

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4						
Workouts are 60ish-minutes, including a 5-minute full-body warm up						
OR 4-mile run: 0.5-mile mark (20 pushups), 1-mile (15 burpees), 1.5 mile (20 squats), 2-mile (20 pushups), 2.5-mile (15 burpees), 3-mile (20 jumps for height), 3.5-mile (20 squat jumps), 4-mile (20 burpees)	PBR 800-meter run, 12-10-8-6-4-2 pushups/ dips (repeat until reaching 55 minutes)	AR	IV 2-mile easy run, 3-4-2-4-3 intervals, 2-mile easy run	PBR 1-mile run, 12-10-8-6-4-2 pushups/ dips, 30 squats, pull-ups to failure, 2-min plank, 1-mile run, 30 V-sit crunches, 12-10-8-6-4-2 pushups/ dips	AR	Rest

WEEK 5						
Workouts are 70(ish)-minutes, including a 5-minute full-body warm up.						
IV 3-mile easy run, 3-4-2-4-3 intervals, 2-mile easy run	PBR 2-mile run, 10 jumps for height, 20 squats, 20 pushups, 2-mile run, 12-10-8-6-4-2 pushups/ dips (repeat until reaching 65 minutes)	AR	PBR 12-10-8-6-4-2, pull-ups to failure, 20 squats, 2-min plank, 15 monkey bars (repeat until reaching 65 minutes)	PBP 2-mile run, 15 monkey bars, 20 jumps for height, 20 pushups, 2-mile run, 2-min plank, 15 monkey bars, 20 squats, 2-mile run(repeat until reaching 65 minutes)	AR	Rest

WEEK 6						
Workouts are 40(ish)-minutes, including a 5-minute full-body warm up.						
IR 1-mile easy run, 2-3-3-2-3-2 intervals, 1-mile easy	AR	PBR 400-meter run, 15 burpees, 400 meter run, 12-10-8-6-4-2 pushups/ dips (repeat until reaching 35 minutes)	AR	Rest	RACE!	

A Bur-what?
Not sure how to complete the exercises listed here?
Head to
womensrunning.com
for detailed instructions!