

Week one

Day One: After a warm up of about 3 minute slow jog---Stretch.

Run 16 x 100m on the straightaway in under 25 seconds, (that's your goal) with a 100 meter walk jog around the curve for recovery. This is your speed workout to help you stay relaxed when you slow back down to race pace.

Day Two: After a warm up of about 3 minute slow jog---Stretch. Then jog 8-10 laps at comfortable pace that can allow for the furthest distance or 8-10 laps. If you cannot complete 8-10 laps, walk 400 yards to recover and continue your 8-10 laps at same speed as before. Do this until you can jog 8-10 laps at your current comfortable pace. If this means you stop and walk multiple times, it's ok.

This workout will add endurance to your fitness base.

Day Three: Off.

Day 4: Same as day 1

Day 5: Same as day 2

Day 6: After a warm up of about 3 minute slow jog---Stretch. Do strength type workout. Walk at comfortable pace for 1.5 miles but stop at every 100 meter interval and rotate between push-ups (max), squats (max) and lunges (max). This slow walk with stops would allow for a minimum of five sets of pushups, squats and lunges giving the individual a good strength workout.

Day 7: Rest

Week two

Day One: After a warm up of about 3 minute slow jog---Stretch.

Run 12 x 150m in under 37 seconds, (that's your goal) with a 100 meter walk jog for recovery. This is your speed workout to help you stay relaxed when you slow back down to race pace.

Day Two: After a warm up of about 3 minute slow jog---Stretch. Then jog 8-10 laps at comfortable pace that can allow for the furthest distance or 8-10 laps. If you cannot complete 8-10 laps, walk 400 yards to recover and continue your 8-10 laps at same speed as before. Do this until you can jog 8-10 laps at your current comfortable pace. If this means you stop and walk multiple times, it's ok.

At the beginning of this workout, at the end and every time you stop you will do a set of max push-ups.

This workout will add endurance to your fitness base as well as some strength building.

Day Three: Off.

Day 4: Same as day 1

Day 5: Same as day 2

Day 6: After a warm up of about 3 minute slow jog---Stretch. Do strength type workout. Walk at comfortable pace for 1.5 miles but stop at every 100 meter interval and rotate between push-ups (max), squats (max) and lunges (max). This slow walk with stops would allow for a minimum of five sets of pushups, squats and lunges giving the individual a good strength workout.

Day 7: Rest

Week three

Day One: After a warm up of about 3 minute slow jog---Stretch.

Run 8 x 400m in under 105 seconds, (that's your goal) with a 100 meter walk for recovery. This is your speed workout to help you stay relaxed when you slow back down to race pace.

Day Two: After a warm up of about 3 minute slow jog---Stretch. Then jog 8-10 laps at comfortable pace but under 2 minutes and 30 seconds per lap/400meters (goal). Attempt to complete 8 laps without stopping but if you need to stop then walk 400 meters and then continue the rest of the run at the pace listed above.

Day Three: Off.

Day 4: Same as day 1

Day 5: After a warm up of about 3 minute slow jog---Stretch. Do strength type workout. Walk at comfortable pace for 1.5 miles but stop at every 100 meter interval and rotate between push-ups (max), squats (max) and lunges (max). This slow walk with stops would allow for a minimum of five sets of pushups, squats and lunges giving the individual a good strength workout.

Day 6: Test yourself (jog 1.5 miles for time)

Day 7: Rest

Week four

Day One: After a warm up of about 3 minute slow jog---Stretch.

Run 4 x 800m in under 4 minutes, (that's your goal) with a 400 meter walk for recovery. This is your speed workout to help you stay relaxed when you slow back down to race pace.

Day Two: Repeat Day one

Day Three: Off.

Day 4: After a warm up of about 3 minute slow jog---Stretch. Do strength type workout. Walk at comfortable pace for 1.5 miles but stop at every 100 meter interval and rotate between push-ups (max), squats (max) and lunges (max). This slow walk with stops would allow for a minimum of five sets of pushups, squats and lunges giving the individual a good strength workout.

Day 5: After a warm up of about 3 minute slow jog---Stretch. Jog 1.5 mile for time.

Day 6: Repeat Day one exercises.

Day 7: Rest

Week five

Day One: After a warm up of about 3 minute slow jog---Stretch.

Run 2 x 1600m in under 8 minutes, (that's your goal) with a 400 meter walk for recovery.

Day Two: Repeat Day one

Day Three: Off.

Day 4: After a warm up of about 3 minute slow jog---Stretch. Jog 2.5 miles at 1.5 mile pace you established the prior week. Push yourself to complete 2.5 miles but if you must stop, continue walking only as long as needed to recover enough to complete the remaining run.

The following days depending on when you start may need to be altered. Get a full rest day without running the day prior to testing. Any days prior to testing, you can do the week 5 workout.

Understand many exercises on the internet is an example of how to improve your endurance and speed for tests like the 1.5 mile run. Nothing is guaranteed and it depends on your current health, fitness level and dedication. You need to know what is feasible for you depending on your health and fitness level. If you are uncertain, we suggest you consult with your doctor prior to starting any exercise program.