

WEEK	M	Tu	W	Th	F	Sa	Su
1	5 min warm-up 2 sets of 6x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 32 min	5 min warm-up 6x2:30 hard (30 sec easy recovery) 5 min cooldown Total workout = 28 min	5 min warm-up 5 min stretching 30 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 32 min	5 min warm-up 4x5min hard (1 min easy recovery) 5 min cooldown Total workout = 34 min	30 min other cross-training or rest
2	5 min warm-up 2 sets of 6x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 36 min	5 min warm-up 7x2:30 hard (30 sec easy recovery) 5 min cooldown Total workout = 31 min	5 min warm-up 5 min stretching 35 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 32 min	5 min warm-up 5x5min hard (1 min easy recovery) 5 min cooldown Total workout = 40 min	35 min other cross-training or rest
3	5 min warm-up 2 sets of 7x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 40 min	5 min warm-up 8x2:30 hard (30 sec easy recovery) 5 min cooldown Total workout = 34 min	5 min warm-up 5 min stretching 40 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 32 min	5 min warm-up 6x5min hard (1 min easy recovery) 5 min cooldown Total workout = 46 min	40 min other cross-training or rest
4	5 min warm-up 2 sets of 8x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 44 min	5 min warm-up 9x2:30 hard (30 sec easy recovery) 5 min cooldown Total workout = 37 min	5 min warm-up 5 min stretching 45 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 4 min hard; 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 37 min	5 min warm-up 7x5min hard (1 min easy recovery) 5 min cooldown Total workout = 52 min	45 min other cross-training or rest
5	5 min warm-up 2 sets of 6x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 48 min	5 min warm-up 2 sets of 6x2:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 42 min	5 min warm-up 5 min stretching 50 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 4 min hard; 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 37 min	5 min warm-up 8x5min hard (1 min easy recovery) 5 min cooldown Total workout = 58 min	50 min other cross-training or rest

7	5 min warm-up 3 sets of 7x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 56 min	5 min warm-up 2 sets of 6x2:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 48 min	5 min warm-up 5 min stretching 60 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 5 min hard; 1 min easy; 4 min hard, 1 min easy; 3 min hard; 1 min easy; 2 min hard, 1 min easy; 1 min hard 5 min cooldown Total workout = 43 min	5 min warm-up 8x5min hard (1 min easy recovery) 10x45 sec hard (15 sec recovery) 5 min cooldown Total workout = 68 min	60 min other cross-training or rest
8	5 min warm-up 3 sets of 8x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 62 min	5 min warm-up 2 sets of 6x2:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 48 min	5 min warm-up 5 min stretching 65 min steady	30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 5 min hard, 1 min easy; 4 min hard, 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 43 min	5 min warm-up 8x5min hard (1 min easy recovery) 10x45 sec hard (15 sec recovery) 5 min cooldown Total workout = 68 min	65 min other cross-training or rest
9	5 min warm-up 3 sets of 6x1:30 hard (30 sec easy recovery) (2 min easy btw sets) 5 min cooldown Total workout = 68 min	Run 10 minutes on soft surface	5 min warm-up 5 min stretching 70 min steady	Run 10 min on soft surface 30-45 min flexibility	5 min warm-up 1 min hard, 1 min easy, 2 min hard, 1 min easy; 3 min hard; 1 min easy; 4 min hard; 1 min easy; 5 min hard, 1 min easy; 4 min hard, 1 min easy; 3 min hard; 1 min easy; 2 min hard; 1 min easy; 1 min hard 5 min cooldown Total workout = 43 min	Run 10 min on soft surface	70 min other cross-training or rest