

Day**Evolution****Exercise/Standard****WEEK 1**

Monday	Dynamic Warm-up	Refer to Card
	Total Body Workout	Card #1 X 5
	Stretching	Refer to Card
Tuesday	ACTIVE RECOVERY	<i>Dynamic Warm-up Card</i>
		<i>Stretching Card</i>
Wednesday	Dynamic Warm-up	Refer to Card
	Total Body Workout	Card #1 X 5
	Stretching	Refer to Card
Thursday	ACTIVE RECOVERY	<i>Dynamic Warm-up Card</i>
		<i>Stretching Card</i>
Friday		Refer to Card
	5K Hike w/ 35 Lbs	TIMED
		Refer to Card

WEEK 2

Monday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 4
	Stretching	Refer to Card
Tuesday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #1 X 4
	Stretching Card	Refer to Card
Wednesday	Dynamic Warm-up	Refer to Card

	Upper Body Workout	Card #1 X 4
	Stretching	Refer to Card
Thursday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #1 X 4
	Stretching Card	Refer to Card
Friday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 4
	Stretching	Refer to Card

WEEK 3		
Monday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #1 X 4
	Stretching Card	Refer to Card
Tuesday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 4
	Stretching	Refer to Card
Wednesday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #1 X 4
	Stretching Card	Refer to Card
Thursday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 4
	Stretching	Refer to Card
Friday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #1 X 4
		Refer to Card

WEEK 4

Monday	Dynamic Warm-up Card	Refer to Card
	4 Mile Run, Lower Body Workout	Run 4 Miles then do Lower Body Card #1 X 7
	Stretching Card	Refer to Card
Tuesday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 5
	Stretching	Refer to Card
Wednesday	Dynamic Warm-up Card	Refer to Card
	4 Mile Run, Lower Body Workout	Run 4 Miles then do Lower Body Card #1 X 5
	Stretching Card	Refer to Card

Thursday	Dynamic Warm-up	Refer to Card
	Upper Body Workout	Card #1 X 5
	Stretching	Refer to Card
Friday		
	Dynamic Warm-up Card	Refer to Card
	4 Mile Run, Lower Body Workout	Run 4 Miles then do Lower Body Card #1 X 7
	Stretching	Refer to Card

WEEK 5 RECOVERY

Monday	Swim or <i>(Bike #1)</i>	Refer to Card #1
	Streching	Refer to Card
Tuesday	Swim or <i>(Bike #1)</i>	Refer to Card #1
	Streching	Refer to Card
Wednesday	Swim or <i>(Bike #2)</i>	Refer to Card #2
	Streching	Refer to Card
Thursday	Swim or <i>(Bike #1)</i>	Refer to Card #1
	Streching	Refer to Card
Friday	Swim or <i>(Bike #1)</i>	Refer to Card #1
	Streching	Refer to Card

** Swimming is the preferred workout, but if you do not have access to a pool then substitute stationary bike workout 1&2*

WEEK 6

Monday	Dynamic Warm-up	Refer to Card
	Upper Body Wotkout	Card #2 X 5
	Stretching	Refer to Card

Tuesday

Dynamic Warm-up Card	Refer to Card
3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #2 X 5
Stretching Card	Refer to Card

Wednesday	Dynamic Warm-up	Refer to Card
	Upper Body Wotkout	Card #2 X 5
	Stretching	Refer to Card

Thursday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #2 X 5
	Stretching Card	Refer to Card

Friday	Dynamic Warm-up	Refer to Card
	Upper Body Wotkout	Card #2 X 5
	Stretching	Refer to Card

WEEK 7

Monday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #2 X 5
	Stretching Card	Refer to Card

Tuesday	Dynamic Warm-up	Refer to Card
	Upper Body Wotkout	Card #2 X 5
	Stretching	Refer to Card

Wednesday	Dynamic Warm-up Card	Refer to Card
	3 Mile Run, Lower Body Workout	At the 1/2 way mark perform lower body workout Card #2 X 5
	Stretching Card	Refer to Card

Thursday	Dynamic Warm-up	Refer to Card
	Upper Body Wotkout	Card #2 X 5
	Stretching	Refer to Card

Friday	Dynamic Warm-up Card	Refer to Card
	Lower Body Workout	O-Course X3 Work on Technique, Card #2 X 5

Stretching Card	Refer to Card
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WEEK 8 RECOVERY		
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Monday	Dynamic Warm-up	Refer to Card
	Total Body Workout	Card #2 X 5
	Streching	Refer to Card
Tuesday	<i>ACTIVE RECOVERY</i>	<i>Dynamic warm-up</i>
		<i>Stretching</i>
Wednesday	Dynamic Warm-up	Refer to Card
	5K Hike with 35lbs	TIMED
	Stretching	Refer to Card
Thursday	<i>ACTIVE RECOVERY</i>	<i>Dynamic warm-up</i>
		<i>Stretching</i>
Friday	Dynamic Warm-up	Refer to Card
	Total Body Workout	Card #2 X 5
	Streching	Refer to Card