Study Fitness
Training Plan

Get back on track for exam season

1 Warm Up

Prioritise one thing at a time.

Choose one “must-do” task each day. Keeping focus narrow reduces overwhelm and helps progress feel achievable.

2 Skills Drills

Strong revision comes from practising how to learn, not just what to learn.

Work through exam questions, explain answers out loud, and summarise key ideas. These focused reps help you spot gaps early and build stronger understanding.

3 Muscle Memory

Just like interval training, revision works best in short bursts followed by review.

Switching topics helps maintain energy and attention, while revisiting key concepts over time helps strategies and knowledge become automatic – building the stamina you need for exam season.







4 Game Plan

Every athlete needs a game plan – and revision works the same way.

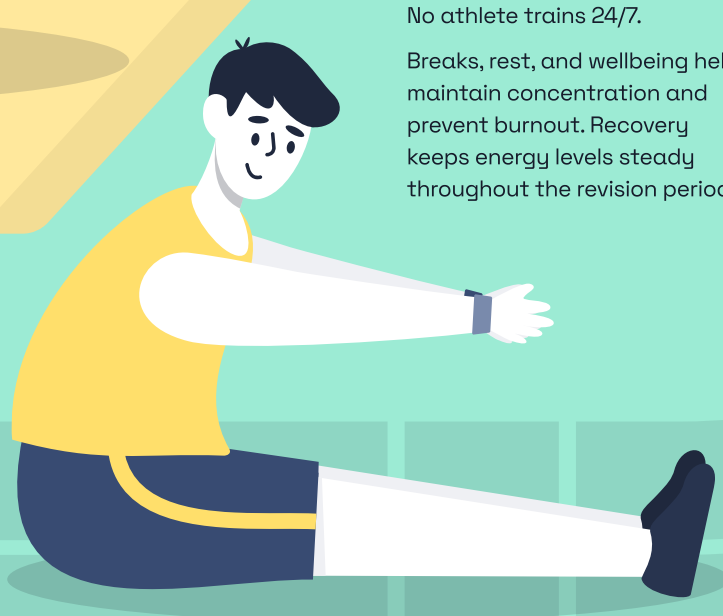
Prioritising subjects, breaking topics into manageable blocks, and mapping out a realistic revision schedule helps you stay focused and use your energy where it matters most.



5 Recovery

No athlete trains 24/7.

Breaks, rest, and wellbeing help maintain concentration and prevent burnout. Recovery keeps energy levels steady throughout the revision period.



6 Your Kit Bag

Choose tools that support your training and help you stay organised, track your progress, and keep moving forward.

