



# CARDIO TRAINING

## ULTIMATE WARRIOR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2M RUN	R E S T  D A Y	4X400 MILE P	2M RUN	R E S T  D A Y	3M EASY RUN
2	2M RUN		30MIN HILL OR STADIUM	3M RUN		3M EASY RUN
3	2 1/2M RUN		5X400 MILE PACE	3M RUN		4M RUN
4	2 1/2M RUN		30MIN HILL OR STADIUM	30-45MIN FARLEK		4M RUN
5	3M RUN		6X400 MILE PACE	3M RUN		5M RUN
6	3M RUN		40MIN HILL OR STADIUM	40-60MIN FARTLEK		5M RUN
7	4M RUN		8X300 MILE PACE	2M HARD RUN		6M RUN
8	4M RUN		45-60MIN FARTLEK	2M RUN		5K TEST RACE
9	5M RUN		10X300 MILE PACE	3M RUN		6M RUN
10	5M RUN		4X800 MILE PACE	30-45MIN HILL OR STADIUM		7M RUN
11	4M RUN		5X800 MILE PACE	3M MOD. PACE		7M RUN
12	3M EASY RUN		30MIN EASY FARTLEK	REST DAY		<b>RACE DAY</b>