

Workout 1 - Gym Dumbbells

- Low Lunge Rows (2 rows each side, alternate legs)
- Superman Power Ups
- Speed Skaters
- Triceps Thrusters
- Windsheild Wipers (alternating sides)

Workout 2 - Beach- Bodyweight

- Push-up + Side Plank
- Single Leg Deadlifts (R, then L)
- 1, 2 Drop Lunge
- Glut Bridge to Crunch
- Lateral Hop to Sprawl

Workout 3 - Trail- Bodyweight

- Squat to Toes + Arm Circle Back
- Side Lunge + Rotation to Instep
- Arm Swing to Shoulder Stretch
- Reverse Lunge Knee Hold (Right, then L)
- X-Touches

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 jog- 1 min run- 30 sec sprint x 5. Set 3: 5 min cool down jog

Week Three : Endurance

- WORKOUT 1 :** Set 1: 1 min/exercise, 10 speed skaters between all exercises. Set 2: 45 sec all, 6 speed skaters between. Set 3: 30 sec, 4 speed skaters
- WORKOUT 2 :** 10 of all....8....6....4
- WORKOUT 3 :** Conscience running protocol. Steady progressive run. Every 10 min increase pace, 4 parts of run to focus on, 1st 10 min breathing, 2nd 10 arm drive, 3rd stride, 4th pace

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

May

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