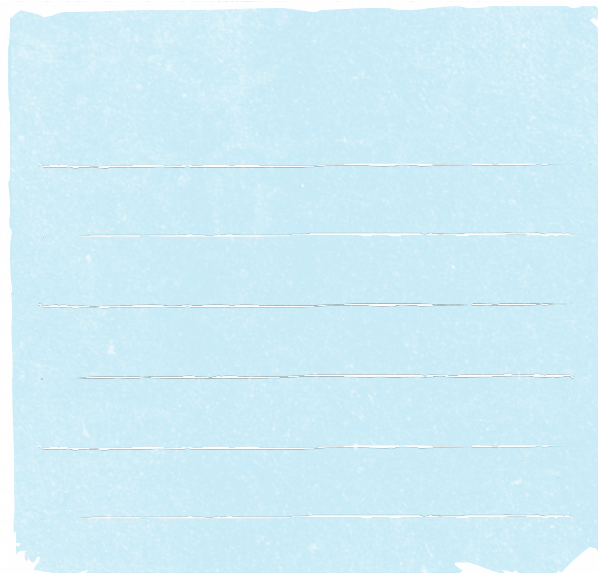
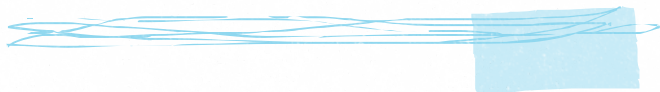


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre Test: Pushups in 2 min, Plank 2 min, 1.5 mile run	10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 3 sets of 1 min plank	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	1 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
20 min swim	10 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6)	2 mile run at 8-10 min pace, 3 sets of 40 crunches, 3 sets of 30 push ups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups	8 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
Active Rest	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	25 min run 8 min pace	15 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
20 min Swim	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans	30 min run (8-10 min pace)	22 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run
Active Rest	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6), (increase weights)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups	29 REST	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run

MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 min Swim 1	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 2	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog 3	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 4	30 min run (8-10 min pace) 5	REST 6	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 7
30 min long run @ 8:30 min mile pace 8	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 9	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 10	30-35 min swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 11	30 min run (easy), 5 sets of 20 crunches 12	REST 13	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 14
30 min Swim 15	30 min long run @ 8:30 min mile pace 16	30 min run (8-10 min pace) 17	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 18	30 min run (8-10 min pace) 19	REST 20	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 21
Active Rest 22	15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 23	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 24	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 25	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups 26	REST 27	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 28
15 min warm up run Bench press 3 sets (10,8,6). Back squat 3 sets (10,8,6) 29	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 30					

JUNE

