

Haryana Police Physical Exam 7-Day Running & Stretching Plan

Daily Fixed Routine

- Warm-up: 4–5 minutes
- Stretching: 5 minutes
- Running: As per day plan
- Cool-down: Light walk (optional)

NOTE: This is ONLY a 7-day beginner plan. 2.5 kilometer running plan will be given later. Other running distances and advanced training will be added AFTER completion of these 7 days.

Day 1: 800 meters continuous run (easy pace)

Day 2: 600 m run + 200 m walk + 600 m run (Total 1200 m)

Day 3: 800 m run + rest walk 3 min + 400 m fast run (Total 1200 m)

Day 4: 1000 m continuous run + rest 4–5 min + 200 m speed run (Total 1200 m)

Day 5: 800 m run + rest 3 min + 600 m run (Total 1400 m)

Day 6: 1200 m continuous run + rest 4–5 min + 200 m fast finish (Total 1400 m)

Day 7: 1600 meters (1.6 km) continuous run – Assessment Day

Important Instructions

- Warm-up and stretching are compulsory
- Do not sit immediately after running
- Drink water in small sips
- Stop training if there is pain or dizziness