

WEEK 1

4 easy+1 hard x3 | 3/wk

5 warm up - 5
 4 easy - 9
 1 hard - 10
 4 easy - 14
 1 hard - 15
 4 easy - 19
 1 hard - 20
 5 cool down - 25

WEEK 3

3 easy+2 hard x4 | 3/wk

5 warm up - 5
 3 easy - 8
 2 hard - 10
 3 easy - 13
 2 hard - 15
 3 easy - 18
 2 hard - 20
 3 easy - 23
 2 hard - 25
 5 cool down - 30

WEEK 5

3 easy+4 hard x3 | 4/wk

5 warm up - 5
 3 easy - 8
 4 hard - 12
 3 easy - 15
 4 hard - 19
 3 easy - 22
 4 hard - 26
 3 easy - 29
 4 hard - 33
 5 cool down - 38

WEEK 7

1 easy+4 hard x6 | 4/wk

5 warm up - 5
 1 easy - 6
 4 hard - 10
 1 easy - 11
 4 hard - 15
 1 easy - 16
 4 hard - 20
 1 easy - 21
 4 hard - 25
 1 easy - 26
 4 hard - 30
 1 easy - 31
 4 hard - 35
 5 cool down - 40

WEEK 9

1 easy+6 hard x5 | 5/wk

5 warm up - 5
 1 easy - 6
 6 hard - 12
 1 easy - 13
 6 hard - 19
 1 easy - 20
 6 hard - 26
 1 easy - 27
 6 hard - 33
 1 easy - 34
 6 hard - 40
 5 cool down - 45

WEEK 2

4 easy+2 hard x3 | 3/wk

5 warm up - 5
 4 easy - 9
 2 hard - 11
 4 easy - 15
 2 hard - 17
 4 easy - 21
 2 hard - 23
 5 cool down - 28

WEEK 4

3 easy+3 hard x4 | 3/wk

5 warm up - 5
 3 easy - 8
 3 hard - 11
 3 easy - 14
 3 hard - 17
 3 easy - 20
 3 hard - 23
 3 easy - 26
 3 hard - 29
 5 cool down - 34

WEEK 6

2 easy+4 hard x5 | 4/wk

5 warm up - 5
 2 easy - 7
 4 hard - 11
 2 easy - 13
 4 hard - 17
 2 easy - 19
 4 hard - 23
 2 easy - 25
 4 hard - 29
 2 easy - 31
 4 hard - 35
 5 cool down - 40

WEEK 8

1 easy+5 hard x5 | 4/wk

5 warm up - 5
 1 easy - 6
 5 hard - 11
 1 easy - 12
 5 hard - 17
 1 easy - 18
 5 hard - 23
 1 easy - 24
 5 hard - 29
 1 easy - 30
 5 hard - 35
 5 cool down - 40

WEEK 10

1 easy+7 hard x5 | 5/wk

5 warm up - 5
 1 easy - 6
 7 hard - 13
 1 easy - 14
 7 hard - 21
 1 easy - 22
 7 hard - 29
 1 easy - 30
 7 hard - 37
 1 easy - 38
 7 hard - 45
 5 cool down - 50