

training_plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	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
Week 2	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
Week 3	10km slow running	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day	5x500m interval running max speed	rest day	2km moderate swimming	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches
Week 4	2km moderate swimming	10km slow running	12x3 sit-ups, 8x3 deadlifts max weight, 12x3 shrugs	5x500m interval running max speed	rest day	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day
Week 5	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

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Week 6	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
Week 7	10km slow running	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day	5x500m interval running max speed	rest day	2km moderate swimming	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches
Week 8	2km moderate swimming	10km slow running	12x3 sit-ups, 8x3 deadlifts max weight, 12x3 shrugs	5x500m interval running max speed	rest day	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day
Week 9	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
Week 10	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

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Week 11	10km slow running	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day	5x500m interval running max speed	rest day	2km moderate swimming	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches
Week 12	2km moderate swimming	10km slow running	12x3 sit-ups, 8x3 deadlifts max weight, 12x3 shrugs	5x500m interval running max speed	rest day	12x6 bench presses, 12x8 lunges, 12x6 squats, 5x4 crunches	rest day