8 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
the academy	Push-ups 10X3	Air squats 15x3	Push-ups 10X3	Air squats 15x3	Push-ups 10X3	Air squats 15x3	Rest
starts.	Run @ 10 min	Beep Test	, Run @ 10 min	Beep Test	Run @ 10 min	Beep Test	
	Sit-ups 20x3		Sit-ups 20x3		Sit-ups 20x3		
7 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 12X3	Air squats 17x3	Rest	Push-ups 12X3	Air squats 17x3	Push-ups 12X3	Rest
	Run @ 10 min	Beep Test		Run @ 10 min	Beep Test	Run @ 10 min	
	Sit-ups 20x3			Sit-ups 20x3		Sit-ups 20x3	
6 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15X3	Air squats 15x3	Push-ups 15X3	Air squats 15x3	Push-ups 15X3	Air squats 15x3	Rest
	Run @ 9.5 min	Beep Test	Run @ 9.5 min	Beep Test	Run @ 9.5 min	Beep Test	
	Sit-ups 20x3		Sit-ups 20x3		Sit-ups 20x3		
5 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15X3	Air squats 20x3	Rest	Push-ups 15X3	Air squats 20x3	Push-ups 15x3	Rest
	Run @ 9.5 min	Beep Test	hest	Run @ 9.5 min	Beep Test	Run @ 9.5 min	hest
	Sit-ups 20x3	Beeprese		Sit-ups 20x3	Deep rest	Sit-ups 20x3	
	510 005 2005			510 405 2075		510 405 2075	
4 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recovery Week	3 mile walk	3 mile walk	Rest	3 mile walk	3 mile walk	3 mile walk	Rest
3 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 15x3	Air squats 20x3	Rest	Push-ups 15x3	Air squats 20x3	Push-ups 15x3	Rest
	Run @ 10 min	Beep Test		Run @ 10 min	Beep Test	Run @ 10 min	
	Sit-ups 20x3	Beeprese		Sit-ups 20x3	Beeprese	Sit-ups 20x3	
2 weeks before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 20x2	Air squats 25x3	Push-ups 20x3	Air squats 25x3	Push-ups 20x3	Air squats 25x3	Rest
	Run @ 9 min	Beep Test	Run @ 9 min	Beep Test	Run @ 9 min	Beep Test	
	Sit-ups 20x3	-	Sit-ups 20x3	-	Sit-ups 20x3		
1 week before	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Push-ups 20x3	Air squats 25x3	Rest	Push-ups 20x3	Air squats 25x3		Rest
	Run @ 9 min	Beep Test		Run @ 9 min	Beep Test		
	Sit-ups 20x3			Sit-ups 20x3			