

WEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	2.0 Mile Run ( <b>SLOW STEADY</b> ) Push ups 3 sets of 10 Pull ups 3 sets of 3 Flexed arm hang 20 secs x 3 Sit ups 3 sets of 20 Tricep Dips 3 sets of 15 Bend & Thrust 10/10	1.0 MILE INTERVAL	Push ups 3 sets of 10 Pull ups ( <b>MAX OR 20</b> ) Flexed arm hang ( <b>MAX OR 70SEC</b> ) Sit ups 3 sets of 20 Tricep Dips 3 sets of 15 Bend & Thrust 10/10/10	<b>REST</b>	60 minutes of Cross Training Push ups 3 sets of 10 Pull ups 3 sets of 3 Flexed arm hang 20 secs x 3 Sit ups ( <b>MAX OR 100</b> ) Tricep Dips 3 sets of 15 Bend & Thrust 15/10/10	3 Mile Run <b>TIMED</b>	<b>REST</b>
2	2.5 Mile Run ( <b>STEADY</b> ) Push ups 3 sets of 15 Pull ups ( <b>MAX OR 20</b> ) Flexed arm hang ( <b>MAX OR 70 SEC</b> ) Sit ups 3 sets of 25 Tricep Dips 3 sets of 15 Bend & Thrust 15/10/10	2.5 Mile Run <b>TEMPO/ CHANGE PACE</b>	<b>REST</b>	1.0 Mile interval sprints	60 minutes of Cross Training Push ups 3 sets of 15 Pull ups 3 sets of 3 Flexed arm hang 30 secs x 3 Sit ups ( <b>MAX OR 100</b> ) Tricep Dips 3 sets of 15 Bend & Thrust 15/15/10	4 Mile Run <b>MATCH 3MILE PACE, EASE DOWN LAST MILE</b>	<b>REST</b>
3	4 Mile Run ( <b>SLOW STEADY</b> ) Push ups ( <b>MAX OR 50</b> ) Pull ups 3 sets of 5 Flexed arm hang 30 secs x 3 Sit ups 3 sets of 25 Tricep Dips 3 sets of 20 Bend & Thrust 15/15/10	1.5 Mile Run in Boots ( <b>STEADY STATE</b> )	Push ups 3 sets of 20 Pull ups ( <b>MAX OR 20</b> ) Flexed arm hang ( <b>MAX OR 70 SEC</b> ) 3 Sit ups 3 sets of 25 Tricep Dips 3 sets of 20 Bend & Thrust 15/15/15	1.5 Mile interval sprints	60 minutes of Cross Training Push ups 3 sets of 20 Pull ups 3 sets of 5 Flexed arm hang 30 secs x 3 Sit ups ( <b>MAX OR 100</b> ) Tricep Dips 3 sets of 20 Bend & Thrust 15/15/15	3 mile run <b>TIMED</b>	<b>REST</b>
4	5 Mile Run ( <b>STEADY</b> ) Push ups 3 sets of 20 Pull ups ( <b>MAX OR 20</b> ) Flexed arm hang ( <b>MAX OR 70 SEC</b> ) Sit ups 3 sets of 30 Tricep Dips 3 sets of 20 Bend & Thrust 20/15/15	2.0 Mile Run in Boots	Push ups ( <b>MAX OR 60</b> ) Pull ups 3 sets of 5 Flexed arm hang 40 secs x 3 Sit ups 3 sets of 30 Tricep Dips 3 sets of 20 Bend & Thrust 20/15/15	2.0 Mile interval sprints	60 minutes of Cross Training Push ups 3 sets of 20 Pull ups 3 sets of 5 Flexed arm hang 40 secs x 3 Sit ups ( <b>MAX OR 100</b> ) Tricep Dips 3 sets of 20 Bend & Thrust 20/20/15	4MILE RUN <b>1<sup>ST</sup> MILE STEADY NEXT 3 TEMPO.</b>	<b>REST</b>

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
5		6 Mile Run <b>SLOW STEADY</b> Push ups (1 SET TO MAX OR 60) Pull ups 3 sets of 8 Flexed arm hang 45 secs x 3	Push ups 3 sets of 25 Pull ups (1 SET TO MAX OR 20) Flexed arm hang (1 SET TO MAX OR 70 SEC) Sit ups 3 sets of 40 Tricep Dips 3 sets of 25	3.0 Mile Run for PFT time	60 minutes of Cross Training Push ups 3 sets of 25 Pull ups 3 sets of 8 Flexed arm hang 45 secs x 3 Sit ups (1 SET TO MAX OR 100 INSIDE 2MINS) Tricep Dips 3 sets of 25 Bend & Thrust 20/20/20	4 mile <b>STRONG/TEMPO</b>	<b>REST</b>
15	2.0 Mile Run In Boots	Sit ups 3 sets of 40 Tricep Dips 3 sets of 25 Bend & Thrust 20/20/15	Push ups 3 sets of 30 Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 30 Bend & Thrust 25/20/20	3.0 Mile Run <b>STEADY</b>	60 minutes of Cross Training Push ups 1 SET <b>MAXIMUM REP'S</b> Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 30 Bend & Thrust 25/20/20	7 mile <b>SLOW STEADY</b>	<b>REST</b>
6	5 Mile Run <b>TEMPO</b> Push ups (1 SET TO MAX OR 65) Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 30 Bend & Thrust 20/20/20	2.0 Mile Run In Boots	<b>REST</b>	4.0 Mile Run <b>STEADY</b>	60 minutes of Cross Training Push ups 3 sets of 30 Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups (MAX IN 2 MIN) Tricep Dips 3 sets of 35 Bend & Thrust 25/25/20	6 Mile Run <b>TEMPO/CHANGE</b>	<b>REST</b>
7	3 Mile Run <b>FOR TIME</b> Push ups 3 sets of 30 Pull ups 1SET TO MAX Flexed arm hang 1SET TO MAX POS SEC'S Sit ups 3 sets to fatigue Tricep Dips 3 sets of 35 Bend & Thrust 25/25/20	3.0 Mile Run In Boots	Push ups 3 sets of 30 Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 40 Bend & Thrust 25/20/20	4.0 Mile Run <b>TEMPO</b>	60 minutes of Cross Training Push ups 3 sets of 30 Pull ups 1 Max set Flexed arm hang 70 sec max Sit ups 1 max set Tricep Dips 3 sets of 40 Bend & Thrust 20/20/20	<b>REST</b>	<b>REST</b>
8	3 Mile Run <b>STRONG/TEMPO</b> Push ups 3 sets of 30 Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 40 Bend & Thrust 20/20/20	2.0 Mile Run in Boots	Push ups 3 sets of 30 Pull ups 3 sets to fatigue Flexed arm hang 3 sets to fatigue Sit ups 3 sets to fatigue Tricep Dips 3 sets of 40				

## LEGEND/DESCRIPTOR

1. SLOW STEADY- maintenance of a pace which would still allow the ability to converse with a training partner or colleague.
2. STEADY - selection of a pace that is quicker than slow steady and which can still be maintained over a said distance, individual will be breathing heavy but controlled.
3. TEMPO- variation of pace throughout the run, selection of periods of sustained open pace running interspersed with more moderate recovery running, selecting various terrain or surface.
4. STRONG TEMPO- As above with longer more sustained periods or legs of open running higher intensity effort intermittent with lighter recovery/ steady running.
5. TIMED- strong best effort run , to provide periodic individual objective markers to monitor progress and use data for realistic goal setting for future aims or events.