

Academy Week	Exercise	Minimum Time/Pace Modified Health Standard	Weekly Target Progression	Target Number of Days per Week
One	1.5 Mile Run	16:30 11:00/mile	16:30 11:00/mile	1-5
Two	1.5 Mile Run	16:30 11:00/mile	16:23 10:55/mile	1-5
Three	1.5 Mile Run	16:30 11:00/mile	16:16 10:50/mile	1-5
Four	1.5 Mile Run	16:30 11:00/mile	16:08 10:45/mile	1-5
Five	1.5 Mile Run	16:30 11:00/mile	16:00 10:40/mile	1-5
Six	1.5 Mile Run	16:30 11:00/mile	15:53 10:35/mile	1-5
Seven	1.5 Mile Run	16:30 11:00/mile	15:45 10:30/mile	1-5
Eight	1.5 Mile Run	15:45 10:30/mile	15:45 10:30/mile	1-5
Nine	1.5 Mile Run	15:45 10:30/mile	15:38 10:25/mile	1-5
Ten	1.5 Mile Run	15:45 10:30/mile	15:30 10:20/mile	1-5
Eleven	1.5 Mile Run	15:45 10:30/mile	15:23 10:15/mile	1-5
Twelve	1.5 Mile Run	15:45 10:30/mile	15:16 10:10/mile	1-5
Thirteen	1.5 Mile Run	15:45 10:30/mile	15:08 10:05/mile	1-5
Fourteen	1.5 Mile Run	15:45 10:30/mile	15:00 10:00/mile	1-5
Fifteen	1.5 Mile Run	15:00 10:00/mile	15:00 10:00/mile	1-5
Sixteen	1.5 Mile Run	15:00 10:00/mile	14:53 9:55/mile	1-5
Seventeen	1.5 Mile Run	15:00 10:00/mile	14:45 9:50/mile	1-5
Eighteen	1.5 Mile Run	15:00 10:00/mile	14:38 9:45/mile	1-5
Nineteen	1.5 Mile Run	15:00 10:00/mile	14:31 9:40/mile	1-5
Twenty	1.5 Mile Run	15:00 10:00/mile	14:23 9:35/mile	1-5
Twenty +	1.5 Mile Run	15:00 10:00/mile	14:15 9:30/mile	1-5