHOCOLATE 20 Minutes of Stretching	10 MON Swim 200m or Run 1000m
11 TUES 4 Minutes, as many Push-Ups as Possible	12 WED 4 Minutes, as many Sit-Ups as Possible	13 THUR 4 x 200m Run, rest 1 minute between	14 FRI 3 Rounds: 20 Push-Ups, 30 Sit-Ups, 40 Squats	15 SAT HALF WAY THERE! Back Pack Carry 1000m 10kg, then 3 minutes Plank
16 SUN YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY 20 Minutes of Stretching	17 MON Swim 250m or Run 1.25km	18 TUES 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats	19 WED Walk 750m, carrying 8kg in each hand	20 THUR 9 down to 1 of Push-Ups and Squats
21 FRI 3 Rounds: Run 300m, 30 Sit-Ups	22 SAT Back Pack Carry 1500m 10kg, then 3 minutes Plank	23 SUN DON'T FORGET TO SHARE YOUR PROGRESS! 20 Minutes of Stretching	24 MON Swim 300m or run 1.5km	25 TUES 10 Minutes, As Many Rounds As Possible: 5 Push-Ups, 10 Sit-Ups, 15 Squats
26 WED Walk 1000m, carrying 8kg in each hand	27 THUR Max Plank Challenge	28 FRI 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats	29 SAT 2km Backpack Walk 10kg	30 SUN LAST DAY! Test- 20 Push-Ups, 30 Sit-Ups, 1 Minute Plank & Swim 100m (or Run 500m)

Intermediate FITNESS PROGRAM



1 SAT Walk/Run 2km	2 SUN HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP? 50 Push-ups (toes)	3 MON 75 Sit-Ups	4 TUES Swim 200m or Run 1000m	5 WED 75 Club Complete: 75 Push-Ups, 75 Sit-Ups and 75 Squats
6 THUR Max Plank Challenge	7 FRI 3 x 400m Run, rest 2 minutes between	8 SAT Walk 500m, carrying 10kg in each hand	9 SUN CONGRATULATIONS! YOU'VE EARNED YOUR CHOCOLATE 20 Minutes of Stretching	10 MON Swim 400m or Run 2km
11 TUES 5 Minutes, as many Push-Ups as Possible	12 WED 5 Minutes, as many Sit-Ups as Possible	13 THUR 6 x 200m Run, rest 1 minute between	14 FRI 4 Rounds: 20 Push-Ups, 30 Sit-Ups, 40 Squats	15 SAT HALF WAY THERE! Back Pack Carry 1000m 15kg, then 3 minutes Plank
16 SUN YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY 20 Minutes of Stretching	17 MON Swim 500m or Run 2.5km	18 TUES 75 Club Complete: 75 Push-Ups, 75 Sit-Ups and 75 Squats	19 WED Walk 750m, carrying 10kg in each hand	20 THUR 10 down to 1 of Push-Ups and Squats
21 FRI 3 Rounds: Run 400m, 40 Sit-Ups	22 SAT Back Pack Carry 1500m 15kg, then 3 minutes Plank	23 SUN DON'T FORGET TO SHARE YOUR PROGRESS! 20 Minutes of Stretching	24 MON Swim 600m or Run 3km	25 TUES 15 Minutes, As Many Rounds As Possible: 5 Push-Ups, 10 Sit-Ups, 15 Squats
26 WED Walk 1000m, carrying 10kg in each hand	27 THUR Max Plank Challenge	28 FRI 75 Club Complete: 75 Push-Ups, 75 Sit-Ups and 75 Squats	29 SAT 2km Backpack Walk 15kg	30 SUN LAST DAY! Test- 25 Push-Ups, 40 Sit-Ups, 1 1/2 Minute Plank & Swim 200m (or Run 1000m)

Advanced FITNESS PROGRAM



1 SAT Run 2km	2 SUN HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP? 100 Push-ups (toes)	3 MON 100 Sit-Ups	4 TUES Swim 400m or Run 2km	5 WED 100 Club Complete: 100 Push-Ups, 100 Sit-Ups and 100 Squats
6 THUR Max Plank Challenge	7 FRI 4 x 400m Run, rest 2 minutes between	8 SAT Walk 500m, carrying 12kg in each hand	9 SUN CONGRATULATIONS! YOU'VE EARNED YOUR CHOCOLATE 20 Minutes of Stretching	10 MON Swim 500m or Run 2.5km
11 TUES 6 Minutes, as many Push-Ups as Possible	12 WED 6 Minutes, as many Sit-Ups as Possible	13 THUR 8 x 200m Run, rest 1 minute between	14 FRI 5 Rounds: 20 Push-Ups, 30 Sit-Ups, 40 Squats	15 SAT HALF WAY THERE! Back Pack Carry 1000m 20kg, then 3 minutes Plank
16 SUN YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY 20 Minutes of Stretching	17 MON Swim 650m or run 3.25km	18 TUES 100 Club Complete: 100 Push-Ups, 100 Sit-Ups and 100 Squats	19 WED Walk 750m, carrying 12kg in each hand	20 THUR 12 down to 1 of Push-Ups and Squats
21 FRI 3 Rounds: Run 500m, 50 Sit-Ups	22 SAT Back Pack Carry 1500m 20kg, then 3 minutes Plank	23 SUN DON'T FORGET TO SHARE YOUR PROGRESS! 20 Minutes of Stretching	24 MON Swim 800m or Run 4km	25 TUES 20 Minutes, As Many Rounds As Possible: 5 Push-Ups, 10 Sit-Ups, 15 Squats
26 WED Walk 1000m, carrying 12kg in each hand	27 THUR Max Plank Challenge	28 FRI 100 Club Complete: 100 Push-Ups, 100 Sit-Ups and 100 Squats	29 SAT 2km Backpack Walk 20kg	30 SUN LAST DAY! Test- 30 Push-Ups, 50 Sit-Ups, 2 Minute Plank & Swim 300m (or Run 1500m)