

<b>WK</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	Rest	R/W 5 min	Rest	0.75	CT	1	0.5
2	Rest	R/W 7min	2x400	0.75		1	0.5
3	Rest	R/W 10min	CT	1	Rest	1.25	0.75
4	Rest	R/W 12 Min	3x400	1	CT	1.5	1
5	Rest	R/W 15min	CT	1.5	Rest	2	1.5
6	Rest	1.5	2x800	1	rest	1.5 Race	1
7	Rest	R/W 19 Min	CT	1.5	CT	1.75	1.25
8	Rest	R/W 20min	2x800	1.5	CT	2	1.5
9	Rest	R/W 22min	CT	1.75	Rest	2.25	1.75
10	Rest	R/W 24min	4x400	2	Rest	2.5	2
11	Rest	2	CT	2	CT	2.75	2
12	Rest	2.5	2x400 2x800	2.5	Rest	3	2
13	Rest	2	CT	1.5	CT	2	Rest
14	Rest	1.5	Rest	Easy 2	Rest	5k Race	Rest

R/W = Run 30 seconds Walk 30 repeat until done

Wednesdays - 400's and 800's done at fast as you can pace

CT = cross train with light weights/high reps - arms/chest/back

Ab exercises Tuesday and Friday

Stretch every day for at least 10 minutes