

MEMORANDUM FOR RACE TO RESPOND TEAMS

SUBJECT: TRAINING REQUIRED FOR EMERGENCY DEPLOYMENT

DATE: NOVEMBER 2018

1. WHEN YOUR TEAM DEPLOYS ON 6 JULY 2019 YOU WILL BE FACED WITH A RACE AGAINST THE CLOCK TO DELIVER AID TO COMMUNITIES IN NEED ACROSS A 10KM COURSE. WE WILL NEED YOUR TEAM IN TOP PHYSICAL FORM IN ORDER TO ENSURE THAT YOU ARE ABLE TO HAUL AID FAST AND REACH COMMUNITIES IN NEED.
2. PAGE 2 OF 3 OVERLEAF PROVIDES YOU WITH A STARTING POINT TO REACH A BASIC LEVEL OF FITNESS BEFORE DEPLOYMENT. YOU CAN BASE YOUR TRAINING ON THIS OR ANY OTHER GUIDE WHICH WILL HELP YOU TO COVER THE 10KM MINIMUM DISTANCE.
3. PAGE 3 OF 3 PROVIDES YOU WITH OUR RACE TO RESPOND WORK OUT; A NUMBER OF EXERCISES TO UNDERTAKE EACH WEEK LEADING UP TO DEPLOYMENT. COMPLETING THESE EXERCISES WILL HELP YOU TO RESPOND ON THE DAY. PLEASE NOT THAT THESE ARE ONLY SUGGESTED EXERCISES, SHOULD YOU WISH TO INTENSIFY YOUR CORE-STRENGTH TRAINING AT THE GYM WE ENCOURAGE YOU TO DO SO.

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MON	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUES	RUN 15 MINS, WALK 1-2 MINS, RUN 15 MINS	RUN 18 MINS, WALK 1-3 MINS, RUN 18 MINS	RUN 30 MINS NON-STOP	RUN 30 MINS NON-STOP	RUN 30 MINS NON-STOP	RUN 45 MINS NON-STOP
WED	RACE TO RESPOND WORK OUT DAY	RACE TO RESPOND WORK OUT DAY	RACE TO RESPOND WORK OUT DAY	RACE TO RESPOND WORK OUT DAY	RACE TO RESPOND WORK OUT DAY	RACE TO RESPOND WORK OUT DAY
THURS	RUN 15 MINS, WALK 1-2 MINS, RUN 15 MINS	RUN 18 MINS, WALK 1-2 MINS, RUN 18 MINS	RUN 30 MINS NON-STOP	RUN 40 MINS NON-STOP	RUN 40 MINS NON-STOP	RUN 45 MINS NON-STOP
FRI	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SAT	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SUN	RUN 2 MILES (3KM) NON-STOP	RUN 3 MILES (5KM) NON-STOP	RUN 3 MILES (5KM) NON-STOP	RUN 4 MILES (6KM) NON-STOP	RUN 50 MINS NON-STOP	RUN 6 MILES (10KM) NON-STOP

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SUBJECT: RACE TO RESPOND WORK OUT

DATE: NOVEMBER 2018

AIM TO SPEND 20 SECONDS ON EACH EXERCISE, WITH A 5-10 SECOND RECOVERY INBETWEEN. REPEAT 3 TIMES BEFORE MOVING TO THE NEXT EXERCISE. WHEN YOU'RE READY, YOU CAN INCREASE THIS TO 30 SECONDS, AND THEN 45 SECONDS.

1. **SIDE PLANK** - MAKE A RIGHT ANGLE WITH YOUR SUPPORTING ARM, YOUR FEET TOGETHER AND YOUR STOMACH PULLED IN. RISE UP, MAKING SURE YOU SQUEEZE YOUR MUSCLES IN YOUR POSTERIOR. HOLD IT FOR 20-45 SECONDS. **TAKE IT TO THE NEXT LEVEL:** LIFT YOUR ARMS IN THE AIR, KEEP YOUR SIDE REALLY STRONG, AND DON'T LET YOUR MIDDLE SAG.
2. **MOUNTAIN CLIMBER** - THIS TOUGH EXERCISE IS A GREAT ALL-ROUNDER TO GET YOU READY FOR THE OBSTACLES YOU'LL FACE IN THE FIELD. START WITH YOUR HANDS ON THE FLOOR, JUST OVER A SHOULDER WIDTH APART. KEEP A STRAIGHT BACK AND PULL YOUR STOMACH IN. PUSH ALTERNATE KNEES ROUND TOWARDS THE BACK OF YOUR ELBOW. FOCUS ON ACHIEVING A WIDE RANGE OF MOVEMENT AND CONTROL.
3. **RUSSIAN TWIST** - START IN A SITTING POSITION LEANING BACK WITH YOUR STOMACH PULLED IN AND YOUR HEELS ON THE GROUND WITH KNEES BENT. TWIST, PUSHING YOUR ARMS TO ALTERNATE SIDES OF YOUR BODY AND IDEALLY TOUCHING THE FLOOR AS YOU REACH. **TAKE IT TO THE NEXT LEVEL:** HOLD A WEIGHT OR BOTTLE OF WATER IN EACH HAND TO INCREASE THE CHALLENGE AS YOU GET STRONGER.
4. **SHOULDER PRESS** - STAND WITH YOUR FEET SHOULDER WIDTH APART, SLIGHTLY BENT KNEES AND YOUR ARMS BY YOUR SIDES. KEEP YOUR BACK STRAIGHT AND PUSH BOTH ARMS UP AND OVER YOUR HEAD, STRETCHING SO THAT THEY MEET AT THE TOP. LOWER THEM IN A CONTROLLED WAY, KEEPING TO A STEADY RHYTHM, AND KEEPING YOUR HEAD UP AND LOOKING FORWARD. REPEAT AS MANY TIMES AS YOU CAN IN 30 SECONDS.

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