

# WEEKS 1-6

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week 1</b>	<b>Day 01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07 rest</b>
	1-mile easy walk  80%-50% Intervals 3-3-2-3-3 (~28 min) (walk 3min at 80% effort, then 3min at 50%; 3min at 80% then at 50%; 2 min at 80%, then at 50%; 3min at 80%, then at 50%; 3 min at 80% then 50%) 1-mile easy walk	Warm up 5 min <u>Repeats:</u> (Repeat until reaching 25 minutes) 400-meter walk 10 lunges 10 mountain climbers 400-meter walk 20-second plank 2 push-ups	Active  Rest	Warm up 5 min <u>Park Repeats</u> (Repeat until reaching 25 min.) 400-meter walk 10 basic squats Bar-hang 3 seconds 400-meter walk Alternate push-ups & dips 3-2-1	1 mile easy walk  80%-50% Intervals 3-3-2-3-3 (~28 min) 1 mile easy walk	Active  rest	
<b>Week 2</b>	<b>Day 08</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 rest</b>
	Warm up 5 min <u>Repeats:</u> (35min) 400-meter walk 3 push-ups 10 mountain climbers 400-meter walk 3 lateral squats, each side 10 hip bridges	Warm up 5 min <u>Repeats:</u> (35 min) 400-meter walk 3 push-ups 10 basic squats 400-meter walk 15 mountain climbers 5 front lunges 20-second front plank	Active  Rest	Warm up 5 min <u>Park Repeats</u> (35 min) 400-meter walk 5 step-ups each leg Bar-hang 5 seconds 400-meter walk Alternate push-ups & dips 3-2-1 1-min plank	Warm up 5 min  1 mile easy  80%-50% Intervals: 4-3-3-4 (~28 min) 1 mile easy	Active  rest	
<b>Week 3</b>	<b>Day 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21 rest</b>
	Warm up 5 min <u>Park Repeats:</u> (45 min) 400-meter walk 5 push-ups 20 mountain climbers 400-meter walk Alternate push-ups & dips 4-3-2-1 400-meter walk 10 Plie squats Bar hang to failure	Warm up 5 min 1-mile easy walk  80%-50% Intervals: 4-3-3-4-2 (~32 min total) 1-mile easy walk	Active  rest	Warm up 5 min <u>Park Repeats:</u> (45 min) 400-meter walk 5 push-ups 15 plie squats 400-meter walk 25 mountain climbers Bar-hang 6 seconds 400-meter walk 5 prisoner get-ups	Warm up 5 min <u>Repeats:</u> (45 min) 400-meter run/walk (run or walk) 10 prisoner get-ups 400-meter run/walk (run or walk) 5 push-ups Plank 30 seconds	Active  rest	

MON

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Week 4	Day 22	23	24	25	26	27	28 rest
	4-mile run/walk: @ .5-mile mark 6 push-ups @ 1-mile mark 15 basic squats @ 1.5-mile mark 6 push-ups @ 2-mile mark 15 Lateral squats @ 2.5-mile mark 6 pushups @ 3-mile mark 15 Prisoner get-ups @ 3.5-mile mark 20 lunges @ 4-mile mark Plank 1-min	Warm up 5 min <u>Park Repeats:</u> (55 min) 800-meter run/walk Alternate push-ups & dips 5-4-3-2-1	Active Rest	Warm up 5 min 2-mile easy run/walk 80%-50% Intervals: (run/walk) 3-4-2-4-3 (~32 min) 1-mile easy run /walk	Warm up 5 min 1-mile run/walk Alternate push-ups & dips 5-4-3-2-1 20 basic squats Bar hang to failure Plank 90 seconds 1-mile run/walk 20 prisoner get-ups Alternate push-ups & dips 5-4-3-2-1 1-mile easy run/walk	Active rest	

Week 5	Day 29	30	31	32	33	34	35 rest	
	Warm up 5 min 3-miles easy run/walk 80%-50% Intervals (run/walk) 3-4-2-4-3 (~32 min) 1-mile easy Run/walk	Warm up 5 min <u>Park Repeats</u> (65 minutes) 1-mile run/walk 10 step-ups each leg, front and lateral 8-10 Push-ups 1-mile run/walk Alternate Push-ups & dips 6-5-4-3-2	Active Rest	Warm up 5 min <u>Park Repeats</u> (65 minutes) 2-mile run/walk Alternate push-ups & dips 6-5-4-3-2 Bar-hang to failure 20 squats Plank 2-min	Warm up 5 min <u>Park Repeats</u> (65 minutes) 1-mile run/walk 20 Lunges 10 Push-ups 1-mile run/walk Lateral plank 1min each side Bar-hang to failure 20 Plie squats	Warm up 5 min Active rest		

Week 6	Day 36	37	38	39	40	41
	Warm up 5 min 1-mile easy run/walk 80%-50% Intervals (run/walk) 3-2-3-3-2-3 1-mile easy run/walk	Active rest		Warm up 5 min. <u>Park repeats</u> (35 min) 400m run/walk 20 prisoner get-ups 400m run/walk Alternate push-ups & dips 6-5-4-3-2	Rest	Race!