WEEK 1

DAY 1
APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

DAY 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3
RUN:
5 MINUTE WARM-UP (EASY)

RUN: 2 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
RUN: 5 MILE TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 6
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7
REST
WEEK 2

DAY 1
RUN:
6 X 400 METERS
3 MIN REST BETWEEN REPS

DAY 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3
RUN:
5 MINUTE WARM-UP (EASY)

RUN: 3 MINUTES
JOG: 1 MINUTE
REPEAT 4X

5 MINUTE COOLDOWN (EASY)

DAY 4
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
RUN: 5 MILE TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMIllAN CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
http://www.mcmillanrunning.com/index.php/calcUsage/calculate

DAY 6
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 7
REST
WEEK 3

DAY 1
RUN:
4 X 800 METERS
4 MIN REST BETWEEN REPS

DAY 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3
RUN: 12 Km TIME TRIAL
(AS FAST AS POSSIBLE)

DAY 4
SESSION 1
NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 8 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
REST

DAY 6
RUCK:
LOAD: 20% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7
REST
WEEK 4

DAY 1
RUN:
6 X 800 METERS
4 MIN REST BETWEEN REPS

DAY 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 3
RUN: 12 Km TEMPO
(RUN AT A PACE 60-90 SECONDS SLOWER /MILE THAN TIME TRIAL PACE OR USE MCMILLAN CALCULATOR TO DETERMINE PACE BASED ON PREVIOUS TIME TRIAL)
http://www.mcmillanrunning.com/index.php/calcUsage/calculate

DAY 4
SESSION 1
NON-IMPACT CONDITIONING
(ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
3 X 10 MINUTES
REST 5 MINUTES BETWEEN SETS

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
REST

DAY 6
RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7
REST
WEEK 5

DAY 1
WALK:
2.5 MILES

DAY 2
RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 2.5 MILES
PACE: FAST

DAY 3
NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 5 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4
SESSION 1
RUN: 5 MIN WARM-UP (EASY)
1600 METERS (HARD)
400 METER RECOVERY JOG
1200 METERS (HARD)
400 METER RECOVERY JOG
800 METERS (HARD)
400 METER RECOVERY JOG
400 METERS (HARD)
5 MINUTE COOLDOWN (EASY)

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
REST

DAY 6
RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7
REST
WEEK 6

DAY 1
WALK:
  4 MILES

DAY 2
RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3
NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
  5 x 8 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4
  **SESSION 1**
RUN: 5 MINUTE WARM-UP (EASY)

  75 SEC (HARD)
  150 SEC (EASY)
  60 SEC (HARD)
  120 SEC (EASY)
REPEAT 3X

  5 MINUTE COOLDOWN (EASY)

  **SESSION 2**
  **STRENGTH TRAINING (SEE ATTACHED SHEET)**

DAY 5
REST

DAY 6
RUCK:
LOAD: 30% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7
REST
WEEK 7

DAY 1
WALK:
5 MILES

DAY 2
RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 4 MILES
PACE: FAST

DAY 3
NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
5 x 10 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4
SESSION 1
RUN: 5 MINUTE WARM-UP (EASY)
5 X
1 MINUTE (HARD),
1 MINUTE (EASY)
5 MINUTES (EASY)
5 X
1 MINUTE (HARD),
1 MINUTE (EASY)
5 MINUTE COOL-DOWN (EASY)

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
REST

DAY 6
RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 8 MILES
PACE: MODERATE

DAY 7
REST
WEEK 8

DAY 1
APFT
PUSH-UPS: AMRAP IN 2 MINUTES
SIT-UPS: AMRAP IN 2 MINUTES
RUN: 2 MILES FOR TIME

DAY 2
RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: FAST

DAY 3
NON-IMPACT CONDITIONING (ROWER, JACOBS LADDER, VERSA CLIMBER, BIKE, ETC):
4 x 12 MINUTES, REST 5 MINUTES BETWEEN SETS

DAY 4
SESSION 1
RUN:
20 MINUTES

SESSION 2
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 5
REST

DAY 6
RUCK:
LOAD: 35% OF BODYWEIGHT (DRY)
DISTANCE: 10 MILES
PACE: MODERATE

DAY 7
REST
WEEK 9

DAY 1
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2
RUN:
30 MINUTES (EASY)

DAY 3
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4
BIKE:
3 ROUNDS X 10 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5
REST

DAY 6
RUCK:
LOAD: 25% OF BODYWEIGHT (DRY)
DISTANCE: 5 MILES
PACE: MODERATE

DAY 7
REST
WEEK 10

DAY 1
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 2
RUN:
20 MINUTES (EASY)

DAY 3
STRENGTH TRAINING (SEE ATTACHED SHEET)

DAY 4
BIKE:
3 ROUNDS X 5 MINUTES AT THRESHOLD PACE
2 MINUTES REST BETWEEN ROUNDS

DAY 5
REST

DAY 6
REST

DAY 7
REST

WEEK 11
***SELECTION***