

## Fitness

This fitness schedule is taken almost entirely from [www.akban.org](http://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 previous 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 previous 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 than 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	rest	15 min run	15 min run	rest	Rest/catch up
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

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



## 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 repetitions	10	10	12	12	14	14	16	16	18	18	20	25	30	30	35	35	35	40	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 repetitions	10	10	15	15	20	20	25	25	30	30	35	35	35	35	40	40	45	45	45	45	50

## 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 repetitions	10	10	15	15	20	20	25	30	30	35	40	40	40	40	45	45	45	45	50	50	50

## 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 repetitions	5	5	15	15	15	20	20	20	20	20	25	25	30	35	35	35	40	40	45	45	50