

Workout 1 - Dumbbells

Summo Squat + Rotating Press

2 Rows + 1 Fly Combo

Plank to Catcher

Stiff Leg Deadlift

Plank Knees to Elbow

Workout 2 - Bodyweight

Push-up to Bird Dog

Forward to Back Lunges
(R, then L)

Sprawl to Surf

Curtsey Lunge + Lat Pull

Juggle Jog

Workout 3 - Bodyweight

Hip Openers (alt)

Soilder Marches (alt)

Chest + Back Stretch

Reverse Lunge Hip Flexor Stretch
(w/ side bend, alt)

3 Way Calf Raise

Week One : Foundation

WORKOUT 1 : 3 rounds of 12-16 reps each

WORKOUT 2 : 3 rounds of 12-16 reps each

WORKOUT 3 : Focus on form. Run/Jog ~20-40 min steady state

Week Two : Interval

WORKOUT 1 : 20:10 x 5 rounds each exercise, 1 min break between exercises

WORKOUT 2 : 45:45, 30:30, 15:15 x 3 each exercise, 1 min break between exercises

WORKOUT 3 : Set 1: 5 min warm-up jog. Set 2: 2 min: 2 min x 8. Set 3: 5 min cool down run

Week Three : Endurance

WORKOUT 1 : Set 1: 1 min/exercise, 10 Plank to Catchers between all exercises.

Set 2: 45 sec all, 6 Plank to Catchers. Set 3: 30 sec, 4 Plank to Catchers

WORKOUT 2 : 10 of all...8...6...4

WORKOUT 3 : 5 min warm-up jog. Choose running time. Suggested = 40 min, add gradience

Week Four : Challenge

WORKOUT 1 : 18 min Max Round Challenge, 10 reps all

WORKOUT 2 : 18 min Max Round Challenge, 10 reps all

WORKOUT 3 : 2 mile run for time

March

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

*Choose any 3 days out of the week at your own convenience