

Week 1 (Nov 4 – Nov 10, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 2 (Nov 11 – Nov 17, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 3 (Nov 18 – Nov 24, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	

Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 4 (Nov 25 – Dec 1, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 5 (Dec 2 – Dec 8, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	

Sunday	Long Run	—	
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Week 6 (Dec 9 – Dec 15, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 7 (Dec 16 – Dec 22, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 8 (Dec 23 – Dec 29, 2025)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	

Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	

Week 9 (Taper Week) (Dec 30, 2025 – Jan 4, 2026)

Day	Workout	Exercises	Done
Tuesday	Intervals + Push	Push-ups – 10–15 reps × 2–3 sets Shoulder Press – 12–15 reps × 2–3 sets Chest Press – 12–15 reps × 2–3 sets Overhead Tricep Extension – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Thursday	Progressive Run + Pull	Bent-over Rows – 12–15 reps × 2–3 sets Reverse Fly – 12–15 reps × 2–3 sets Bicep Curls – 12–15 reps × 2–3 sets Rear Delt Raises – 12 reps × 2–3 sets Superman Hold – 20–30 sec × 2–3 sets	
Friday	Legs & Glutes	Squats – 12–15 reps × 2–3 sets Glute Bridges – 12–15 reps × 2–3 sets Calf Raises – 15–20 reps × 2–3 sets Side-Lying Leg Lifts – 12 reps × 2–3 sets Plank – 20–30 sec × 2–3 sets	
Saturday	Easy Run	—	
Sunday	Long Run	—	