

week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		<b>Run/Walk</b> Warm-up: 5 min brisk walk 30 x 30 sec run/ 3 min walk Cool-down: 5 min walk	<b>Cross Training</b> 20 min	<b>Rest Day</b>	<b>Run/Walk</b> Warm-up: 5 min brisk walk 30 x 1 min run / 1 min walk Cool-down: 5 min walk	<b>Cross Training</b> 20 min	<b>Run/Walk</b> Warm-up: 5 min brisk walk 32 x 1 min run / 1 min walk Cool-down: 5 min walk	<b>Rest Day</b>
2		<b>Run/Walk</b> Warm-up: 5 min brisk walk 30 x 90 sec run/ 3 min walk Cool-down: 5 min walk	<b>Cross Training</b> 20-30 min	<b>Rest Day</b>	<b>Run/Walk</b> Warm-up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool-down: 5 min walk	<b>Cross Training</b> 20 min	<b>Run/Walk</b> Warm-up: 5 min brisk walk 30 x 90 sec run / 30 sec walk Cool-down: 5 min walk	<b>Rest Day</b>
3		<b>Run/Walk</b> Warm-up: 5 min brisk walk 8 x 2:30 run/ 3 min walk Cool-down: 5 min walk	<b>Cross Training</b> 30 min	<b>Rest Day</b>	<b>Run/Walk</b> Warm-up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool-down: 5 min walk	<b>Cross Training</b> 20 - 30 min	<b>Run/Walk</b> Warm-up: 5 min brisk walk 8 x 4 min run / 3 min walk Cool-down: 5 min walk	<b>Rest Day</b>
4		<b>Run/Walk</b> Warm-up: 5 min brisk walk 5 x 3 min run/ 5 min walk Cool-down: 5 min walk	<b>Cross Training</b> 35 min	<b>Rest Day</b>	<b>Run/Walk</b> Warm-up: 5 min brisk walk 2 x 50 min run / 1 min walk Cool-down: 5 min walk	<b>Cross Training</b> 30 min	<b>Run/Walk</b> Warm-up: 5 min brisk walk 2 x 50 min run / 30 sec walk Cool-down: 5 min walk	<b>Rest Day</b>
5		<b>Easy Run</b> Warm-up: 5 min brisk walk Run 2 miles without stopping Cool-down: 5 min walk	<b>Cross Training</b> 40 min	<b>Rest Day</b>	<b>Easy Run</b> Warm-up: 5 min brisk walk Run 2.5 miles without stopping Cool-down: 5 min walk	<b>Easy Run or Cross Training</b> Run 25 min or cross-training 30 min	<b>Easy Run</b> Warm-up: 5 min brisk walk Run 2.5 miles without stopping	<b>Rest Day</b>
6		<b>Easy Run</b> Warm-up: 5 min brisk walk  3 miles Cool-down: 5 min walk	<b>Cross Training</b> 45 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 2 miles, running the first half mile of each mile hard, and running the second half mile of each mile easy	<b>Easy Run or Cross Training</b> Run 25 min or cross-training 30 min	<b>Easy Run</b> Warm-up: 5 min brisk walk  3 miles	<b>Rest Day</b>
7		<b>Easy Run</b>  3.5 miles	<b>Cross Training</b> 45 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 3 miles with 30 x 1 min hard running interspersed during the workout	<b>Easy Run or Cross Training</b> Run 25 min or cross-training 30 min	<b>Easy Run</b>  3.5 miles	<b>Rest Day</b>
8		<b>Easy Run</b>  4 miles	<b>Cross Training</b> 50 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 3 miles with 30 x 1 min hard running interspersed during the workout	<b>Easy Run or Cross Training</b> Run 25 min or cross-training 30 min	<b>Easy Run</b>  4 miles	<b>Rest Day</b>
9		<b>Easy Run</b>  4.5 miles	<b>Cross Training</b> 50 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 4 miles with 8 x 2 min hard running interspersed during the workout	<b>Easy Run or Cross Training</b> Run 20 min or cross-training 30 min	<b>Easy Run</b>  4.5 miles	<b>Rest Day</b>
10		<b>Easy Run</b>  5 miles	<b>Cross Training</b> 60 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 4 miles with 4 x 3 min hard running interspersed during the workout	<b>Easy Run or Cross Training</b> Run 20 min or cross-training 30 min	<b>Easy Run</b>  5 miles	<b>Rest Day</b>
11		<b>Easy Run</b>  6 miles	<b>Cross Training</b> 50-60 min	<b>Rest Day</b>	<b>Run</b> Warm-up: 5 min brisk walk Run 4 miles with 2 x 5 min hard running interspersed during the workout	<b>Run</b> Warm-up: 5 min brisk walk Run 4 miles with 2 x 5 min hard running interspersed during the workout	<b>Easy Run</b>  5.5 miles	<b>Rest Day</b>
12		<b>Easy Run</b> 4 miles	<b>Cross Training</b> 60-90 min	<b>Easy Run</b> 3-4 miles	<b>Rest Day</b>	<b>Shake Out Run</b> 20 min x 4 x 25m strides	<b>Race</b> 10 km race!	<b>Rest Day</b>

# 12 Week Training Program Suspension Training

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