

Week 1 - 4 Easy & 1 Push x 3

Min	Cumulative	Type
5	5	Warm up
4	9	Easy
1	10	Push
4	14	Easy
1	15	Push
4	19	Easy
1	20	Push
5	25	Cool Down

3 times alternating days (Mon, Wed, Fri)

Week 2 - 4 Easy & 2 Push x 3

Min	Cumulative	Type
5	5	Warm up
4	9	Easy
2	11	Push
4	15	Easy
2	17	Push
4	21	Easy
2	23	Push
5	28	Cool Down

3 times alternating days (Mon, Wed, Fri)

Week 3 - 3 Easy & 2 Push x 4

Min	Cumulative	Type
5	5	Warm up
3	8	Easy
2	10	Push
3	13	Easy
2	15	Push
3	18	Easy
2	20	Push
3	23	Easy
2	25	Push
5	30	Cool Down

3 times alternating days (Mon, Wed, Fri)

Week 4 - 3 Easy & 3 Push x 4

Min	Cumulative	Type
5	5	Warm up
3	8	Easy
3	11	Push
3	14	Easy
3	17	Push
3	20	Easy
3	23	Push
3	26	Easy
3	29	Push
5	34	Cool Down

3 times alternating days (Mon, Wed, Fri)

Week 5 - 2 Easy & 3 Push x 5

Min	Cumulative	Type
5	5	Warm up
2	7	Easy
3	10	Push
2	12	Easy
3	15	Push
2	17	Easy
3	20	Push
2	22	Easy
3	25	Push
2	27	Easy
3	30	Push
5	35	Cool Down

3 times alternating days (Mon, Wed, Fri)

Week 6 - 3 Easy & 4 Push x 4

Min	Cumulative	Type
5	5	Warm up
3	8	Easy
4	12	Push
3	15	Easy
4	19	Push
3	22	Easy
4	26	Push
3	29	Easy
4	33	Push
5	38	Cool Down

4 times alternating days (Mon, Wed, Fri)

Week 7 - 2 Easy & 4 Push x 5

Min	Cumulative	Type
5	5	Warm up
2	7	Easy
4	11	Push
2	13	Easy
4	17	Push
2	19	Easy
4	23	Push
2	25	Easy
4	29	Push
2	31	Easy
4	35	Push
5	40	Cool Down

4 times alternating days (Mon, Wed, Fri)

Week 8 - 1 Easy & 4 Push x 6

Min	Cumulative	Type
5	5	Warm up
1	6	Easy
4	10	Push
1	11	Easy
4	15	Push
1	16	Easy
4	20	Push
1	21	Easy
4	25	Push
1	26	Easy
4	30	Push
1	31	Easy
4	35	Push
5	40	Cool Down

4 times alternating days (Mon, Wed, Fri)

Week 9 - 1 Easy & 5 Push x 6

Min	Cumulative	Type
5	5	Warm up
1	6	Easy
5	11	Push
1	12	Easy
5	17	Push
1	18	Easy
5	23	Push
1	24	Easy
5	29	Push
1	30	Easy
5	35	Push
1	36	Easy
5	41	Push
5	46	Cool Down

4 times alternating days (Mon, Wed, Fri)

Week 10 - 1 Easy & 7 Push x 5

Min	Cumulative	Type
5	5	Warm up
1	6	Easy
7	13	Push
1	14	Easy
7	21	Push
1	22	Easy
7	29	Push
1	30	Easy
7	37	Push
1	38	Easy
7	45	Push
5	50	Cool Down

4 times alternating days (Mon, Wed, Fri)

Week 11 - 1 Easy & 9 Push x 4

Min	Cumulative	Type
5	5	Warm up
1	6	Easy
9	15	Push
1	16	Easy
9	25	Push
1	26	Easy
9	35	Push
1	36	Easy
9	45	Push
5	50	Cool Down

5 times alternating days (Mon, Wed, Fri)

Week 12 - 1 Easy & 10 Push x 4

Min	Cumulative	Type
5	5	Warm up
1	6	Easy
10	16	Push
1	17	Easy
10	27	Push
1	28	Easy
10	38	Push
1	39	Easy
10	49	Push
5	54	Cool Down

5 times alternating days (Mon, Wed, Fri)