

	Blue Plan										
	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HIIT CORE	HIIT SPEED	
			Q1		Q2			Q3	after CT Runs	after CT Runs	
May 20- May 26	1	30 min CT + 6 Strides + 3 Circuits of training drills	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6x1000PPM w 1 min rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration	
May 27- June 2	1	CT or OFF	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 3x1mile PPM w 1 min Rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration	
June 3- June 9	1	30 min CT + 6 Strides + 3 Circuits of training drills	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6x1000PPM w 1 min rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Off - 1:30 duration	
June 10- June 16	1	CT or OFF	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 3x1mile PPM w 1 min Rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration	
June 17- June 23	1	30 min CT + 6 Strides + 3 Circuits of training drills	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6x1000PPM w 1 min rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Off - 1:30 duration	
June 24- June 30	1	CT or OFF	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 3x1mile PPM w 1 min Rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration	
July 1- July 7	2	30 min CT + 6 Strides + 3 Circuits of training drills	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6x1000PPM w 1 min rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	2. Week 2 - 20 seconds up, 10 seconds down – 2 Sets	Week 2 - 15 seconds Off - 1:30 duration	
July 8- July 14	3	30 min CT + 6 Strides + 3 Circuits of training drills or OFF	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	3. Week 3 - 20 seconds up, 10 seconds down – 2 Sets	Week 3 - 15 seconds Off - 1:30 duration	
July 15- July 21	4	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 CT run of 40 min or 6 miles	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 3x1mile PPM w 1 min Rest btw + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	4. Week 4 - 30 seconds up, 15 seconds down – 2 Sets	Week 4 - 20 seconds Off - 1:30 duration	
July 22- July 28	5	30 min CT + 6 Strides + 3 Circuits of training drills or OFF	Phase II: Weeks 5-8 40-50 min LR at Steady CT Pace	30 min CT + 6 Strides + 3 Circuits of training drills	15 min CT + 4x (200m R + 200m j + 200m R + 200m j + 400m R + 400m j) + 15 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 2 mile PPM + 2 min rest + 1 mile PPM + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	5. Week 5 - 30 seconds up, 15 seconds down – 2 Sets	Week 5 - 20 seconds Off - 1:30 duration	
July 29- Aug 4	6	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase II: Weeks 5-8 30 min CT + 6 Strides + 3 Circuits of training drills	40-50 min LR at Steady CT Pace	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	15 min CT + 4x (200m R + 200m j + 200m R + 200m j + 400m R + 400m j) + 15 min CT SPARTAN 1 MILE TIME TRIAL + 10-15 min WD	6. Week 6 - 30 seconds up, 15 seconds down – 3 Sets	Week 6 - 15 seconds Off - 2:00 duration	
Aug 5- Aug 11	7	30 min CT + 6 Strides + 3 Circuits of training drills or OFF	Phase II: Weeks 5-8 30 min CT + 6 Strides + 3 Circuits of training drills	40-50 min LR at Steady CT Pace	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 2x 1mile PPM w 1 min rest after each + 2x1000m PPM w 1 min rest + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 6 strides + 10x 3 min Hard w 2min j after each + 10 min CT	7. Week 7 - 30 seconds up, 15 seconds down – 3 Sets	Week 7 - 15 seconds Off - 2:00 duration	
Aug 12- Aug 18	8	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase II: Weeks 5-8 30 min CT + 6 Strides + 3 Circuits of training drills	10 min CT + 2mile PPM + 2 min rest + 1 mile PPM + 10 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	15 min CT + 4x (200m R + 200m j + 200m R + 200m j + 400m R + 400m j) + 15 min CT	30 min CT + 6 Strides + 3 Circuits of training drills	10-15 min WU 2 Mile Clash of Clans Race or 20 min CT + 5x3min hard w 2min j or (5x1000m I hard w 3min j) + 20min CT	8. Week 8 - 40 seconds up, 20 seconds down – 2 Sets	Week 8 - 20 seconds Off - 2:00 duration	