WEEK	PUSHUPS (M/W/F)	SITUPS (M/W/F)	RUNNING (M/W/F)	MILES PER WEEK	REMARKS
1	1/1/2	1/1/2	2/2-1/2	6	M - Endurance, W - Tempo, F - Timed
2	3/3/2	3/3/2	0	0	
3	1/1/2	1/1/2	2.5/2-2/2	7	M - Endurance, W - Tempo, F - Timed
4	3/3/2	3/3/2	2.5/2-3/2	7	M - Endurance, W - Tempo, F - Timed
5	1/1/2	1/1/2	3/2-1/2	8	M - Endurance, W - Tempo, F - Timed
6	3/3/2	3/3/2	0	0	
7	1/1/2	1/1/2	3/2-2/2	8	M - Endurance, W - Tempo, F - Timed
8	3/3/2	3/3/2	3/2-3/2	8	M - Endurance, W - Tempo, F - Timed
9	1/1/2	1/1/2	3/2-1/2	8	M - Endurance, W - Tempo, F - Timed
10	3/3/2	3/3/2	1	1	Slow Run Monday

	PUSHUPS	SITUPS
1	PYRAMID	
	1,2,3,4,5,6,5,4,3,2,1	2,4,6,8,10,12,10,8,6,4,2
2	TIMED	
	1:30,1:00,:30	1:30,1:00,:30
3	REPS	
	5X10	5X25

RUNNING WORKOUTS	
Endurance	No set time, just run
Timed	2:15 (1/4 mile) pace or 9:00 (1 mile) pace
Tempo	
1	1/4 at 2:00 pace x 4, 2:00 rest (jog 1 mile)
2	1 mile at 8:30 pace x 2
3	30:60

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