

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>						
Aerobic Training 20 mins	Resistance Training	Aerobic Training 20 mins	Resistance Training	Aerobic Training 20 mins	Interval Training	REST DAY
<b>WEEK 2</b>						
Interval Training	Aerobic Training 25 mins	Resistance Training <b>**NOTE**</b> increase weight slightly.	REST DAY	Aerobic Training 25 mins	Resistance Training	REST DAY
<b>WEEK 3</b>						
Aerobic Training 30 mins	Resistance Training <b>**NOTE**</b> increase weight slightly	Aerobic Training 30 mins	Resistance Training	Aerobic Training 30 mins	Interval Training <b>**Note**</b> Remain at same intensity, lessen rest time.	REST DAY
<b>WEEK 4</b>						
Resistance Training	Aerobic Training 35 mins	Interval Training	REST DAY	Aerobic Training 35 mins	Resistance Training	REST DAY
<b>WEEK 5</b>						
Aerobic Training 40 mins	Resistance Training	Aerobic Training 45 mins	Resistance Training	Aerobic Training 40 mins	Interval Training	REST DAY
<b>WEEK 6</b>						
Resistance Training <b>**NOTE**</b> increase weight slightly,	Aerobic Training 45 mins	Resistance Training	REST DAY	Aerobic Training 45 mins	Interval Training	REST DAY

## COPAT 6-Week “Pre-test” Training Program Calendar

### Remember:

**Warm up, cool down, and stretch to prevent injury and soreness.**

**If you are increasing weight ensure that you can complete reps.**

**If you are unable to fully complete reps, decrease weight until ready to do so.**

**GOOD LUCK!**