

Week 1:

Monday:

30 minute jog at a comfortable pace, Record distance ran

Tuesday:

A1: [Back Squat](#) or [DB Squat](#), 5 sets x 5 reps; rest 90 sec

A2: [Pull-ups](#). 5 sets x 5 reps; rest 90 seconds

4 rounds as fast as possible (AFAP) of:

10 box jumps + 20 sit-ups

Wednesday:

REST DAY

Thursday:

30 minute jog at a comfortable pace, record distance ran

Friday:

A1: [Romanian dead-lift](#), 12-15 reps x 3 sets; rest 60 seconds

A2. Push-ups, as many as possible x 3 sets; rest 60 seconds

A3: [DB row](#), 12-15 reps x 3 sets; rest 60 seconds

A4: [Walking lunge](#), 12-15/per leg x 3 sets; rest 2 minutes

Saturday:

Run 2 minutes @85% effort/walk rest 2 minutes x 5-7 sets

Sunday:

Rest

Week 2:

Monday:

30 minute jog at a comfortable pace. Record distance ran

Tuesday:

A1: [DB step-ups](#), 8 per leg x 5 sets; rest 90 seconds

A2: [Cable row](#), 10-12 reps x 5 sets; rest 90 seconds

4 rounds AFAP of:

[10 unbroken* kettle bell swings](#) + 15 situps + [15 burpees](#)

Wednesday:

REST DAY

Thursday:

30 minute jog at a comfortable pace. Record distance ran

Friday:

A1: [Dead-lift or DB dead-lift](#), 6-8 reps x 4 sets; rest 60 seconds

A2: [DB push press](#), 6-8 reps x 4 sets; rest 60 seconds

A3: [Lung jumps](#), 20 total reps x 4 sets; rest 60 seconds

A4: [Chin-ups](#), 6-8 reps x 4 sets; rest 2 minutes

Saturday:

Run 30 seconds at 85% effort, rest 30 seconds; 30 seconds of burpees, rest 30 seconds x 10-15 sets

Week 3:

Monday:

30 minute jog at a comfortable pace, Record distance ran

Tuesday:

A1: Back Squat or DB Squat, 5 sets x 3 reps; rest 90 sec

A2: Pull-ups. 5 sets x 3 reps; rest 90 seconds

4 rounds as fast as possible (AFAP) of:

[20 unbroken wall ball](#) + 20 unbroken kettlebell swings

Wednesday:
REST DAY

Thursday:
30 minute jog at a comfortable pace, record distance ran

Friday:
A1: Romanian dead-lift, 10-12 reps x 3 sets; rest 60 seconds
A2. Push-ups, as many as possible x 3 sets; rest 60 seconds
A3: DB row, 10-12 reps x 3 sets; rest 60 seconds
A4: Walking lunge, 10-12/per leg x 3 sets; rest 2 minutes

Saturday:

Run 3 minutes @85% effort/walk rest 2 minutes x 5-7 sets

Sunday:
Rest

Week 4:

Monday:
30 minute jog at a comfortable pace. Record distance ran

Tuesday:
A1: DB step-ups, 6 per leg x 5 sets; rest 90 seconds
A2: Cable row, 8-10 reps x 5 sets; rest 90 seconds

4 rounds AFAP of:

10 burpees + 20 walking lunges + 30 sit-ups

Wednesday:
REST DAY

Thursday:
30 minute jog at a comfortable pace. Record distance ran

Friday:

A1: Dead-lift or DB dead-lift, 4-6 reps x 4 sets; rest 60 seconds

A2: DB push press, 4-6 reps x 4 sets; rest 60 seconds

A3: Lung jumps, 22 total reps x 4 sets; rest 60 seconds

A4: Chin-ups, 4-6 reps x 4 sets; rest 2 minutes

Saturday:

Run 30 seconds at 85% effort, rest 30 seconds; 30 seconds of box jumps rest 30 seconds x 10-15 sets

This should take you up to 1 week before race day. The week leading up to the race you can follow the programming from week 1 but just taper it back a little. Cut back by about a set on everything and work at about 80% on the intensity scale. Races are usually held on a Saturday so I would take Friday off and chill out.

Best of luck. I hope you set a personal record!

NOTES:

*Unbroken means that you pick a weight where you can do all of the reps in a row.

- If you are not familiar with the format of the workouts [visit this link](#)
- A1, A2, etc... means you do those exercises back to back after the rest period.

If there is A1, A2, A3, A4.... You would perform all of those exercises back to back.