



CARDIO TRAINING

CASUAL WARRIOR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2M EASY RUN	R E S T D A Y	30MIN FARTLEK	30-40MIN CROSSTRAIN	R E S T D A Y	1-2M EASY RUN
2	2M EASY RUN		30MIN FARTLEK	30-40MIN CROSSTRAIN		2M EASY RUN
3	2 1/2M RUN		30MIN FARTLEK	30-60MIN CROSSTRAIN		3M EASY RUN
4	2 1/2M RUN		40MIN FARTLEK	30-60MIN CROSSTRAIN		3M RUN
5	3M RUN		45MIN FARTLEK	30-60MIN CROSSTRAIN		4M RUN
6	3M RUN		4X400 MILE PACE	40-60MIN CROSSTRAIN		4M RUN
7	4M RUN		5X400 MILE PACE	45-60MIN CROSSTRAIN		5M RUN
8	4M RUN		6X400 MILE PACE	50-60MIN CROSSTRAIN		5K TEST RACE
9	5M RUN		45MIN FARTLEK	30-45MIN HARD CT OR HILL RUN		5M RUN
10	5M RUN		7X400 MILE PACE	30-45MIN HARD CT OR HILL RUN		6M RUN
11	4M RUN		8X400 MILE PACE	3M MOD. PACE		6M RUN
12	2M EASY RUN		30MIN EASY FARTLEK	REST DAY		RACE DAY