

Monday**Tuesday****Wednesday****Thursday****Friday****Week 1**Deadlift
15, 12, 9Run
400 mPush Press
15, 12, 9Run
400 mSquat
15, 12, 9**Week 2**Deadlift
18, 15, 12Run
400 mPush Press
18, 15, 12Run
400 mSquat
18, 15, 12**Week 3**Deadlift
15, 12, 9Run
400 m x 2Push Press
15, 12, 9Run
400 m x 2Squat
21, 18, 15**Week 4**Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 2Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 2Squat x 18
Run 400 m
Squat x 18**Week 5**Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 3Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 3Squat x 21
Run 400 m
Squat x 21**Week 6**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 3Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 3Squat x 21
Run 400 m
Squat x 21
Run 400 m
Squat x 21**Week 7**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 4Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 4Squat x 21
Run 400 m
Squat x 21
Run 400 m
Squat x 21**Week 8**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 4Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 4Squat x 24
Run 400 m
Squat x 24
Run 400 m
Squat x 24**Week 9**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 5Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 5Squat x 24
Run 400 m
Squat x 24
Run 400 m
Squat x 24**Week 10**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 5Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 5Squat x 27
Run 400 m
Squat x 27
Run 400 m
Squat x 27**Week 11**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 6Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 6Squat x 27
Run 400 m
Squat x 27
Run 400 m
Squat x 27**Week 12**Deadlift x 12
Run 400 m
Deadlift x 12
Run 400 m
Deadlift x 12Run
400 m x 6Push Press x 12
Run 400 m
Push Press x 12
Run 400 m
Push Press x 12Run
400 m x 6Squat x 30
Run 400 m
Squat x 30
Run 400 m
Squat x 30

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Henriques, Tim



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