

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

12 Week Training Program Suspension Training

David Kirk



12 Week Training Program Suspension Training:

Decoding **12 Week Training Program Suspension Training**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**12 Week Training Program Suspension Training**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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12 Week Training Program Suspension Training Introduction

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