Fitness

This fitness schedule is taken almost entirely from www.akban.org, some small adjustments to the schedule to reduce the ramp up for some strength exercises have been made, but they are minor in comparison to the work that was contributed by Akban. If you are young but very unfit, do your body a favour and follow the over 30 tables.

NO RESPONSIBILITY CAN BE TAKEN BY GLASGOW OMOU DOJO OR ITS MEMBERS FOR YOUR HEALTH OR WELL BEING IN FOLLOWING THIS FITNESS REGIME. YOUR ABILITY TO FOLLOW THIS FITNESS PROGRAM IS YOUR OWN RESPONSIBILITY. SHOULD YOU DECIDE TO FOLLOW THIS PROGRAM AND AT ANY POINT FEEL UNWELL THEN YOU SHOULD STOP IMMEDIATELY AND SEEK PROFESSIONAL MEDICAL ADVICE.

Running

Before beginning a running table, start with your present exercise routine. If you run 5 minutes once a week, start with 5 minutes, even though you might be capable of running for half an hour. If you haven't been running recently, start at the beginning, even if you run in your youth.

Tips and insights

It's better to run out side on rough terrain.

- Field running over uneven terrain divides the effort across many joints and lowers the injury rate.
- It's more interesting.
- You will have more energy.
- The changing terrain makes you sharp and focuses your attention on your feet and how you lay them down.
- In most cases, the terrain absorbs the landing forces better than many artificial surfaces.

A sidewalk or concrete surface does not absorb the landing forces well but often no other surface is available. It's better than nothing. Asphalt is considered a mediocre shock absorber but running on roads is dangerous.

Running on deep dry sand for long periods of time changes the running form and decreases velocity; we do not recommend it as a habit unless you are preparing for a special situation.

Treadmill running is good only for beginners. It is comfortable, accessible and there is the presence of the other gender but in the long term it can be destructive because monotonous running overloads certain joints and doesn't promote the development of attention skills which are crucial for running outside.

Do not run with earphones. The music can influence the pace of your running and make it too fast.

How to continue running after a break?

If you are in the middle of doing the first table

- After a break of one week repeat the same week that you just did before the break.
- After a break of two weeks go back one week in the running table.
- After a break of three weeks go back one month in the running table.
- After a month's break Don't be too depressed, but you've got to start from the beginning.

If you already have a running routine

- After a break of one week return to your pervious runs but run slower for the first two runs.
- After a break of two weeks deduct ten minutes from your running time, continue with the reduced time for one week (at least three runs) and then return to your pervious routine.
- After a break of three weeks deduct twenty minutes from your running time for three runs. Next week add ten minutes to your run time (now you are still running ten minutes less then your original routine). Only at the third week return to your original time frame.
- After a month's break do your knees a favour, open the beginners running table and start again at twenty minutes. Your caution will be awarded by fewer injuries.

Fitness

This is a general fitness program combining the running above and the strength below. For those training in martial arts, you may want to adjust the days so that you have a day of rest after your training day(s) and no more than one run + strength day before a training day.

Beginners fitness table - age, over 35

A stretching and strength regime using the strength tables should follow each run.

week/day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
2nd week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
3rd week	7 min run	7 min run	rest	7 min run	7 min run	rest	Rest/catch up
4th week	7 min run	7 min run	rest	7 min run	7 min run	rest	Rest/catch up
5th week	9 min run	9 min run	rest	9 min run	9 min run	rest	Rest/catch up
6th week	9 min run	9 min run	rest	9 min run	9 min run	rest	Rest/catch up
7th week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
8th week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
9th week	11 min run	11 min run	rest	11 min run	11 min run	rest	Rest/catch up
10th week	11 min run	11 min run	rest	11 min run	11 min run	rest	Rest/catch up
11th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
12th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
13th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
14th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
15th week	15 min run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
16th week	15 min run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
17th week	15 min 75% run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
18th week	15 min 75% run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
19th week	15 min 75% run	15 min run		15 min run	15 min run		Rest/catch up
			rest			rest	
20th week	15 min 75% run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
21st week	15 min run	15 min run	rest	20 min run	20 min run	rest	Rest/catch up
22nd week	15 min run	15 min run	rest	20 min run	20 min run	rest	Rest/catch up
23rd week	15 min run	15 min run	rest	20 min run	30 min run	rest	Rest/catch up
24th week	15 min run	15 min run	rest	20 min run	30 min run	rest	Rest/catch up
25th week	15 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
26th week	15 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
27th week	20 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
28th week	20 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
29th week	15 min run	15 min run	rest	20 min run	35 min run	rest	Rest/catch up
30th week	15 min run	20 min run middle 5 @ 85%	rest	20 min run	30 min run	rest	Rest/catch up
31st week	15 min run	20 min run middle 5 @ 85%	rest	20 min run	30 min run	rest	Rest/catch up
32nd week	20 min run	20 min run middle 5 @ 85%	rest	20 min run	25 min run	rest	Rest/catch up
33rd week	20 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
34th week	20 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
35th week	25 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
36th week	25 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
37th week	20 min run	20 min run	rest	20 min run	40 min run	rest	Rest/catch up
38th week	20 min run	20 min run	rest	20 min run	40 min run	rest	Rest/catch up
39th week	20 min run	25 min run	rest	20 min run	40 min run	rest	Rest/catch up
40th week	20 min run	25 min run	rest	20 min run	45 min run	rest	Rest/catch up

Beginners fitness table – age, under 35

 $\label{lem:continuous} A \ stretching \ and \ strength \ regime \ using \ the \ strength \ tables \ should \ follow \ each \ run.$

week/day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
2nd week	7 min run	7 min run	rest	7 min run	7 min run	rest	Rest/catch up
3rd week	9 min run	9 min run	rest	9 min run	9 min run	rest	Rest/catch up
4th week	5 min run	5 min run	rest	5 min run	5 min run	rest	Rest/catch up
5th week	11 min run	11 min run	rest	11 min run	11 min run	rest	Rest/catch up
6th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
7th week	12 min run	12 min run	rest	12 min run	12 min run	rest	Rest/catch up
8th week	15 min run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
9th week	15 min 75% run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
10th week	15 min 75% run	15 min run	rest	15 min run	15 min run	rest	Rest/catch up
11th week	15 min run	15 min run	rest	20 min run	20 min run	rest	Rest/catch up
12th week	15 min run	15 min run	rest	20 min run	20 min run	rest	Rest/catch up
13th week	15 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
14th week	20 min run	20 min run	rest	20 min run	20 min run	rest	Rest/catch up
15th week	15 min run	15 min run	rest	20 min run	35 min run	rest	Rest/catch up
16th week	15 min run	20 min run	rest	20 min run	30 min run	rest	Rest/catch up
17th week	20 min run	20 min run	rest	20 min run	25 min run	rest	Rest/catch up
18th week	20 min run	25 min run	rest	20 min run	35 min run	rest	Rest/catch up
19th week	25 min run	20 min run	rest	20 min run	35 min run	rest	Rest/catch up
20th week	20 min run	20 min run	rest	20 min run	40 min run	rest	Rest/catch up

Strength

In order to start the training table, check how much you are doing usually. And not your maximum, be conservative, do not rush. If you have been doing one push up a month then do not start with ten push-ups on the table, start with one.

If you haven't practiced strength exercises for more than a month, just start at the beginning. Your aim should be gradual and maintainable practice rather than a short explosive career. Strength training is not an option, it's a necessity, and therefore you have to start gradually in order not to burden your body and soul. Literally, hundreds of our practitioners have checked these tables for more than fifteen years.

Priorities of the Strength Exercise - Most Important to Least Important

These requirements are AKBAN's minimum standard, but you will find that in some cases there is neither time nor energy to perform even the necessary minimum. Thus, assuming you have reached a reasonable level of training, this is the recommended priority, from the most important exercise to the also important, but not as much. If you have time for only one exercise do pull ups, if you have time for two exercises do pull ups and sit-ups, etc.

Running – at the very minimum run twice a week – according to our tables Technique – at the very minimum practice one technique a day

- 1. Pull-ups first priority
- 2. Sit-ups second priority
- 3. Push-ups on the fists third priority
- 4. Back arching fourth priority
- 5. Squatting, narrow posture, up and down fifth priority
- 6. Side sit-ups sixth priority
- 7. Round Push-ups seventh priority
- 8. Squatting, wide Posture, up and down eight priority

Pull-ups

Always do pull-ups in sets with the back of your hands facing you. This is the only exercise that will improve only if you repeat the number of chin ups again in the same session.

If you cannot do even a single pull-up, begin by holding on to the bar with both hands. Using your hands, hang from the bar for 2-3 seconds. In two weeks you can be hanging from the bar for about 20 seconds. Next, try to achieve at least one pull-up while twisting your body to assist the hands. Pull-ups is an exercise that depends on regular training. If you perform it almost every day, your progress will be fine.

Store-bought horizontal bars which have been installed at home have already caused some unpleasant injuries because of incorrect installation. If you use one of those, be sure to straighten your legs while pulling, that way, in case you fall, you will not injure your kneecaps.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
no. of repetitions	2	3	4	5	6	7	8	9	11	12	13	14	14	15

Over 30's

week	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
No. of pull-ups	Hang	1	1	1	2	2	2	2	3	3	3	4	4	5	5
no. of repetitions	3	2	2	3	2	3	4	4	5	5	5	5	5	5	5
week	15	16		17	18	19	20		21	22	23	24	25	26	27
No. of pull-ups	6	7		7	7	8	8		9	9	10	10	12	12	15
no. of repetitions	5	5		5	5	5	5		5	5	5	5	5	5	5

Wide, shallow squats

Assume Wide posture, feet about twice the width of the shoulders with a natural half turn of the feet, going up and down maintain an erect upper body posture.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
no. of repetitions	5	10	15	20	20	25	25	25	30	30	30	35	35	40

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of repetitions	5	5	10	15	15	20	20	25	25	25	25	25	30	30	30	30	35	35	35	40	40

Narrow squats

Keep a narrow posture, feet at the width of the shoulders. Descend to a full crouch and stand up again.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
no. of repetitions	5	7	10	10	15	15	15	20	20	20	25	25	25	30

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of repetitions	2	3	4	5	6	8	10	10	12	15	15	20	20	20	22	25	25	25	25	30	30

Sit ups

When doing sit-ups, do at least a third of them diagonally, reaching with your hand towards the opposite knee.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
No. of repetitions	20	30	40	50	60	70	80	90	100	110	120	130	140	150

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
No. of repetitions	20	30	35	40	50	55	60	70	75	80	90	95	100	110
week	15	16	17	18	19	20	21							
No. of repetitions	110	120	130	135	140	150	150							

Side sit ups

From lying on the side of the body, go up halfway. Repetitions are for each side.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
no. of	10	10	12	12	14	14	16	16	18	18	20	25	30	30	35	35	35	40	40	45	50
repetitions																					

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of	10	10	15	15	20	20	25	25	30	30	35	35	35	35	40	40	45	45	45	45	50
repetitions																					

Back arches

Back arching, from a prone position (lying on your belly), with the arms spread to the sides and the back arched, face looking forward.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
no. of repetitions	10	10	15	20	25	30	35	40	40	40	45	45	50	50

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of	10	10	15	15	20	20	25	30	30	35	40	40	40	40	45	45	45	45	50	50	50
repetitions																					

Push-ups, using fists

Push-ups are a much hated exercise because they stress not only the arm and chest muscles, but also the straight and diagonal abdominal muscles. The intra-abdominal pressure goes up considerably during this exercise, which necessitates contraction of the sphincters in the floor of the pelvis. In a similar exercise in a gym, the practitioners lie on their back and are given a bar to be pushed up. The gym exercise is easier (naturally depending on the weight), because the internal abdominal muscles and sphincters are not under as much stress. For this reason we prefer regular push-ups and, later in advanced levels, regular push-ups with a weight on the back.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
No. of repetitions	5	7	10	15	20	25	30	35	35	35	40	45	50	55

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of repetitions	3	3	4	4	5	5	7	10	14	20	21	25	30	35	35	40	45	45	45	50	55

Round push-ups

For veteran practitioners: A third done on folded fingers, a third on the fists, a third on spread fingers.

Under 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
no. of repetitions	5	10	10	15	15	20	20	25	30	35	35	40	45	50

Over 30's

week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
No. of	5	5	15	15	15	20	20	20	20	20	25	25	30	35	35	35	40	40	45	45	50
repetitions																					