

| | Spartan Plan | | | | | | | | | | |
|------------------|--------------|-----------|--|--|--|---|---|---|---|--|--|
| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | HIIT CORE | HIIT SPEED | |
| | Week | | Q1 | | Q2 | | | Q3 | after CT Runs | after CT Runs | |
| May 20- May 26 | 1 | CT | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 10x(400m R w 400m j) + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec 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 LR (lesser of 25% or 75min) | 75 min CT (can be 1 or 2 runs total 75 min) + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m 1 w 2 min jog (<45miles) + 10-15 min WD | CT + 6-8x20 sec 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 | CT | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 10x(400m R w 400m j) + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec 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 10- June 16 | 1 | CT or OFF | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | 75 min CT (can be 1 or 2 runs total 75 min) + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m 1 w 2 min jog (<45miles) + 10-15 min WD | CT + 6-8x20 sec 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 | CT | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 10x(400m R w 400m j) + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec 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 24-June 30 | 1 | CT or OFF | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | 75 min CT (can be 1 or 2 runs total 75 min) + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m 1 w 2 min jog (<45miles) + 10-15 min WD | CT + 6-8x20 sec 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 | CT | Phase I: Weeks 1-4 LR (lesser of 25% or 75min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 10x(400m R w 400m j) + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 2. Week 2 - 20 seconds up, 10 seconds down – 2 Sets | Week 2 - 15 seconds Up, 15 seconds Off - 1:30 duration | |
| July 8-July 14 | 3 | CT or OFF | Phase I: Weeks 1-4 LR (lesser of 25% or 80min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) 6x3 min H w 2 min jog (<45miles) + 10-15 min WD | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 10x(400m R w 400m j) + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 3. Week 3 - 20 seconds up, 10 seconds down – 2 Sets | Week 3 - 15 seconds Up, 15 seconds Off - 1:30 duration | |

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| July 15-July 21 | 4 | CT | Phase I: Weeks 1-4 LR (lesser of 25% or 85min) | CT + 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | CT + 6-8x20 sec strides + 3 Circuits of training drills | 10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) + 10-15 min WD | CT + 6-8x20 sec strides + 3 Circuits of training drills | 4. Week 4 - 30 seconds up, 15 seconds down - 2 Sets | Week 4 - 20 seconds Up, 10 seconds Off - 1:30 duration |
| July 22-July 28 | 5 | CT or OFF | Phase II: Weeks 5-8 LR (lesser of 25% or 90min) | 1 or 2 runs of 30-40 min each+ 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides +8x200m R w 200m j + 5 min CT+ 8x200m R w 200m j + 5 min CT or 2x(10x200m R w 200m j + 10 min CT after each set) or 20 min CT + 6 strides +2x(10x200m R w 200m j + 10 min CT after each set | 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 3 Circuits of training drills | 5. Week 5 - 30 seconds up, 15 seconds down - 2 Sets | Week 5 - 20 seconds Up, 10 seconds Off - 1:30 duration |
| July 29-Aug 4 | 6 | CT | Phase II: Weeks 5-8 60 minCT + 6-8x20 sec strides + 3 Circuits of training drills | LR (lesser of 25% or 95min) | 1 or 2 runs of 30-40 min each+ 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 5x3min hard w 2min j or (5x1000m l hard w 3min j) + 20min CT | 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 3 Circuits of training drills | 20 min CT + 6 strides +8x200m R w 200m j + 5 min CT+ 8x200m R w 200m j + 5 min CT or 2x(10x200m R w 200m j + 10 min CT after each set) or 20 min CT + 6 strides +2x(10x200m R w 200m j + 10 min CT after each set SPARTAN 1 MILE TIME TRIAL + 10-15 min WD | 6. Week 6 - 30 seconds up, 15 seconds down - 3 Sets | Week 6 - 15 seconds Up, 15 seconds Off - 2:00 duration |
| Aug 5-Aug 11 | 7 | CT or OFF | Phase II: Weeks 5-8 60 minCT + 6-8x20 sec strides + 3 Circuits of training drills | LR (lesser of 25% or 100min) | 1 or 2 runs of 30-40 min each+ 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 3 Circuits of training drills | 20 min CT + 5x3min hard w 2min j or (5x1000m l hard w 3min j) + 20min CT | 7. Week 7 - 30 seconds up, 15 seconds down - 3 Sets | Week 7 - 15 seconds Up, 15 seconds Off - 2:00 duration |
| Aug 12-Aug 18 | 8 | CT | Phase II: Weeks 5-8 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 3 Circuits of training drills | 20 min CT + 6 strides 20min PPM + 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | 1 or 2 runs of 30-40 min each+ 6-8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides +8x200m R w 200m j + 5 min CT or 2x(10x200m R w 200m j + 10 min CT after each set) or 20 min CT + 6 strides +2x(10x200m R w 200m j + 10 min CT after each set | 60 minCT + 6-8x20 sec strides or 75 min CT (can be 1 or 2 runs total 75 min)+ 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 l hard w 3min j) + 20min CT | 8. Week 8 - 40 seconds up, 20 seconds down - 2 Sets | Week 8 - 20 seconds Up, 10 seconds Off - 2:00 duration |
| Aug 19-Aug 25 | 9 | CT or OFF | Phase III: Weeks 9-12 60 min CT run + 6-8x20 sec strides + 3 Circuits of training drills | LR (lesser of 25% or 105min) | 75 min CT (can be 1 or 2 runs total 75 min) + 8x20 sec strides + 3 Circuits of training drills | 20 min CT + 5x1 mile PPM w 1 min rest (5x6 min PPM w 1 min rest)+ 6 strides + 10 min CT or 20 min CT + 5x6 min PPM w 1 min rest + 6 strides + 10 min CT | 75 min CT (can be 1 or 2 runs total 75 min) + 8x20 sec strides + 3 Circuits of training drills | 20 min CT + 6 strides +8x200m R w 200m j + 5 min CT+ 8x200m R w 200m j + 5 min CT or 2x(10x200m R w 200m j + 10 min CT after each set) or 20 min CT + 6 strides +2x(10x200m R w 200m j + 10 min CT after each set | 9. Week 9 - 40 seconds up, 20 seconds down - 2 Sets | Week 9 - 20 seconds Up, 10 seconds Off - 2:00 duration |