

4-5 days running

Core 3-4 days

Arms 4-5 days

• Upper 1

Bench press 5 x 8-12

↳ Banded Dips 4 x 12-15

↳ Pullout Press 3 x 15

Incline Chest Press 5 x 8-12

↳ KB pullover x 12

Chin up - 3 x 10

↳ Plank Hip Rotations 3 x 20

• Upper 2

DB split Deck 4 x 5-8

↳ Band pull aparts x 30

Pullups 4 x 8-10

↳ Med ball Slam 4 x 10 or

↳ 4-way plank holds (russian twists)

Barbell Row - 6 x 8

↳ Back swimmers - 45 secs

~~Raises~~ 4 x 8-12 Shoulder Press 5 x 8-12

↳

↳ ~~Raises~~ x 12

↳ Shrugs

• Lower 1

Hang Clean 5 x 4-6

↳ Rollout/warmup (KB core)

Deadlift 5 x 5

↳ Russian Twist

Step ups 4 x 8-10

↳ L raises x 6-8

Lower 2

Squat (Alt w/ Frit Squat) 5 x 8-12

↳ Warmup

↳ Hip Adductor

Singleleg ~~Split~~ Squat 4 x 6-8

↳ Hamstring Curl 4 x 12

KB Swing 4 x 8-12

↳ Box jump 3 x 8

V ups 2 x 15

M

upper

only

Box

Row

is like?

upper

Tu

Run

Easy

Wed

Run

workout

lower

Th

Off

Lower
~~upper~~

F

Easy Run

upper

Sat

~~Long Run~~

Re Run

Long Run

Sun

Long Run

Re Run Day

↖ ↗

Core