

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
OFF	10K - 1000m splits 250m on 500m off 250m on	10x3min @ 26-28 // 1m30s rest	3K-2K-1K // 4m Rest // Abs	20min // 1min on 1min off	8x5min // 2m rest	10 x 250m // 1m30s Rest	Feb 5th - Feb 11th
OFF	20min // 1min on 1min off	3K-2K-1K // 4m Rest // Abs	10 x 250m // 1m20s Rest	10x3min @ 26-28 // 1m30s rest	45min SS @ 20-22	Tank Day	Feb 12th - Feb 18th
OFF	10K - 1000m splits 250m on 500m off 250m on	4x750m // 2m Rest	12 x 250m // 1m20s Rest	3K-2K-1K // 4m Rest // Abs	10K - SS - 20-24	Tank Day	Feb 19th - Feb 25th
OFF	10x3min @ 26-28 // 1m15s rest	45min SS @ 20-22	30min // 1min on 1min off	12 x 250m // 1m15s Rest	8x5min // 1m30sec rest	TBD	Feb 26th - March 4th
	*All workouts include at least 10 minutes of Abs and 1min of bench pulls						