

RRB Group D PET Fitness Plan (60 Days)

Prepared by MyTestSeries.in

Week 1-2: Foundation Building

- 1 Run 600m daily at comfortable pace
- 2 Brisk walking for 15 minutes
- 3 Basic exercises: squats, push-ups (3 sets)
- 4 Stretching routine (10 minutes)

Week 3-4: Stamina Improvement

- 1 Run 800m daily, increase pace gradually
- 2 Weight carry practice with 10–15kg
- 3 Strength training: lunges, planks, skipping
- 4 One rest day per week

Week 5-6: PET Simulation Practice

- 1 Run 1000m twice a week with timing focus
- 2 Weight carry practice: 20–25kg (male), 10–15kg (female)
- 3 Sprint intervals: 100m x 5 rounds
- 4 Hydration and balanced diet

Week 7-8: Final PET Readiness

- 1 Full PET mock practice once a week
- 2 Weight carry practice near actual requirement
- 3 Running 1000m with target timing
- 4 Reduce intensity in final week

Diet & Recovery Tips

- 1 Protein-rich foods: eggs, pulses, milk, nuts
- 2 Carbs for energy: rice, roti, oats
- 3 2–3 liters water daily
- 4 Sleep 7–8 hours
- 5 Avoid junk food and stress

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