

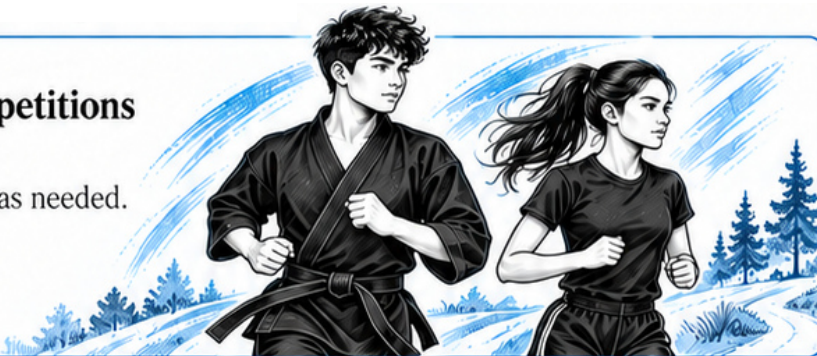


PREPARATION PLAN

*For Recommended Black Belts and above
Build consistency. Track your progress.*

Build your stamina, improve your repetitions and arrive ready to perform.

Progress at your current ability; repeat a week as needed.



Your assessment includes a 1-mile run, untimed push-ups and untimed sit-ups. You must score at least 70% in EACH category. Scores are not averaged.

Score	1-mile time	Push-ups	Sit-ups
70% minimum	14:00	15	55
80%	12:00	20	65
90%	10:00	25	75
100%	8:00	30	85

Run times are maximums. Repetition counts are minimums.

Set your starting point

Student: _____

Start date: _____

Assessment date: _____

My starting baseline:

Mile: _____ Push-ups: _____ Sit-ups: _____

Record your starting results using consistent technique, counting, and rests for each check.

Practice repetitions per set:

Push-ups: _____ Sit-ups: _____

My practice variation: _____

Choose repetitions you can repeat with good technique, finishing with about two or three good repetitions still available. Record modified practice separately from assessment repetitions.



Make room for recovery

Plan three spaced sessions:

- ☐ **A:** Run plus repetition practice.
- ☐ **B:** Run only.
- ☐ **C:** Run plus repetition practice.

Leave at least one day between sessions. Count Studio classes and other sports toward your workload. Choose a shorter session or recovery day after demanding training. Young students should have one or two days each week away from sport-specific training.

Warm up with five minutes of walking and gentle movement. Finish with five minutes of easy walking. "Easy" means you can speak in sentences.

Young students need adult supervision. Stop for pain, dizziness or unusual breathlessness and tell a parent or trusted adult.



12-WEEK PREPARATION PLAN

WEEKS 1-6

*Build your base
Build consistency. Track your progress.*



Choose the running column that matches your current fitness. Run/walk builds continuous running time. Choose continuous practice when you can jog comfortably for 12 minutes. Repeat a week to build a steady foundation.

Week	Run/walk practice	Continuous practice	Track your week
1	6 ×: run 1 min, walk 1 min	12 min easy	☐ A ☐ B ☐ C ☐ R
2	7 ×: run 1 min, walk 1 min	14 min easy	☐ A ☐ B ☐ C ☐ R
3	5 ×: run 2 min, walk 1 min	16 min easy	☐ A ☐ B ☐ C ☐ R
4	Repeat Week 3	16 min easy	☐ A ☐ B ☐ C ☐ R
5	6 ×: run 2 min, walk 1 min	18 min easy	☐ A ☐ B ☐ C ☐ R
6	Repeat Week 5 for A and C	12 min easy for A and C	☐ A ☐ Check ☐ C ☐ R

A, B and C: Complete your chosen run, except the Week 6 checkpoint. Warm-up and cool-down are additional.
R: Planned recovery days kept.

Push-ups and sit-ups

On A and C, complete two sets of each exercise using your recorded practice repetitions. Rest one to two minutes between sets, taking extra recovery time as needed.

Weeks 1–2: Learn the rhythm and hold your starting repetitions.

Weeks 3 and 5:

When both prior sessions feel controlled, add one push-up and two sit-ups per set. Keep strong technique and a few good repetitions in reserve.



Week 6 checkpoint

A: One easy set of each exercise.

B: Record your mile time and untimed repetitions.

C: Easy run only.

Mile: _____

Push-ups: _____

Sit-ups: _____

Next practice repetitions:

Push-ups: _____

Sit-ups: _____

WEEKS 7-12

Build assessment confidence
Build consistency. Track your progress.



Continue your ability-based running option. Use your updated practice repetitions. Regular sessions stay controlled.

Week	Run/walk for A and C	Continuous for A and C	Track your week
7	5 ×: run 3 min, walk 1 min	18 min easy	☐ A ☐ B ☐ C ☐ R
8	4 ×: run 4 min, walk 1 min	20 min easy	☐ A ☐ B ☐ C ☐ R
9	3 ×: run 6 min, walk 1 min	20 min easy	☐ A ☐ B ☐ C ☐ R
10	Repeat Week 9	12 min easy	☐ A ☐ Check ☐ C ☐ R
11	2 ×: run 8 min, walk 1 min	15 min easy	☐ A ☐ B ☐ C ☐ R
12	One 8–10 min easy session	One 8–10 min easy session	☐ Easy ☐ Recovery ☐ Assessment

SESSION B

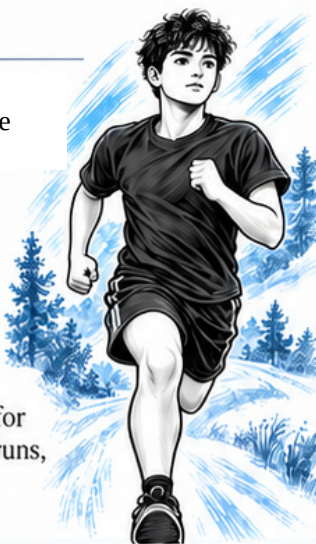
Run/walk students repeat A. Continuous runners can choose the pace practice below.

Weeks 7–8: Four 1-minute runs at chosen mile pace.

Week 9: Three 2-minute runs at chosen mile pace.

Week 11: Three 1-minute runs at chosen mile pace.

Between efforts, walk or jog easily for two minutes. These are controlled runs, not sprints.



REPETITION PRACTICE

Continue two sets on A and C. Build on comfortable sessions, or maintain repetitions when you reach your goal.

To practice a longer set, move repetitions from your second set to your first while keeping the same total. Keep a few strong repetitions in reserve.

Week 10 follows the Week 6 checkpoint schedule.

Mile: _____ Push-ups: _____

Sit-ups: _____



FINISH FRESH

Week 11: Hold repetitions.

Week 12: One easy set of each exercise early in the week. Plan Studio classes and training to keep the final 48 hours free of hard conditioning.



READINESS REVIEW

☐ Mile ☐ Push-ups ☐ Sit-ups

Minimum 70% in every category.

