in warm n h press 3 10,8,6). squat 3 10,8,6) in warm	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog	30-35 min (Stationary bike), 3 sets of	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30		Practice PRT 2:05 Plank, 2
in warm		1 min plank		REST 2	min Push ups, 1.5 Mile Run 3
n h press 3 10,8,6). squat 3	2 mile run at 8-10 min pace, 3 sets of 40 crunches, 3 sets of 30 push ups 6	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 7	15-20 min run (easy), 3 sets of 30 crunches, 3 sets of 30 push ups 8	REST 9	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 10
warm up press 3 sets). Back 8 sets), (increase s)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 13	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 14	25 min run 8 min pace 15	REST 16	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 17
warm up press 3 sets). Back 8 sets), (increase s)	Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog 20	30-35 min (Stationary bike), 2 sets of 10 squat jumps, 3 sets of 1 min plank, 3 sets of 10 Supermans 21	30 min run (8- 10 min pace) 22	REST 23	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 24
warm up press 3 sets). Back 3 sets), (increase s)	6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 27	30-35 min jog/swim, 2 sets of 20 body lunges, 3 sets of 1 min plank hold 28	15-20 min run, 2 sets of 40 crunches, 2 sets of 40 push ups 29	REST 30	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run 31
	squat 3 10,8,6) 5 warm up press 3 sets). Back 8 sets), (increase s) 12 warm up press 3 sets). Back 8 sets), (increase s) 19 warm up press 3 sets), (increase s) 19	squat 3 10,8,6) squat 3 push ups 6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40 pushups 13 Treadmill intervals, 5 min warm up, 5x1 sprint (1 min rest), 5 min cool down jog squat 3 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 crunches, 2 sets of 40	40 crunches, 3 sets of 30 push ups 6 laps on a track. Sprint the straight away, jog/walk the curves. 2 sets of 40 pushups 12 warm up rreadmill intervals, 5 min warm up, 5x1 sets b, (lincrease s), (increase s), (increase s) 19 warm up foress 3 sets b, Back sets compared to the curves and the curves are sets compared to the curves are sets com	40 crunches, 3 sets of 30 push ups 6 hold 7 push ups 8 warm up foress 3 sets of 40 push ups 13 push ups 15 press 3 sets of 30 push ups 16 press 3 sets of 30 push ups 17 press 3 sets of 30 push ups 18 press 3 sets of 40 push ups 19 press 3 sets of 30 push ups 19 press 3 sets of 40 push ups 19 press 3 sets of 30 push ups 19 press 3 sets of 40 press	10,8,6). squat 3



SUNDAY		MONDAY	1	TUESDAY		WEDNESDA	Υ	THURSDAY	FRIDA	Υ	SATURDA	Υ
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 1	2 REST	13	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run	14
30 min Swim 1	.5	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) 1	9 REST	20	Practice PRT 2:05 Plank, 2 min Push ups, 1.5 Mile Run	21
Active Rest 2	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 2	6 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30-35 min of jog/swim, 2 sets of body lunges, 3 sets of 1 min plank hold 1	Active Rest 2	1 st Day of INDOC- BCA 3	4	5
6	Introductory INDOC PRT 7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28		30	31		
2.1	20	23	30	31		



