

10 Week Program Cheatsheet

WEEK 1		WEEK 3		WEEK 5		WEEK 7		WEEK 9	
(4 Easy & 1 Hard, 3 Reps)		(3 Easy & 2 Hard, 4 Reps)		(3 Easy & 4 Hard, 4 Reps)		(1 Easy & 4 Hard, 6 Reps)		(1 Easy & 7 Hard, 5 Reps)	
5 warm up	5	5 warm up	5	5 warm up	5	5 warm up	5	5 warm up	5
4 easy	9	3 easy	8	3 easy	8	1 easy	6	1 easy	6
1 hard	10	2 hard	10	4 hard	12	4 hard	10	7 hard	13
4 easy	14	3 easy	13	3 easy	15	1 easy	11	1 easy	14
1 hard	15	2 hard	15	4 hard	19	4 hard	15	7 hard	21
4 easy	19	3 easy	18	3 easy	22	1 easy	16	1 easy	22
1 hard	20	2 hard	20	4 hard	26	4 hard	20	7 hard	29
5 cool down	25	3 easy	23	3 easy	29	1 easy	21	1 easy	30
		2 hard	25	4 hard	33	4 hard	25	7 hard	37
		5 cool down	30	5 cool down	38	1 easy	26	1 easy	38
						4 hard	30	7 hard	45
						1 easy	31	5 cool down	50
						4 hard	35		
						5 cool down	40		
WEEK 2		WEEK 4		WEEK 6		WEEK 8		WEEK 10	
(4 Easy & 2 Hard, 3 Reps)		(3 Easy & 3 Hard, 4 Reps)		(2 Easy & 4 Hard, 5 Reps)		(1 Easy & 5 Hard, 6 Reps)		(1 Easy & 9 Hard, 4 Reps)	
5 warm up	5	5 warm up	5	5 warm up	5	5 warm up	5	5 warm up	5
4 easy	9	3 easy	8	2 easy	7	1 easy	6	1 easy	6
2 hard	11	3 hard	11	4 hard	11	5 hard	11	9 hard	15
4 easy	15	3 easy	14	2 easy	13	1 easy	12	1 easy	16
2 hard	17	3 hard	17	4 hard	17	5 hard	17	9 hard	25
4 easy	21	3 easy	20	2 easy	19	1 easy	18	1 easy	26
2 hard	23	3 hard	23	4 hard	23	5 hard	23	9 hard	35
5 cool down	28	3 easy	26	2 easy	25	1 easy	24	1 easy	36
		3 hard	29	4 hard	29	5 hard	29	9 hard	45
		5 cool down	34	2 easy	31	1 easy	30	5 cool down	50
				4 hard	35	5 hard	35		
				5 cool down	40	1 easy	36		
						5 hard	41		
						5 cool down	46		