

LIFT 4 & 10K Run Training					<u>www.thefithabit.com</u>		
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Chest + Tri	2.5 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	2.5 mi run
2	Chest + Tri	2.7 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	3 mi run
3	Chest + Tri	2.5 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	3.5 mi run
4	Chest + Tri	2.5 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	4 mi run
5	Chest + Tri	3 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	4 mi run
6	Chest + Tri	3 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	4.5 mi run
7	Chest + Tri	3 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	5 mi run
8	Chest + Tri	3 mi run	Back & Bicep	Shoulders + 2 Miles	Legs	Rest	5.5 mi run
9	Yoga	3 mi run	Rest	2 mi run	Rest	Rest	10K Run