

WEEK 1 (4 Easy & 1 push, 3 Reps)

5 warm up -5
 4 easy - 9
 1 push - 10
 4 easy - 14
 1 push - 15
 4 easy - 19
 1 push - 20
 5 cool down

WEEK 4 (3 Easy & 3 push, 4 Reps)

5 warm up -5
 3 easy - 8
 3 push - 11
 3 easy - 14
 3 push - 17
 3 easy - 20
 3 push - 23
 3 easy - 26
 3 push - 29
 5 cool down

WEEK 7 (2 Easy & 4 push, 5 Reps)

5 warm up -5
 2 easy - 7
 4 push - 11
 2 easy - 13
 4 push - 17
 2 easy - 19
 4 push - 23
 2 easy - 25
 4 push - 29
 2 easy - 31
 4 push - 35
 5 cool down

WEEK 10 (1 Easy & 7 push, 5 Reps)

5 warm up -5
 1 easy - 6
 7 push - 13
 1 easy - 14
 7 push - 21
 1 easy - 22
 7 push - 29
 1 easy - 30
 7 push - 37
 1 easy - 38
 7 push - 45
 5 cool down

WEEK 2 (4 Easy & 2 push, 3 Reps)

5 warm up -5
 4 easy - 9
 2 push - 11
 4 easy - 15
 2 push - 17
 4 easy - 21
 2 push - 23
 5 cool down

WEEK 5 (2 Easy & 3 push, 5 Reps)

5 warm up -5
 2 easy - 7
 3 push - 10
 2 easy - 12
 3 push - 15
 2 easy - 17
 3 push - 20
 2 easy - 22
 3 push - 25
 2 easy - 27
 3 push - 30
 5 cool down

WEEK 8 (1 Easy & 4 push, 6 Reps)

5 warm up -5
 1 easy - 6
 4 push - 10
 1 easy - 11
 4 push - 15
 1 easy - 16
 4 push - 20
 1 easy - 21
 4 push - 25
 1 easy - 26
 4 push - 30
 1 easy - 31
 4 push - 35
 5 cool down

WEEK 11 (1 Easy & 9 push, 4 Reps)

5 warm up -5
 1 easy - 6
 9 push - 15
 1 easy - 16
 9 push - 25
 1 easy - 26
 9 push - 35
 1 easy - 36
 9 push - 45
 5 cool down

WEEK 3 (3 Easy & 2 push, 4 Reps)

5 warm up -5
 3 easy - 8
 2 push - 10
 3 easy - 13
 2 push - 15
 3 easy - 18
 2 push - 20
 3 easy - 23
 2 push - 25
 5 cool down

WEEK 6 (3 Easy & 4 push, 4 Reps)

5 warm up -5
 3 easy - 8
 4 push - 12
 3 easy - 15
 4 push - 19
 3 easy - 22
 4 push - 26
 3 easy - 29
 4 push - 33
 5 cool down

WEEK 9 (1 Easy & 5 push, 6 Reps)

5 warm up -5
 1 easy - 6
 5 push - 11
 1 easy - 12
 5 push - 17
 1 easy - 18
 5 push - 23
 1 easy - 24
 5 push - 29
 1 easy - 30
 5 push - 35
 1 easy - 36
 5 push - 41

WEEK 12 (1 Easy & 10 push, 4 Reps)

5 warm up -5
 1 easy - 6
 10 push - 16
 1 easy - 17
 10 push - 27
 1 easy - 28
 10 push - 38
 1 easy - 39
 10 push - 49
 5 cool down

All Weeks

5 cool down