

Weeks 1-3			
Day 1			
<i>Long Slow Distance</i>			
Warm-up	Spiderman Lunge	Center Ham, Release, and Twist	Hindu Squat
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>
Long Slow Distance, Repeat	10:00 at a slow pace, rest 3:00	6:00 at a slow pace, rest 1:30	3:00 at a slow pace
Core Circuit	<ul style="list-style-type: none"> <li>Plank: 0:30</li> <li>Side Plank: 0:15 L,R</li> <li>Alternating Toe Touch Sit-ups: 4L,4R</li> </ul>		<ul style="list-style-type: none"> <li>Plank: 0:30</li> <li>Side Plank: 0:15 L,R</li> <li>Alternating Toe Touch Sit-ups: 4L,4R</li> </ul>

Weeks 1-3			
Day 2			
<i>Strength Endurance</i>			
Warm-up	Shoulder Circles	Spiderman Lunge	Back Extensions
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>
Strength Endurance Circuit	<ul style="list-style-type: none"> <li>DB Standing Military Press: 10</li> <li>DB Neutral Grip Row: 10</li> <li>DB RDL: 10</li> <li>DB Step-up: 10</li> <li>DB Reverse Lunge: 5L,5R</li> <li>Rest 1:30</li> </ul>	<ul style="list-style-type: none"> <li>DB Standing Military Press: 10</li> <li>DB Neutral Grip Row: 10</li> <li>DB RDL: 10</li> <li>DB Step-up: 10</li> <li>DB Reverse Lunge: 5L,5R</li> </ul>	<ul style="list-style-type: none"> <li>Incline Push-ups: 10</li> <li>Walking Lunges: 10L,10R</li> </ul>
Walk Hills	30:00 at brisk pace, with weight vest if available		

Weeks 1-3					
Day 3					
<i>Testing</i>					
Warm-up	Shoulder Circles	Wall Slides	Flappers	Thorax Stretch	Kneeling Inch Worms
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Bench Press	10 (Bar)	5	3	1	1
Push-ups	Incline, AMAP	Regular, 10, Rest 0:30	Regular, 10, Rest 0:30	Regular, 10, Rest 0:30	Regular, AMAP
Sit-ups to Foam Roller	10, Rest 0:30	10, Rest 0:30	10, Rest 0:30	10, Rest 0:30	AMAP
Bike Intervals	20:00				

Weeks 1-3					
Day 4					
<i>Tempo Run, Recovery</i>					
Warm-up	Spiderman Lunge	T Stretch	Hindu Squat	Wall Calf Stretch	Shoulder Circles
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Tempo Run	Run 5:00 at a very slow jog	Run 3:00 at a moderate pace	Run 2:00 at a testing pace	Walk 1:00	Run 5:00 at a very slow jog
Stretch Recovery Circuit	<ul style="list-style-type: none"> <li>Spiderman Lunge: 0:20 L,R</li> <li>T Stretch: 0:30 L,R</li> <li>Hindu Squat: 0:30</li> <li>Founder Stretch: 0:30</li> <li>Windmill: 0:20 L,R</li> <li>Spiderman and Reach: 0:20 L,R</li> </ul>		<ul style="list-style-type: none"> <li>Spiderman Lunge: 0:20 L,R</li> <li>T Stretch: 0:30 L,R</li> <li>Hindu Squat: 0:30</li> <li>Founder Stretch: 0:30</li> <li>Windmill: 0:20 L,R</li> <li>Spiderman and Reach: 0:20 L,R</li> </ul>		

Week 4			
Day 1			
<i>Long Slow Distance</i>			
Warm-up	Spiderman Lunge	Center Ham, Release, and Twist	Hindu Squat
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>
Long Slow Distance, Repeat	12:00 at a slow pace, Rest 3:00	Run to Fatigue	
Core Circuit	<ul style="list-style-type: none"> <li>Plank: 0:30</li> <li>Side Plank: 0:15 L,R</li> <li>Alternating Toe Touch Sit-ups: 4L,4R</li> </ul>		<ul style="list-style-type: none"> <li>Plank: 0:30</li> <li>Side Plank: 0:15 L,R</li> <li>Alternating Toe Touch Sit-ups: 4L,4R</li> </ul>

Week 4			
Day 2			
<i>Strength Endurance</i>			
Warm-up	Shoulder Circles	Spiderman Lunge	Back Extensions
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>
Strength Endurance Circuit	<ul style="list-style-type: none"> <li>DB Standing Military Press: 12</li> <li>DB Neutral Grip Row: 12</li> <li>DB RDL: 12</li> <li>DB Step-up: 12</li> <li>DB Reverse Lunge: 6L,6R</li> <li>Rest 1:30</li> </ul>	<ul style="list-style-type: none"> <li>DB Standing Military Press: 12</li> <li>DB Neutral Grip Row: 12</li> <li>DB RDL: 12</li> <li>DB Step-up: 12</li> <li>DB Reverse Lunge: 6L,6R</li> </ul>	<ul style="list-style-type: none"> <li>Incline Push-ups: 12</li> <li>Walking Lunges: 12L,12R</li> </ul>
Walk Hills	30:00 at brisk pace, with weight vest if available		

Week 4					
Day 3					
<i>Testing</i>					
Warm-up	Shoulder Circles	Wall Slides	Flappers	Thorax Stretch	Kneeling Inch Worms
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Bench Press	10 (Bar)	5	3	1	1
Push-ups	AMAP	10, Rest 0:30	8, Rest 0:30	5, Rest 1:30	AMAP
Sit-ups to Foam Roller	AMAP	10, Rest 0:30	8, Rest 0:30	5, Rest 0:30	AMAP
Bike Intervals	30:00				

Week 4					
Day 4					
<i>Tempo Run, Recovery</i>					
Warm-up	Spiderman Lunge	T Stretch	Hindu Squat	Wall Calf Stretch	Shoulder Circles
<b>Set</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Tempo Run	Run 7:00 at a very slow jog	Run 2:00 at a moderate pace	Run 4:00 at a testing pace	Walk 3:00	
Stretch Recovery Circuit	<ul style="list-style-type: none"> <li>Spiderman Lunge: 0:20 L,R</li> <li>T Stretch: 0:30 L,R</li> <li>Hindu Squat: 0:30</li> <li>Founder Stretch: 0:30</li> <li>Windmill: 0:20 L,R</li> <li>Spiderman and Reach: 0:20 L,R</li> </ul>		<ul style="list-style-type: none"> <li>Spiderman Lunge: 0:20 L,R</li> <li>T Stretch: 0:30 L,R</li> <li>Hindu Squat: 0:30</li> <li>Founder Stretch: 0:30</li> <li>Windmill: 0:20 L,R</li> <li>Spiderman and Reach: 0:20 L,R</li> </ul>		