	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 9	45 min. jog 30 sec. sprint (x10)			40 min. jog 20 min. run		90 minutes	
	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:
WEEK 10	35 min. jog 30 sec. sprint (x10)			40 min. jog 20 min. run		120 minutes	
	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:	NOTES:

RUNNING
Boosts endurance and overall wellness

STRENGTH TRAINING
Deadlifts and Plyometrics

REST
Promotes your long-term strength gain