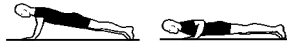


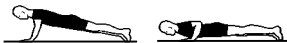


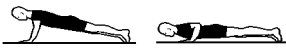




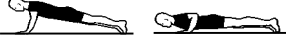

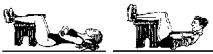
Guide to the Preparation for the Physical Achievement Test (*TAP-ENPQ*)

	Cardiorespiratory Fitness	Muscular Fitness
1st stage	<u>3-KM FLAT COURSE</u>	
	<p>Men: Run at a speed of 6 min./km Total time: 18 minutes</p> <p>Women: Run at a speed of 7 min./km Total time: 21 minutes</p>	<p>3 x 20 <i>push-ups</i> </p> <p>3 x 20 <i>burpees</i> </p> <p>3 x 20 <i>crunches</i> </p>
	<i>Repeat twice a week</i>	
	<u>2-KM FLAT COURSE</u>	
<p>Men: Run at a speed of 5 min./km Total time: 10 minutes</p> <p>Women: Run at a speed of 6 min./km Total time: 12 minutes</p>	<p>Weight training for the muscles of the:</p> <ul style="list-style-type: none"> • Arms (ex. arm curls); • Chest (ex. bench press); • Back (ex. lateral pull downs); • Legs (ex. leg press). 	
<i>Repeat twice a week</i>	<i>Repeat three times a week</i>	
2nd stage	<u>5-KM FLAT COURSE</u>	
	<p>Men: Run at a speed of 5 – 5.5 min./km Total time: 25 to 27.5 minutes</p> <p>Women: Run at a speed of 6 – 6.5 min./km Total time: 30 to 32.5 minutes</p>	<p>4 x 20 <i>push-ups</i> </p> <p>4 x 20 <i>burpees</i> </p> <p>4 x 20 <i>crunches</i> </p>
	<i>Repeat twice a week</i>	
	<u>3-KM FLAT COURSE</u>	
<p>Men: Run at a speed of 5 min./km Total time: 15 minutes</p> <p>Women: Run at a speed of 6 min./km Total time: 18 minutes</p>	<p>Weight training for the muscles of the:</p> <ul style="list-style-type: none"> • Arms (ex. chin-ups/dips); • Chest (ex. butterfly); • Back (ex. seated pulley row); • Legs (ex. leg curls, leg extensions). 	
<i>Repeat twice a week</i>	<i>Repeat three times a week</i>	

3rd stage

Cardiorespiratory Fitness	Muscular Fitness
<p><u>5-KM FLAT COURSE</u></p> <p>Men: Run at a speed of 5 min./km Total time: 25 minutes</p> <p>Women: Run at a speed of 6 min./km Total time: 30 minutes</p>	<p>4 x 20 <i>push-ups</i> </p> <p>4 x 20 <i>burpees</i> </p> <p>4 x 20 <i>crunches</i> </p>
<i>Repeat twice a week</i>	
Do an interval <i>training workout</i>	
Run 1 km (jogging) and then continue with the following workout (in intervals):	
Sprint 100%	Walk quickly
4 x 15 s. 3 x 30 s. 3 x 45 s. 1 x 60 s.	45 s. between sprints 90 s. between sprints 135 s. between sprints 180 s. between sprints
<i>Repeat twice a week</i>	
Weight training for the muscles of the:	
<ul style="list-style-type: none"> • Arms (ex. chin-ups/dips); • Chest (ex. butterfly); • Back (ex. seated pulley row); • Legs (ex. leg curls, leg extensions). 	
<i>Repeat three times a week</i>	

Last stage

<p><u>3-KM FLAT COURSE</u></p> <p>Men: Run under 5 min./km Total time: under 15 minutes</p> <p>Women: Run under 6 min./km Total time: under 18 minutes</p>	<p>5 x 20 <i>push-ups</i> </p> <p>5 x 20 <i>burpees</i> </p> <p>5 x 20 <i>crunches</i> </p>
<i>Repeat twice a week</i>	
Weight training for the muscles of the:	
<ul style="list-style-type: none"> • Arms (ex. : chin-ups/dips); • Chest (ex. : butterfly); • Back (ex. : seated pulley row); • Legs (ex. : leg curls, leg extensions). 	
<i>Repeat three times a week</i>	

Note:

Make sure you warm up properly before each workout in order to increase your body temperature (ex. stationary bicycle 10 min.) and the range of motion of your joints (ex. stretching).