

















|         | DAY 1  | DAY 2   | DAY 3   | DAY 4  | DAY 5   | DAY 6   | DAY 7   |
|---------|--|---|---|--|---|---|---|
| WEEK 11 | <br>55 min jog;<br>30 sec sprint<br>(x12) |  |  | <br>40 min jog;<br>25 min run             |  | <br><br>120 minutes |  |
|         | NOTES:   | NOTES:  | NOTES:  | NOTES:   | NOTES:  | NOTES:  | NOTES:  |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |
| WEEK 12 |   |  |  | <br>60 min jog;<br>30 sec sprint<br>(x10) |  | <br><br>135 minutes |  |
|         | NOTES:   | NOTES:  | NOTES:  | NOTES:   | NOTES:  | NOTES:  | NOTES:  |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |
|         |  |   |   |  |   |   |   |



## RUNNING

Boosts endurance and overall wellness



## REST

Promotes your long-term strength gain



## STRENGTH TRAINING

Burpee into Kettlebell Toss  
Tabata Intervals