

week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Run/Walk Warm-up: 5 min brisk walk 30 x 30 sec run/ 3 min walk Cool-down: 5 min walk	Cross Training 20 min	Rest Day	Run/Walk Warm-up: 5 min brisk walk 30 x 1 min run / 1 min walk Cool-down: 5 min walk	Cross Training 20 min	Run/Walk Warm-up: 5 min brisk walk 32 x 1 min run / 1 min walk Cool-down: 5 min walk	Rest Day
2		Run/Walk Warm-up: 5 min brisk walk 30 x 90 sec run/ 3 min walk Cool-down: 5 min walk	Cross Training 20-30 min	Rest Day	Run/Walk Warm-up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool-down: 5 min walk	Cross Training 20 min	Run/Walk Warm-up: 5 min brisk walk 30 x 90 sec run / 30 sec walk Cool-down: 5 min walk	Rest Day
3		Run/Walk Warm-up: 5 min brisk walk 8 x 2:30 run/ 3 min walk Cool-down: 5 min walk	Cross Training 30 min	Rest Day	Run/Walk Warm-up: 5 min brisk walk 8 x 2 min run / 1 min walk Cool-down: 5 min walk	Cross Training 20 - 30 min	Run/Walk Warm-up: 5 min brisk walk 8 x 4 min run / 3 min walk Cool-down: 5 min walk	Rest Day
4		Run/Walk Warm-up: 5 min brisk walk 5 x 3 min run/ 5 min walk Cool-down: 5 min walk	Cross Training 35 min	Rest Day	Run/Walk Warm-up: 5 min brisk walk 2 x 50 min run / 1 min walk Cool-down: 5 min walk	Cross Training 30 min	Run/Walk Warm-up: 5 min brisk walk 2 x 50 min run / 30 sec walk Cool-down: 5 min walk	Rest Day
5		Easy Run Warm-up: 5 min brisk walk Run 2 miles without stopping Cool-down: 5 min walk	Cross Training 40 min	Rest Day	Easy Run Warm-up: 5 min brisk walk Run 2.5 miles without stopping Cool-down: 5 min walk	Easy Run or Cross Training Run 25 min or cross-training 30 min	Easy Run Warm-up: 5 min brisk walk Run 2.5 miles without stopping	Rest Day
6		Easy Run Warm-up: 5 min brisk walk 3 miles Cool-down: 5 min walk	Cross Training 45 min	Rest Day	Run Warm-up: 5 min brisk walk Run 2 miles, running the first half mile of each mile hard, and running the second half mile of each mile easy	Easy Run or Cross Training Run 25 min or cross-training 30 min	Easy Run Warm-up: 5 min brisk walk 3 miles	Rest Day
7		Easy Run 3.5 miles	Cross Training 45 min	Rest Day	Run Warm-up: 5 min brisk walk Run 3 miles with 30 x 1 min hard running interspersed during the workout	Easy Run or Cross Training Run 25 min or cross-training 30 min	Easy Run 3.5 miles	Rest Day
8		Easy Run 4 miles	Cross Training 50 min	Rest Day	Run Warm-up: 5 min brisk walk Run 3 miles with 30 x 1 min hard running interspersed during the workout	Easy Run or Cross Training Run 25 min or cross-training 30 min	Easy Run 4 miles	Rest Day
9		Easy Run 4.5 miles	Cross Training 50 min	Rest Day	Run Warm-up: 5 min brisk walk Run 4 miles with 8 x 2 min hard running interspersed during the workout	Easy Run or Cross Training Run 20 min or cross-training 30 min	Easy Run 4.5 miles	Rest Day
10		Easy Run 5 miles	Cross Training 60 min	Rest Day	Run Warm-up: 5 min brisk walk Run 4 miles with 4 x 3 min hard running interspersed during the workout	Easy Run or Cross Training Run 20 min or cross-training 30 min	Easy Run 5 miles	Rest Day
11		Easy Run 6 miles	Cross Training 50-60 min	Rest Day	Run Warm-up: 5 min brisk walk Run 4 miles with 2 x 5 min hard running interspersed during the workout	Run Warm-up: 5 min brisk walk Run 4 miles with 2 x 5 min hard running interspersed during the workout	Easy Run 5.5 miles	Rest Day
12		Easy Run 4 miles	Cross Training 60-90 min	Easy Run 3-4 miles	Rest Day	Shake Out Run 20 min x 4 x 25m strides	Race 10 km race!	Rest Day

12 Week Training Program Suspension Training

Marcel A. Müller



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