

Interval Programming

Day	Workout
Day 1	200m, rest 1 minute, Run 400m, rest 2 minutes, Run 800m, rest 3 minutes, Run 400m, rest 2 min, Run 200m
Day 2	1 minute, rest 20 seconds - 20 rounds
Day 3	400m, rest 1 minute - 6 rounds
Day 4	Every 2 minutes complete 200m - 20 min workout
Day 5	400m, rest the time it took you to run - 6 rounds
Day 6	100m, rest 30 seconds - 10 rounds

Endurance 5K Programming

Day	Workout
Day 1	(Run, Swim, Bike or Row) 200m, rest 1 minute, Run 400m, rest 2 minutes, Run 800m, rest 3 minutes, Run 400m, rest 2 min, Run 200m
Day 2	(Run, Swim, Bike or Row) 1 mile for time
Day 3	(Run, Swim, Bike or Row) 1 minute, rest 15 seconds - 20 rounds
Day 4	(Run, Swim, Bike or Row) 30 minutes and see how far you get
Day 5	(Run, Swim, Bike or Row) 400m, rest 1 minute - 5 rounds
Day 6	(Run, Swim, Bike or Row) 2 miles for time
Day 7	(Run, Swim, Bike or Row) Every 2 minutes complete 200m - 20 min workout
Day 8	(Run, Swim, Bike or Row) 400m, rest the time it took you to run - 6 rounds
Day 9	(Run, Swim, Bike or Row) 100m, rest 30 seconds - 10 rounds
Day 10	(Run, Swim, Bike or Row) 3 miles for time

Endurance ½ Marathon Programming

Why Cross Training Benefits Runners

Cross training is an outstanding way to enhance your endurance training by building strength, flexibility and speed.

“As a distance runner, I questioned whether I could get an effective workout in just 20 minutes when I would run more than 90 minutes at a time. However, during those 20 minutes, I was pushing myself outside my comfort zone. I was uncomfortable. Challenged. Cross training compliments my running performance.” -Jess

Here is why so many runners are saying cross training has helped them:

- learn to run on tired legs, mimicking the end of a race
- another method of increasing mental toughness
- improves basic movement patterns
- creates more well rounded strength for better running posture and form
- endurance building through high intensity moves
- workouts are short, so you can fit them in to a busy day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Mobility Day!	MissionFiT	2 mile run	Interval Training 200m, rest 1 minute, Run 400m, rest 2 minutes, Run 800m, rest 3 minutes, Run 400m, rest 2 min, Run 200m	MissionFiT	Mobility Day!	Long Run 2.5 miles
Mobility Day!	MissionFiT	2 mile run	Interval Training 1 minute, rest 15 seconds - 20 rounds	MissionFiT	Mobility Day!	Long Run 3 miles
Mobility Day!	MissionFiT	2 mile run	Interval Training 400m, rest 1 minute - 5 rounds	MissionFiT	Mobility Day!	Long Run 3.5 miles
Mobility Day!	MissionFiT	3 mile run	Interval Training Every 2 minutes complete 200m - 20 min workout	MissionFiT	Mobility Day!	Long Run 4 miles
Mobility Day!	MissionFiT	3 mile run	Interval Training 400m, rest the time it took you to run - 6 rounds	MissionFiT	Mobility Day!	Long Run 4.5 miles
Mobility Day!	MissionFiT	3 mile run	Interval Training 100m, rest 30 seconds - 10 rounds	MissionFiT	Mobility Day!	Long Run 5 miles
Mobility Day!	MissionFiT	3 mile run	Interval Training 200m, rest 1 minute, Run 400m, rest 2 minutes, Run 800m, rest 3 minutes, Run 400m, rest 2 min, Run 200m	MissionFiT	Mobility Day!	Long Run 5.5 miles
Mobility Day!	MissionFiT	3 mile run	Interval Training 1 minute, rest 15 seconds - 20 rounds	MissionFiT	Mobility Day!	Long Run 6 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 400m, rest 1 minute - 5 rounds	MissionFiT	Mobility Day!	Long Run 6.5 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training Every 2 minutes complete 200m - 20 min workout	MissionFiT	Mobility Day!	Long Run 7 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 400m, rest the time it took you to run - 6 rounds	MissionFiT	Mobility Day!	Long Run 7.5 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 100m, rest 30 seconds - 10 rounds	MissionFiT	Mobility Day!	Long Run 8 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 200m, rest 1 minute, Run 400m, rest 2 minutes, Run 800m, rest 3 minutes, Run 400m, rest 2 min, Run 200m	MissionFiT	Mobility Day!	Long Run 8.5 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 1 minute, rest 15 seconds - 20 rounds	MissionFiT	Mobility Day!	Long Run 9 miles
Mobility Day!	MissionFiT	3.5 mile run	Interval Training 400m, rest 1 minute - 8 rounds	MissionFiT	Mobility Day!	Long Run 10 miles
Mobility Day!	Light MissionFiT	4 mile run	Interval Training Every 2 minutes complete 200m - 20 min workout	Light MissionFiT	Mobility Day!	Rest
				**Thursday Friday can be switched		

Plank Training

Day	Workout
Day 1	20sec hold, rest 10 sec, 40sec hold, rest 20 sec, 60sec hold, rest 30 sec, 40 sec hold, rest 20 sec, 20sec hold (all high planks)
Day 2	1 min low plank
Day 3	45 second high plank, rest 30 seconds - 7 rounds
Day 4	90 sec low plank
Day 5	1 min high plank, rest 1 minute - 7 rounds
Day 6	2 min high plank hold
Day 7	1 min low plank, rest 30 seconds - 4 rounds
Day 8	90 second low plank hold
Day 9	40sec hold, rest 20 sec, 60sec hold, rest 30 sec, 80sec hold, rest 30 sec, 80 sec hold, rest 30 sec, 60sec hold, rest 20 sec, 40sec hold (all high planks)
Day 10	3 min high plank hold

Pull-Up Training

- Session 1
 - 5x 3-5 banded strict pull ups
 - 4 min Tabata hollow/arch(Superman)
- Session 2
 - 5x 10 supine ring/bar rows
 - 5x 10 straight arm banded pull downs
- Session 3
 - 5x 10 kipping swing
 - 5x 3-5 jump and slow lower

Strict Pull-up Strength:

<http://bit.ly/39o8tFQ>

Double Under Training

<http://bit.ly/38moBpR>

Push-Up Training

Program A:

Choose 3 non-consecutive days a week to add in extra work for 4-6 weeks.

- Session 1
 - 3x max set knee or elevated push ups
 - 3x 10-15 tricep extension
 - 3x 1 min plank

- Session 2
 - 3x 10 deficit push up from knees (using two plates)
 - 3x 10-15 dumbbell bench
 - 3x 15 hip bridge
 - 6x 20 second bottom (of push up) plank hold
 - After 3 weeks, swap out the deficit knee push ups for 3x10 single push ups from a dead stop at the bottom

- Session 3
 - 3x 10 push up negative (from toes)
 - 3x 10 skull crusher
 - 3x 10 each side opposite arm/leg moving plank

Program B:

Day 1: 5 perfect knee push-ups restricting the range of motion, rest 30 seconds, 5 rounds

Day 2: Start at the top of a push-up, 3 second descend, no pushup just get back to the top position, 3x - then rest 1 minute and do this for 4 rounds

Day 3: KB or DB rows 3 sets of 12 on each side (pick a weight that you are fatigued and pushing hard through reps 7-12)

Day 4: 10 knee to toe push-ups, do not use much energy on descend, rest 1 minute, 3 rounds of this

Day 5: Hold top of pushup position for 30 seconds (raise 1 leg if too easy), rest 30 seconds, 4 rounds of this

Day 6: 10 perfect knee push-ups restricting the range of motion, rest 30 seconds, 5 rounds

Day 7: Start at the top of a push-up, 5 second descend, no pushup just get back to the top position, 3x - then rest 1 minute and do this for 4 rounds

Day 8: KB or DB rows 4 sets of 12 on each side (pick a weight that you are fatigued and pushing hard through reps 7-12)

Day 9: 15 knee to toe push-ups, do not use much energy on descend, rest 1 minute, 4 rounds of this

Day 10: 10 perfect knee push-ups, rest 30 seconds, 5 rounds

Day 11: Start at the top of a push-up, 5 second descend, pushup knees to toes to get back to the top position, 4x - then rest 1 minute and do this for 4 rounds

Day 12: KB or DB rows 3 sets of 15 on each side (pick a weight that you are fatigued and pushing hard through reps 8-15)

Day 13: 15 knee to toe push-ups, do not use much energy on descend, rest 1 minute, 3 rounds of this

Day 14: 15 perfect knee push-ups, rest 30 seconds, 5 rounds

Day 15: Hold top of pushup position for 60 seconds (raise 1 leg if too easy), rest 30 seconds, 4 rounds of this

Day 16: Start at the top of a push-up, 5 second descend, pushup knees to toes to get back to the top position, 6x - then rest 1 minute and do this for 4 rounds

Day 17: 15 knee to toe push-ups, do not use much energy on descend, rest 1 minute, 5 rounds of this

Day 18: RETEST THAT PUSHUP!!!