

# 10K RUNNERS HYBRID CALENDAR

| WEEK     | MONDAY                    | TUESDAY                                                                                                         | WEDNESDAY                  | THURSDAY                                                                                                  | FRIDAY                                                                                                              | SATURDAY | SUNDAY                           |
|----------|---------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------|----------------------------------|
| <b>1</b> | <b>3-MILE RUN</b><br>EASY | ISO SPEED<br>HAMMER                                                                                             | <b>2-MILE RUN</b><br>SPEED | ISO STRENGTH<br>CHISEL                                                                                    | CHISEL ENDURANCE                                                                                                    | DAY OFF  | <b>4-MILE LONG RUN</b>           |
| <b>2</b> | <b>3-MILE RUN</b><br>EASY | MAX HAMMER<br>STRENGTH<br><i>or optional:</i><br>HAMMER BUILD UP*                                               | <b>2-MILE RUN</b><br>SPEED | POWER CHISEL<br><i>and 10 MIN AB CHISEL</i>                                                               | HAMMER<br>PLYOMETRICS<br><i>or optional:</i><br>THE MASTER'S CARDIO**                                               | DAY OFF  | <b>4-MILE LONG RUN</b>           |
| <b>3</b> | <b>3-MILE RUN</b><br>EASY | CHISEL AGILITY<br><i>or optional:</i><br>THE MASTER'S CARDIO**                                                  | <b>2-MILE RUN</b><br>SPEED | HAMMER<br>PLYOMETRICS<br><i>or optional:</i><br>THE MASTER'S CARDIO**                                     | TOTAL BODY CHISEL<br><i>and 10 MIN AB CHISEL</i>                                                                    | DAY OFF  | <b>5-MILE LONG RUN</b>           |
| <b>4</b> | <b>3-MILE RUN</b><br>EASY | MAX HAMMER<br>STRENGTH                                                                                          | <b>2-MILE RUN</b><br>SPEED | CHISEL AGILITY<br><i>or optional:</i><br>THE MASTER'S CARDIO**                                            | ISO SPEED HAMMER<br><i>or optional:</i><br>HAMMER BUILD UP*<br><i>and optional:</i><br>15 MIN LEG HAMMER*           | DAY OFF  | <b>5-MILE LONG RUN</b>           |
| <b>5</b> | <b>3-MILE RUN</b><br>EASY | HAMMER POWER <i>and</i><br>10 MIN AB HAMMER                                                                     | <b>2-MILE RUN</b><br>SPEED | CHISEL ENDURANCE<br><i>or optional:</i><br>POWER CHISEL*                                                  | ISO SPEED HAMMER<br><i>and optional:</i><br>15 MIN LEG HAMMER*                                                      | DAY OFF  | <b>6-MILE LONG RUN</b>           |
| <b>6</b> | <b>3-MILE RUN</b><br>EASY | HAMMER<br>CONDITIONING <i>and</i><br>10 MIN AB HAMMER                                                           | <b>2-MILE RUN</b><br>SPEED | CHISEL BALANCE <i>and</i><br>10 MIN AB CHISEL                                                             | HAMMER POWER                                                                                                        | DAY OFF  | <b>6-MILE LONG RUN</b>           |
| <b>7</b> | <b>3-MILE RUN</b><br>EASY | ISO SPEED HAMMER<br><i>and optional:</i><br>15 MIN LEG HAMMER*                                                  | <b>2-MILE RUN</b><br>SPEED | CHISEL CARDIO<br><i>and optional:</i><br>15 MIN GLUTE CHISEL*                                             | HAMMER<br>CONDITIONING                                                                                              | DAY OFF  | <b>7-MILE LONG RUN</b>           |
| <b>8</b> | <b>3-MILE RUN</b><br>EASY | MAX HAMMER<br>STRENGTH<br><i>or optional:</i><br>HAMMER BUILD UP*<br><i>and optional:</i><br>15 MIN LEG HAMMER* | <b>2-MILE RUN</b><br>SPEED | TOTAL BODY CHISEL<br><i>or optional:</i><br>POWER CHISEL*<br><i>and optional:</i><br>15 MIN GLUTE CHISEL* | HAMMER<br>PLYOMETRICS<br><i>or optional:</i><br>THE MASTER'S CARDIO**<br><i>and optional:</i><br>15 MIN LEG HAMMER* | DAY OFF  | <b>7-MILE LONG RUN</b><br>FOR PR |