



# JANUARY 2019

## RUSH TRAINING PLAN \*PRINTABLE

DAY WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<b>REST</b> OPTIONAL 30 MIN WALK/JOG/SWIM	<b>BODY WEIGHT EXERCISE</b> 2 X 30 SECONDS PRESS UP   SQUATS   LUNGES	<b>INTERVAL TRAINING</b> WALK 30 SECONDS JOG 30 SECS & REPEAT FOR 15 MINS OPTION 30 MIN HILL WALKING   SWIM OR BIKE	<b>REST</b> STRETCH 30 MINS	<b>CORE EXERCISE</b> 2X 30 SECONDS SIT UP   PLANK   TWISTS   BEAR CRAWLS   BURPEES	<b>REST</b> OPTIONAL 30 MIN WALK/SWIM	10 MIN JOG   RUN + 15 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOU'RE WALKING YOU'RE GETTING SOMEWHERE
2	<b>REST</b> OPTIONAL 30 MIN WALK/JOG/SWIM	<b>BODY WEIGHT EXERCISE</b> 3 X 30 SECONDS STAR JUMPS   SQUATS LUNGES   PRESS UP	<b>INTERVAL TRAINING</b> WALK 30 SECONDS JOG 1 MIN & REPEAT FOR 20 MINS OPTION 30 MIN HILL WALKING   SWIM OR BIKE	<b>REST</b> STRETCH 30 MINS	<b>CORE EXERCISE</b> 3X 30 SECONDS SIT UP   PLANK   TWISTS   BEAR CRAWLS   BURPEES	<b>REST</b> OPTIONAL 30 MIN WALK/SWIM	15 MIN JOG   RUN + 30 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOU'RE WALKING YOU'RE GETTING SOMEWHERE
3	<b>REST</b> OPTIONAL 30 MIN WALK/JOG/SWIM	<b>BODY WEIGHT EXERCISE</b> 4 X 30 SECONDS STAR JUMPS   SQUATS LUNGES   PRESS UP	<b>INTERVAL TRAINING</b> WALK 20 SECONDS JOG 2 MINS & REPEAT FOR 30 MINS OPTION 30 MIN HILL WALKING   SWIM OR BIKE	<b>REST</b> STRETCH 40 MINS	<b>CORE EXERCISE</b> 4X 30 SECONDS SIT UP   PLANK   TWISTS   BEAR CRAWLS   BURPEES	<b>REST</b> OPTIONAL 30 MIN WALK/SWIM	20 MIN JOG   RUN + 30 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOU'RE WALKING YOU'RE GETTING SOMEWHERE
4	<b>REST</b> OPTIONAL 30 MIN WALK/JOG/SWIM	<b>BODY WEIGHT EXERCISE</b> 5 X 30 SECONDS STAR JUMPS   SQUATS LUNGES   PRESS UP	<b>INTERVAL TRAINING</b> WALK 30 SECONDS JOG 5 MINS & REPEAT FOR 30 MINS OPTION 30 MIN HILL WALKING   SWIM OR BIKE	<b>REST</b> STRETCH 45 MINS	<b>CORE EXERCISE</b> 5X 30 SECONDS SIT UP   PLANK   TWISTS   BEAR CRAWLS   BURPEES	<b>REST</b> OPTIONAL 30 MIN WALK/SWIM	20 MIN JOG   RUN + 40 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOU'RE WALKING YOU'RE GETTING SOMEWHERE
5	<b>REST</b> OPTIONAL 30 MIN WALK/JOG/SWIM	<b>BODY WEIGHT EXERCISE</b> 5 X 30 SECONDS STAR JUMPS   SQUATS LUNGES   PRESS UP	<b>INTERVAL TRAINING</b> WALK 30 SECONDS JOG 8 MINS & REPEAT FOR 30 MINS OPTION 30 MIN HILL WALKING   SWIM OR BIKE	<b>REST</b> STRETCH 45 MINS	AIM OF THIS MONTH IS TO GET OUT ACTIVE & START BUILDING A LITTLE STRENGTH		