



THE
KULUIN SCHOOL

**The Kuluin School
Sunshine Coast, Queensland
Australia**

Written by Tony Doherty
Physical Education Teacher
March 28, 2003.

Physical Fitness Program For Starters

The aim of this program is to start to improve an individual's fitness level. If you have any concerns regarding your health, podiatry problems, heart or medical condition, weight concerns you should see your doctor for a medical clearance so that you can participate in a suitable exercise program. This program is designed to do 3 days on and have a rest day so you are actively engaging in regular physical activity. Start off slowly and build it up over the time. It is a gradual program increasing in time and effort.

Hopefully this will give you a starting base and you can build it up to suit your own needs. If you have any doubts see your doctor or see a personal fitness trainer. A doctor may recommend you to do certain activities due to cater for your personal individual needs or conditions.

If you are already doing some physical activity you could find out what your approximate level is and start from there. If it is too easy or too hard you will need to adjust accordingly. Some individual outcomes could be to start and plan activities that suit your interests or where you live. For instance, I live on the Sunshine Coast Queensland so the range of activities can include the beach and recreation activities or opportunities that exist in the local area.

If you live in a rural town or setting use the local area for example canoeing, rowing, horse riding, golf, mountain biking, paddling a kayak in a river etc.

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Sessions to help you get started.

The hardest part will be getting to Week Six and keeping motivated but after six weeks of this you will be feeling great. Good Luck.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15min walk	15min cycle	Rest Day	Pool session 1	Walk 20min	Ride 20min	Rest day Massage
2	Swim session 2	Beach /forest walk	Cycle 20 mins	Rest Day	Swim session 3	Walk 25 mins	Cycle 30 mins
3	Rest day	Walk 30 mins	Cycle 30 mins	Swim sessions 4	Rest day	Walk 40 mins	Ride 35 mins
4	Swim session 1	Rest day	Walk 35 mins	Cycle 30 mins	Pool session 2	Rest Day	Walk 40 mins beach/bush
5	Cycle 40 mins	Swim session 3	Rest day	Walk 40 mins	Cycle 40 mins	Swim session 4	Rest Day
6	Walk 40 mins	Cycle 30 mins	Pool session #5	Rest Day massage	Walk 40 mins	Cycle 30 mins	Swim session #1
7	Rest day	50 mins walk/ jog 1mins	50 mins cycle	Swim session #2	Rest day	35 mins cycle	50-60 mins walk/ jog for 1.5min
8	Swim session #4	Rest Day	Walk 30 mins	Cycle 30mins	Swim # 5	Rest Day	Jog 1-2mins and walk for 5 mins X 7
9	Cycle 40 mins	Swim session # 1	Rest Day	Walk 40 mins walk 4mins jog 2mins	Cycle 40 mins	Swim session # 2	Rest day
10.	Select some activities from below for variety	Or continue with activities	Or make your own varied program	Go to a gym for weight training	Variety is the spice of life	Try something different	
11.	60 mins walk	60 mins cycle	Swim session rest day	Rest day	40mins walk	40mins cycle	Swim session #6

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Sport options:

Little Athletics/ Cross country running/ tennis/ surfing/ body /sailing/surfing/boarding/paddling/outrigger canoeing/ swim club/ dance club/ aerobics workouts/ team sport/ indoor volleyball/netball/soccer/cricket/golf/gym session/ triathlon/ fun runs/walkathons/surf clubs/ softball/cricket/football club/ netball club/basketball club/ walking club/race walking/ cross country running/ joggers groups/ rock walking eg Mount Coolum, Mt. Cootha/ Glasshouse Mountains/ beach walks along esplanade at Mooloolaba, Maroochydore/ Cotton Tree/ Maroochy River. Local areas will determine where you can train etc.

Keep the heart rate up and water levels up and you'll find more energy/ greater fitness level and you may start to lose some kg's from being active. Looking at your diet and types of food you eat may assist. A well balanced diet/ water/ a medical check and you are on your way to a better lifestyle.

Remember gentle stretching before you start, maybe during activity and always take water before, during and after exercise. A water bottle would be suitable for all sessions.

Walking/jogging sessions

These sessions can be added to spice your training up by walking for 5 mins and jogging for 1 minute. Walk 4 mins jog for 1 minute. Walk for 5 mins jog for 1:30mins or Walk for 4 mins jog for 1:30 mins, Also jogging for 2 mins and walking for 5 mins are some variations. You can make them challenging to suit your needs. Jog for 3 mins and walk for 5 mins etc. etc.

Swimming /pool sessions

#1 walk 8 x 25 mins walking laps in the pool.
6x 15 metres swim and walk 10 metres to end of pool. Or 6x 25m swimming
Use a kick board kick 4 x 25m laps of the pool. Freestyle/ breast/ back-stroke kick pick your own stroke.
Warm down do some easy laps/ may be go the 50m pool.

#2 do a water aerobics session in a group for 30 mins
warm down jog 4 x 25m in the pool and a swim for enjoyment
jog 4x 25 m laps of the pool.(increase to 6 or 8 over time)

#3 walk 10 laps of 25m pool
8 x 15 metres swim and walk to end of pool
Kickboard 6 X 25m laps of pool with flippers or without flippers
Swim 6 slow laps of the pool at your own pace. (With flippers /or without flippers)
Jog 4-6 X 25 metre laps in the pool.

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Have a relaxing floating and swimming session.

#4 Kicking 4 x 50m with flippers and kick board nice and slowly This may be done in a 25 metre pool. ***(Could be 4x 25m if you are not a strong swimmer)**

2 x 50m freestyle kicking without flippers but with kick board.*

2x 50m backstroke kick with board and flippers.*

2x 50m backstroke kick with board and without flippers.*

Have a relaxing swim with breaststroke. *

Maybe use a pool clock to see how you are going. Do some repetitions when you get fitter and stronger.

#5 Lap swimming session (Choose either #1, #2, #3 or #4) as a warm up and the do an aerobics session and water aerobics session together.

#6 slow endurance swimming starting at 250m 1st week ,2nd week 400m, 3rd session 500m, 4th session 600m , 5th session 700m . You can work easy or harder as time goes by.

Running or jogging sessions

When your fitness level increases you may like to start jogging instead of walking. The fitter you become the easier you'll find it and you may want to run longer than walk.

Cycling Please check your bicycle for safety.

Maintain your bike regularly and *wear a helmet and shoes.*

Individual safety is paramount to this program so have a think about what you are doing and make sure you have the right gear to exercise.

Ride/ walk/swim and exercise safely.

If time is against you and you can't do a 50 mins session it is better to do a 30 mins session than not at all. Feel free to change activities to suit your lifestyle and if you miss a session due to other commitment or sickness it is not the end of the world. If you make a conscious decision to give it a go you are making a positive choice that will benefit you.

I am aiming to get kids at school active and hopefully this will assist. I am trialing this with some 10-13 year olds at school to help them improve their personal fitness level. If you want to provide any feedback please e-mail me at adohe12@eq.edu.au

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Good luck and I hope that this may assist you in improving an individual's fitness or gets your child to become physically active and improve their fitness and energy level. You will receive the benefits from doing regular physical activity. I hope that is a challenging and rewarding experience for you. The program is for parents as well as children and it could be a family exercise program to get everyone active and healthy.

Best Wishes

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N.B. You are most welcome to use this program as a guide.

Education Queensland and the author are not responsible for any accident or injury sustained while doing part or whole of this program.