

6 WEEK PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
WEEK 1						
Workouts are 30ish-minutes, including a 5-minute full-body warm up.						
IV 1-mile easy run, 3-3-2-3-3 intervals, 1-mile easy run	PBP 400-meter run, 5 pull-ups (or to failure), 50 mountain climbers, 400-meter run, 20 push-ups (repeat until reaching 25 minutes)	AR	PBR 400-meter run, 15 burpees, 400 meter run, park bench routine 12-10-8-6-4-2 (repeat until reaching 25 minutes)	PBP 1-mile run, 20 push-ups, 50 mountain climbers, 5 pull-ups, 10 burpees (repeat until reaching 25 minutes)	AR	Rest
WEEK 2						
Workouts are 40ish-minutes, including a 5-minute full-body warm up.						
PBP 400-meter run, 20 pushups, 30 mountain climbers, 400-meter run, 20 squat jumps, 20 V-sit crunches (repeat until reaching 35 minutes)	PBP 400-meter run, 20 pushups, 20 squats, 400-meter run, 50 mountain climbers, 5 pull-ups, 400-meter run, 20 burpees, 15 squat jumps. (repeat until reaching 35 minutes)	AR	PBR 400-meter run, 20 jumps for height, 400-meter run, 10 monkey bars, park bench routine 12-10-8-6-4-2, 400-meter run, pull-ups to failure, 1-minute plank (repeat until reaching 35 minutes)	IV 1-mile easy run, 4-3-3-4 intervals, 1-mile easy run	AR	Rest
WEEK 3						
Workouts are 50ish-minutes, including a 5-minute full-body warm up.						
PBR 400-meter run, 30 push-ups, 50 mountain climbers, 400-meter run, park bench routine 12-10-8-6-4-2, 20 squat jumps, 400-meter run, 20 burpees (repeat until reaching 45 minutes)	IV 1-mile easy run, 4-3-3-4-2 intervals, 1-mile easy run	AR	PBP 400-meter run, 20 pushups, 20 squats, 400-meter run, 50 mountain climbers, 5 pull-ups, 400-meter run, 20 burpees, 15 bench jumps (repeat until reaching 45 minutes)	PBP 400-meter run, swim 50 yards or run 25 minutes and perform 20 burpees, 400-meter run (repeat until reaching 45 minutes)	AR	Rest