



8-Week IPPT Bounce Back Training Plan

For NSmen Who Failed IPPT and Want a Structured Comeback Plan

How to Use This Plan

Before starting, calculate your current IPPT score.

Identify your weakest station (push-ups, sit-ups, or 2.4km run).

Focus slightly more effort on the station that gives you the biggest point improvement.

Consistency matters more than intensity.

Weeks 1–2: Reset & Form Phase

Goal: Rebuild form, avoid injury, reintroduce structured training.

Weekly Structure

Day 1 – Interval Run

6 × 400m at moderate pace

Rest 90 seconds between sets

Day 2 – Push-Ups + Sit-Ups

4 sets at 60% of max reps

Focus on strict, clean form

Day 4 – Easy Run

20–25 minutes comfortable pace

Day 5 – Core & Strength

Planks (3 × 45 seconds)

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Slow controlled sit-ups
Incline push-ups

Weeks 3–5: Build Phase

Goal: Increase endurance and pace control.

Weekly Structure

Day 1 – Interval Run

8 × 400m slightly faster than target pace

Day 2 – Push-Up Endurance

5 sets at 70–80% of max reps

Day 4 – Long Slow Run

30–35 minutes steady pace

Day 6 – Sit-Up Conditioning

Timed 1-minute sets × 3 rounds

Weeks 6–7: Performance Phase

Goal: Simulate real IPPT conditions.

Weekly Structure

Day 1 – Full IPPT Simulation

Push-ups

Sit-ups

Timed 2.4km run

Day 3 – Speed Intervals

4 × 800m at target pace

Day 5 – Strength Maintenance

3 sets at 80% max reps

Week 8: Taper & Test Week

Goal: Arrive fresh, not exhausted.**

Day 1 – Light Simulation

70% effort timed run

Day 3 – Light Push-Ups & Sit-Ups

2 easy sets only

2–3 Days Before Test

Rest or light jogging only

Test Day

Warm up properly

Start controlled

Negative split your run (faster second half)

Target Rep Planning Table

Station	Current Score	Target Score	Notes
Push-Ups	_____	_____	Add 5–8 reps realistically
Sit-Ups	_____	_____	Improve pacing strategy
2.4km Run	_____	_____	Aim for 30–60 sec improvement

Common Mistakes After Failing IPPT

- Training only 2 weeks before retest
- Ignoring the 2.4km run
- Overtraining push-ups daily without rest
- Retesting without simulated practice
- Not setting clear rep targets

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Recovery Principles

- Train 3–4 times per week consistently
 - Increase reps gradually
 - Sleep 7+ hours
 - Hydrate properly
 - Avoid last-minute cramming
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Final Reminder

Failing IPPT once is data, not destiny.
Most NSmen can gain:

- 5–10 push-ups
- 5–10 sit-ups
- 30–60 seconds off their run

Within 6–8 weeks of structured training.