



SSC GD &



UP POLICE

30 DAYS



PHYSICAL STRATEGY

RUNNING SCHEDULE COMPLETE EXERCISE



24-06-2026

08:00PM



Running Schedule

PST

Male

Female.

Height

170 CM.

157 CM

Chest

80–85 CM

PET.

Male.

Female.

Running

5 Meter

1600 Meter.

Time

24 Minute

8.30 Sec



Day	Male	Timming	Female	Timming
Day-1	1600 Meter	12 min	1600 Meter	14 min
Day-2	2400 Meter	18 min	2400 Meter	21 min
Day-3	2800 Meter	21 min	2800 Meter	23 min
Day-4	3200 Meter	24 min	3200 Meter	26 min
Day-5	3600 Meter	27 min	3600 Meter	30 min
Day-6	5 Km.	36 min	5 Km.	40 min
Day-7	Sunday Rest		Sunday Rest	
Day-8	Monday Running Mock		Monday Running Mock	
Day-9	2000 Meter	15 min	2000 Meter	18 min



Day	Male	Timming	Female	Timming
Day-10	400 Meter	3 min	400 Meter	3.30 min
2400 M.	400 Meter	3 min	400 Meter	3.30 min
	400 Meter	2.30 min	400 Meter	3 min
	400 Meter	2.15 min	400 Meter	2.45 min
	400 Meter	2 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.30 min

Day – 11: 2000-meter Slow Running



Day	Male (3600)	Timming	Female (2400)	Timming
Day-12	400 Meter	3 min	400 Meter	3.30 min
	400 Meter	2.45 min	400 Meter	3.15 min
	400 Meter	2.30 min	400 Meter	3 min
	400 Meter	2.15 min	400 Meter	2.45 min
	400 Meter	2 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	2 min		



Day-13 : 5km Meter 36min 40min.

Day-14 : Sunday Rest

Day-15 : Monday Complete Physical Mock

Day-16 : 2800-meter Slow Running



Day	Male (4400)	Timming	Female (2400)	Timming
Day-17	400 Meter	3 min	400 Meter	3.30 min
	400 Meter	2.30 min	400 Meter	3 min
	400 Meter	2.15 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		

Day-18 : 2400-meter Slow Running



Day	Male (4800)	Timming	Female (2800)	Timming
Day-19	400 Meter	3 min	400 Meter	3.30 min
	400 Meter	2.30 min	400 Meter	3 min
	400 Meter	2.15 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	2.00 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		



Day-20 : 5KM Slow Running

Day-21 : Sunday Rest

Day-22 : Monday Complete Mock

Day-23 : 2000-meter slow Running



Day	Male (4800)	Timming	Female (2800)	Timming
Day-24	400 Meter	3 min	400 Meter	3.30 min
	400 Meter	2.30 min	400 Meter	3 min
	400 Meter	2.15 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	2.00 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		

Day-25 : 2400-meter slow Running



Day	Male (5000)	Timming	Female (2400)	Timming
Day-26	400 Meter	2 min	400 Meter	3 min
	400 Meter	2 min	400 Meter	2.30 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2.15 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min	400 Meter	2 min
	400 Meter	2 min		
	400 Meter	2 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		
	400 Meter	1.45 min		
	200 Meter	1 min		



Day-27 : **1600 Meter Slow Running**

Day-28 : **Sunday Rest**

Day-29 : **Monday Complete Mock**



