



IPPT Training Guidelines



PUSH UPS

- **Start with the correct form.** This is essential for avoiding injury. Make sure core is engaged and elbows are at a **45-degree angle**.
- **Progress with different variations.** Regress/Progress to more different variations such as incline push-ups, knee push ups and regular push ups.



- **Do speed training.** This challenge yourself to do more push-ups in a set. Start with a set of 20s, do as many push ups as possible in a targeted time (e.g., 20 reps) and increase the duration progressively. (Use different variations based on individual fitness)

E.g. Timed Set (using 30 reps in 60s as example, adjust repetition according based on progression)

Time	20s	30s	40s	50s	60s
Repetitions	10	15	20	25	30



SIT UPS

- **Start with the correct form.** Make that knees are bent at 90 degree, core is engaged, and both hands are cupped behind your ears.
- **Train with different variations.** Sit ups can be improved by training a combination of different variations such as upper abs crunches, isometric hold and lower abs crunches. You should be able to do more sit ups as your abdominal muscles get stronger.



- **Do speed training.** This challenge yourself to do more sit ups in a set. Start with a set of 20s, do as many sit ups (10 reps every 2 secs) as possible in a targeted time and increase the duration progressively.

E.g. Timed Set (using 30 reps in 60s as example, adjust repetition according based on progression)

Time	20s	30s	40s	50s	60s
Repetitions	10	15	20	25	30



Understanding 2.4km Run

- Safety Reminders
- Energy Systems
- Pacing
- Training phases
- Phase 1 (Base Conditioning)
- Phase 2 (Speed Work)
- Phase 3 (Tapering)



Safety Reminders

Adjust it based on your fitness level and goals. Listen to your body and take rest days when needed. And most importantly, have fun!

Here are some additional tips for training for a 2.4km run:

- Warm up before each run with dynamic stretches and cool down with static stretches.
- Pace yourself and don't try to go too fast too soon.
- Breathe deeply and evenly.
- Drink plenty of fluids (4-7L/ days) and eat a healthy diet.
- Get sufficient sleep (7hrs of uninterrupted rest).
- Cross-train with other activities, such as swimming or biking.
- Set realistic goals and track your progress.
- Plan your training time according to the IPPT test timing (e.g. 7pm).

With hard work and dedication, you can reach your goal of running 2.4km **safely**



Energy Systems

The 2.4km run taps into 2 main energy systems

- **Aerobic system (Primary):**
 - *uses oxygen to break down carbohydrates and fats to create energy.*
 - *is slow to start up but is sustainable for prolonged running.*
- **Anaerobic system (Secondary):**
 - *uses stored energy without oxygen.*
 - *provides burst of energy for short duration before producing lactic acid, which causes muscle fatigue.*

Relative contribution of each energy system to a 2.4km run:

Energy System	Contribution
Aerobic	70-80%
Anaerobic	20-30%



PACING

There are several benefits to even pacing during a 2.4km run. These include:

- **Reduced risk of injury.**
Lesser stress on muscles and joints. This can help to prevent injuries such as shin splints, stress fractures, and muscle cramps.
- **Improved performance.**
Able to maintain speed for longer periods of time.
- **Improved endurance.** Builds endurance and ability to run for longer periods of time without getting tired. This is an important skill for any runner, regardless of their goal race distance.

Pace-Zone Training (using 10mins for 2.4km as example)

Distance	100m	400m	800m	1.2km	1.6km	2.0km	2.4km
Target Time	25s	1:40s	3:20s	5min	6:40s	8:20s	10min



Training Phases

Generally, there are 3 phases of 2.4km training:

Phase 1: Base Conditioning (Aerobic System)

The goal is to build aerobic fitness and endurance by doing easy runs at a conversational pace.

Tips: Incorporate some cross-training as active recovery, such as swimming or biking, to help prevent injuries.

Phase 2: Speed Work (Anaerobic & Aerobic System)

With a good base of aerobic fitness, speed work improve running economy to effectively utilise oxygen. Some common speed work workouts include interval training, tempo runs, and fartleks.

Phase 3: Taper

Tapering allows the body to rest and for muscles to recover. Gradually reduce the amount of running during this phase.



Phase 1(Base Conditioning)

Week/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Push up/ Sit ups
1	Rest	15mins easy run	Rest	15mins easy run	Rest	Cross-training	Rest	20s each before runs
2	Rest	15mins easy run	Rest	15mins easy run	Rest	Cross-training	Rest	
3	Rest	20mins easy run	Rest	Fartlek 4 x (60:120)	Rest	Cross-training	Rest	30s each before runs
4	Rest	20mins easy run	Rest	Fartlek 5 x (60:120)	Rest	Cross-training	Rest	

- **Easy Run:**
 - Done at conversational pace
 - Heartrate zone 2-3/ 60% - 80% effort
- **Fartlek:**
 - 60s fast running (90% effort): 120s recovery (Walk/ jog)
 - 170 - 180 steps/min
 - adjust running/ recovery during according to into individual fitness
- **Cross-Training:**
 - Swimming/ Cycling/ Strength Training/ Sports etc.

Target zone	Intensity % of HR _{max} : bpm	Example duration	Training benefit
5 MAXIMUM	90–100% 171–190 bpm	Less than 5 minutes	Benefits: Increases maximum sprint race speed Feels like: Very exhausting for breathing and muscles Recommended for: Very fit persons with athletic training background
4 HARD	80–90% 152–171 bpm	2–10 minutes	Benefits: Increases maximum performance capacity Feels like: Muscular fatigue and heavy breathing Recommended for: Fit users and for short exercises
3 MODERATE	70–80% 133–152 bpm	10–40 minutes	Benefits: Improves aerobic fitness Feels like: Light muscular fatigue, easy breathing, moderate sweating Recommended for: Everybody for typical, moderately long exercises
2 LIGHT	60–70% 114–133 bpm	40–80 minutes	Benefits: Improves basic endurance and helps recovery Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
1 VERY LIGHT	50–60% 104–114 bpm	20–40 minutes	Benefits: Improves overall health and metabolism, helps recovery Feels like: Very easy for breathing and muscles Recommended for: Basic training for novice exercisers, weight management and active recovery

HR_{max} = Maximum heart rate (220-age). Example: 30 years old, 220-30 = 190 bpm (beats per minute).



Phase 2 (Speed Work)

Week/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Push up/ Sit ups
1	Rest	20mins easy run	Rest	Fartlek 6 x (60:120)	Rest	10mins Tempo	Rest	40s each before runs
2	Rest	25mins easy run	Rest	4 x 400m Interval	Rest	12mins Tempo	Rest	
3	Rest	25mins easy run	Rest	6 x 400m Interval	Rest	14mins Tempo	Rest	50s each before runs
4	Rest	25mins easy run	Rest	4 x 600m Interval	Rest	16mins Tempo	Rest	

- **Interval:**
 - Run at goal pace
 - Heartrate zone 4-5 (>90% effort)
 - 1 min Recovery
- **Tempo:**
 - Heartrate zone 4/ 80% effort continuous running

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Phase 3 (Tapering)

Week/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Push up/ Sit ups
1	Rest	30mins easy run	Rest	3 x 800m Interval	Rest	Active Recovery	Rest	60s each before runs
2	Rest	30mins easy run	Rest	2 x 1200m Interval	Rest	Active Recovery	Rest	
3	Rest	25mins easy run	Rest	2.4km Trial	Rest	Active Recovery	Rest	60s each before runs
4	Rest	20mins easy run	Rest	10mins Tempo Run	Rest	Active Recovery	Rest	

- **Interval:**
 - Run at goal pace
 - Heartrate zone 4-5 (>90% effort)
 - 1 min Recovery
- **Tempo:**
 - Heartrate zone 4/ 80% effort continuous running

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TRAIN SMART PASS SAFELY



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