

Phase I (8-Week Training Grid) Beginner - Intermediate

		Mon	Tue	Wed	Thur	Fri	Sat
Week 1	Run	2 miles @ 8:30		2 miles @ 8:30		2 miles @ 8:30	
	Swim	20 mins END	20 mins END	20 mins END	20 mins END	20 mins END	
	PT	Pushups 4x15		Pushups 4x15		Pushups 4x15	
		Situps 4x25		Situps 4x25		Situps 4x25	
	Pullups 3x4		Pullups 3x4		Pullups 3x4	Stretch 10	
Week 2	Run	2 miles @ 8:30		2 miles @ 8:30		2 miles @ 8:30	
	Swim	20 mins END	20 mins END	20 mins END	20 mins END	20 mins END	
	PT	Pushups 5x20		Pushups 5x20		Pushups 5x20	
		Situps 5x25		Situps 5x25		Situps 5x25	
	Pullups 4x4		Pullups 4x4		Pullups 4x4	Stretch 10	
Week 3	Run	rest	rest	rest	rest	rest	
	Swim	20 mins END	25 mins END	25 mins END	25 mins END	25 mins END	
	PT	Pushups 5x25		Pushups 5x25		Pushups 5x25	
		Situps 5x30		Situps 5x30		Situps 5x30	
	Pullups 4x4		Pullups 4x4		Pullups 4x4	Stretch 15	
Week 4	Run	3 miles @ 8:00		3 miles @ 8:00		3 miles @ 8:00	
	Swim	25 mins END	25 mins END	25 mins END	25 mins END	25 mins END	
	PT	Pushups 5x25		Pushups 5x25		Pushups 5x25	
		Situps 5x30		Situps 5x30		Situps 5x30	
	Pullups 4x4		Pullups 4x4		Pullups 4x4	Stretch 15	
Week 5	Run	2 miles @ 8:00	3 miles @ 8:00		4 miles @ 8:30	2 miles @ 8:00	
	Swim	30 mins END	15 mins HIIT	30 mins END	20 mins TEMPO	30 mins END	
	PT	Pushups 6x30	Pullups 3x7	Pushups 6x30	Pull Ups 3x7	Pushups 6x30	
		Dips 2x10	Situps 6x35	Dips 2X10	Situps 6x35	Dips 2x10	Walk 20 mins
	BW 5	Navy SEAL 2	Core Blast 4	Navy SEAL 2	BW 5	Stretch 20	
Week 6	Run	2 miles @ 7:30	3 miles @ 8:00		4 miles @ 8:00	20 mins OR	
	Swim	30 mins END	30 mins END	15 mins HIIT	30 mins END	20 mins TEMPO	
	PT	Pushups 6x30	Pull Ups 3x7	Pushups 6x30	Pullups 3x7	Pushups 6x30	
		Dips 2x12	Situps 6x35	Dips 2x12	Situps 6x35	Dips 2x12	Walk 20 mins
	BW 10	Navy SEAL 4	Core Blast 6	Navy SEAL 4	BW 10	Stretch 20	
Week 7	Run	4 miles @ 8:00	4 miles @ 8:30		5 miles @ 8:30	20 mins HIIT	
	Swim	25 mins OS	35 mins END	35 mins END	20 mins HIIT	35 mins END	
	PT	Pushups 6x35	Pull Ups 2x10	Pushups 6x35	Pullups 2x10	Pushups 6x35	
		Dips 3x10	Situps 6x40	Dips 3x10	Situps 6x40	Dips 3x10	Walk 25 mins
	BW 15	Navy SEAL 6	Core Blast 8	Navy SEAL 6	BW 15	Stretch 20	
Week 8	Run	4 miles @ 8:00	20 mins TEMPO		5 miles @ 8:30	25 mins OR	
	Swim	40 mins END	25 mins HIIT	40 mins END	25 mins OS	40 mins END	
	PT	Pushups 5x40	Pull Ups 2x12	Pushups 5x40	Pull Ups 2x12	Pushups 5x40	
		Dips 3x15	Situps 10x25	Dips 3x15	Situps 10x25	Dips 3x15	Walk 30 mins
	BW 20	Navy SEAL 8	Core Blast 10	Navy SEAL 8	BW 20	Stretch 20	

Note: See additional page for description of symbols