

	First workout	Second workout	Notes
Monday	RUN 15min easy jog Sprint Efforts as outlined below - ALL OUT effort on flat ground - EASY jog to fully recover after 15min easy jog to cool down	OFF	RUN: Short intervals to provoke maximum muscle recruitment – do these as hard as you can after the thorough warm-up.
<i>Week 1</i>	Sprints: 4x 15sec with 45sec recovery jog		
<i>Week 2</i>	Sprints: 6x 15sec with 45sec recovery jog		
<i>Week 3</i>	Sprints: 8x 15sec with 45sec recovery jog		
Tuesday	RUN Run as indicated below, or Day OFF as indicated	OFF	RUN: All you will do is build up to a steady run here
<i>Week 1</i>	20min easy jog		
<i>Week 2</i>	20min easy jog		
<i>Week 3</i>	30min easy jog		