



FEBRUARY 2019

RUSH TRAINING PLAN *PRINTABLE

DAY WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST <small>OPTIONAL 30 MIN WALK/JOG/SWIM</small>	BODY WEIGHT EXERCISES 3 X 30 SECONDS PRESS UP SQUATS LUNGES	INTERVAL TRAINING WALK 1 MIN JOG 10 MINS & REPEAT 3X <small>OPTION 30 MIN HILL WALKING SWIM OR BIKE</small>	REST STRETCH 45 MINS	CORE EXERCISES 5X 30 SECONDS SIT UP PLANK TWISTS BEAR CRAWLS BURPEES	REST <small>OPTIONAL 30 MIN WALK/SWIM</small>	30 MIN JOG RUN + 40 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOUR WALKING YOUR GETTING SOMEWHERE
2	REST <small>OPTIONAL 30 MIN WALK/JOG/SWIM</small>	BODY WEIGHT EXERCISES 4 X 30 SECONDS STAR JUMPS SQUATS LUNGES PRESS UP	INTERVAL TRAINING WALK 2 MIN JOG 15 MIN & REPEAT 3X <small>OPTION 30 MIN HILL WALKING SWIM OR BIKE</small>	REST STRETCH 45 MINS	CORE EXERCISES 5X 30 SECONDS SIT UP PLANK TWISTS BEAR CRAWLS BURPEES	REST <small>OPTIONAL 30 MIN WALK/SWIM</small>	20 MIN JOG RUN + 40 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOUR WALKING YOUR GETTING SOMEWHERE
3	REST <small>OPTIONAL 30 MIN WALK/JOG/SWIM</small>	BODY WEIGHT EXERCISES 5 X 30 SECONDS STAR JUMPS SQUATS LUNGES PRESS UP	INTERVAL TRAINING JOG 30 MINS <small>OPTION 30 MIN HILL WALKING SWIM OR BIKE</small>	REST STRETCH 45 MINS	CORE EXERCISES 6X 30 SECONDS SIT UP PLANK TWISTS BEAR CRAWLS BURPEES	REST <small>OPTIONAL 30 MIN WALK/SWIM</small>	45 MIN JOG RUN + 30 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOUR WALKING YOUR GETTING SOMEWHERE
4	REST <small>OPTIONAL 30 MIN WALK/JOG/SWIM</small>	BODY WEIGHT EXERCISES 6 X 30 SECONDS STAR JUMPS SQUATS LUNGES PRESS UP	INTERVAL TRAINING JOG 30 MINS WALK 5MINS REPEAT X2 <small>OPTION 45 MIN HILL WALKING SWIM OR BIKE</small>	REST STRETCH 60 MINS	CORE EXERCISES 7X 30 SECONDS SIT UP PLANK TWISTS BEAR CRAWLS BURPEES	REST <small>OPTIONAL 30 MIN WALK/SWIM</small>	45 MIN JOG RUN + 45 WALK GRADUALLY BUILD THIS SUNDAY RUN, REMEMBER EVEN IF YOUR WALKING YOUR GETTING SOMEWHERE
5	REST <small>OPTIONAL 30 MIN WALK/JOG/SWIM</small>	BODY WEIGHT EXERCISES 6 X 30 SECONDS STAR JUMPS SQUATS LUNGES PRESS UP	INTERVAL TRAINING JOG 45 MINS X1 <small>OPTION 45 MIN HILL WALKING SWIM OR BIKE</small>	REST STRETCH 60 MINS			