

12 Week Accelerated Training Program

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	OFF	1	.5	1	OFF	.5	1
Week 2	OFF	1	1	1	OFF	1	2
Week 3	OFF	1	1.5	1	OFF	1.5	2
Week 4	OFF	2	1	2	OFF	2	3
Week 5	OFF	3	OFF	3	OFF	3	6
Week 6	OFF	4	OFF	3	OFF	3	8
Week 7	OFF	4	OFF	4	OFF	3	10
Week 8	OFF	4	OFF	4	OFF	4	12
Week 9	OFF	4	3	OFF	3	6	10
Week 10	OFF	4	OFF	4	OFF	4	15
Week 11	OFF	4	OFF	4	OFF	8	10
Week 12	OFF	3	3	OFF	WILD	WEST	WALK

