

PROGRAM CONTINUED

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|----------------------------------|------------------------------------|--|------------------|------------------------------------|----------------------------------|--------|
| WEEK 5 | FAT-BURNING RUN 45 min | STRENGTH TRAINING 45 min | SPRINT INTERVALS 9 hill sprints | Rest or Easy Run | STRENGTH TRAINING 30 min | FAT-BURNING RUN 60 min | Rest |
| WEEK 6 | FAT-BURNING RUN 50 min | STRENGTH TRAINING 45 min | SPRINT INTERVALS 10 hill sprints | Rest or Easy Run | STRENGTH TRAINING 45 min | FAT-BURNING RUN 65 min | |
| WEEK 7 | FAT-BURNING RUN 40 min | STRENGTH TRAINING 30 min | SPRINT INTERVALS 7 hill sprints | Rest or Easy Run | STRENGTH TRAINING 30 min | FAT-BURNING RUN 50 min | |
| WEEK 8 | FAT-BURNING RUN 55 min | STRENGTH TRAINING 45 min | SPRINT INTERVALS 12 hill sprints | Rest or Easy Run | STRENGTH TRAINING 45 min | FAT-BURNING RUN 70 min | |