

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	FAT-BURNING RUN 30 min	STRENGTH TRAINING 15 min	SPRINT INTERVALS 6 hill sprints	Rest or Easy Run	STRENGTH TRAINING 15 min	FAT-BURNING RUN 45 min	Rest
WEEK 2	FAT-BURNING RUN 35 min	STRENGTH TRAINING 30 min	SPRINT INTERVALS 7 hill sprints	Rest or Easy Run	STRENGTH TRAINING 30 min	FAT-BURNING RUN 50 min	
WEEK 3	FAT-BURNING RUN 40 min	STRENGTH TRAINING 30 min	SPRINT INTERVALS 8 hill sprints	Rest or Easy Run	STRENGTH TRAINING 30 min	FAT-BURNING RUN 55 min	
WEEK 4	FAT-BURNING RUN 30 min	STRENGTH TRAINING 15 min	SPRINT INTERVALS 6 hill sprints	Rest or Easy Run	STRENGTH TRAINING 15 min	FAT-BURNING RUN 45 min	