

											
Week	Pull-Ups	Burpees	Sit-Ups	Dorsal	Push-Ups	Run	Mon	Tue	Wed	Thur	Fri
Week #1	4+4+4	15+15+15	15+15+15	15+15+15	15+15+15	2-Mile run/walk					
Week #2	4+4+4	15+15+15	15+15+15	15+15+15	15+15+15	2-Mile run					
Week #3	7+7	20+20	20+20	20+20	20+20	3-Mile run/walk					
Week #4	7+7	20+20	20+20	20+20	20+20	3-Mile run					
Week #5	7+7+7	20+20+20	20+20+20	20+20+20	20+20+20	4-Mile run/walk					
Week #6	7+7+7	20+20+20	20+20+20	20+20+20	20+20+20	4-Mile run					
Week #7	10+10	25+25	25+25	25+25	25+25	5-Mile run/walk					
Week #8	10+10	25+25	25+25	25+25	25+25	5-Mile run					
Week #9	10+10+10	25+25+25	25+25+25	25+25+25	25+25+25	6-Mile run/walk					
Week #10	10+10+10	25+25+25	25+25+25	25+25+25	25+25+25	6-Mile run					

Monday	Tuesday	Wednesday	Thursday	Friday
Pull-Ups	Run	Pull-Ups	Run	Pull-Ups
Burpees		Burpees		Burpees
Sit-Ups		Sit-Ups		Sit-Ups
Dorsal		Dorsal		Dorsal
Push-Ups		Push-Ups		Push-Ups

Dorsal

Lie flat on the floor, face down, with your hands either behind your back resting on your lower back (or else by the side of your head as shown). Now using your lower back muscles, lift your upper body off the ground as shown and hold for a slow count of 5 then relax

Burpees

1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.
2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.
3. Repeat for the required repetitions