

training\_plan\_sample

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	10km slow running	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day	12x3 sit-ups, 8x3 deadlifts max weight, 12x3 shrugs	5x500m interval running max speed	rest day	2km moderate swimming
<b>Week 2</b>	12x3 sit-ups, 8x3 deadlifts max weight, 12x3 shrugs	5x500m interval running max speed	rest day	2km moderate swimming	10km slow running	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day
<b>Week 3 – 12</b>	more in the full plan						