		Running			Swimming			Strength / Weight Lifting		Calisthenics										Core
		Type	Qty	Time/Rest	Type	Qty	Time/Rest	Type - See Key	Reps	Type	Sets		Reps	Total	Type	Sets		Reps	Total	All exercises have 2 sets - Exercises with * have 3 sets
Week 1	Mon	LSD	3					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	15		Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	10	50	Pull	5	x	3	15	
	Wed	INT	4x400	1:41/3:22						Push/Sit	5	x	10	50	Pull	5	x	3	15	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1000				Push/Sit	5	x	10	50	Pull	5	x	3	15	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	15min					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	4x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	10	50	Pull	5	x	3	15	
Week 2	Mon	LSD	3.25					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	15		Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	6	x	10	60	Pull	4	x	4	16	
	Wed	INT	4x400	1:41/3:22						Push/Sit	6	x	10	60	Pull	4	x	4	16	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1100				Push/Sit	6	x	10	60	Pull	4	x	4	16	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	15					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	4x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	6	x	10	60	Pull	4	x	4	16	
Week 3	Mon	LSD	3.5					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	16		Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	15	75	Pull	5	x	4	20	
	Wed	INT	5x400	1:41/3:22						Push/Sit	5	x	15	75	Pull	5	x	4	20	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1200				Push/Sit	5	x	15	75	Pull	5	x	4	20	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	16					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	5x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	15	75	Pull	5	x	4	20	
Week 4	Mon	LSD	3.75					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	16		Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	6	x	15	90	Pull	5	x	5	25	
	Wed	INT	5x400	1:41/3:22						Push/Sit	6	x	15	90	Pull	5	x	5	25	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1300				Push/Sit	6	x	15	90	Pull	5	x	5	25	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	16					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	5x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	6	x	15	90	Pull	5	x	5	25	
Week 5	Mon	LSD	4					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	17		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	20	100	Pull	5	x	6	30	
	Wed	INT	6x400	1:41/3:22						Push/Sit	5	x	20	100	Pull	5	x	6	30	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1400				Push/Sit	5	x	20	100	Pull	5	x	6	30	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	17					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	6x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	20	100	Pull	5	x	6	30	
Week 6	Mon	LSD	4.25					Upper - LP/SP/BP/SR/LR/UR/Dip	Add Wt: 8											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Tue				CHI	17		Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	25	125	Pull	4	x	8	32	
	Wed	INT	6x400	1:41/3:22						Push/Sit	5	x	25	125	Pull	4	x	8	32	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Thu				LSD	1500				Push/Sit	5	x	25	125	Pull	4	x	8	32	BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Fri	CHI	17					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-20reps/PL-30sec/SP-30sec/BD-20reps/SM-10reps/WP-20rep
	Sat				INT	6x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	25	125	Pull	4	x	8	32	
Week 7	Mon	LSD	4.5					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Tue				CHI	18		Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	4	x	35	140	Pull	4	x	9	36	
	Wed	INT	7x400	1:41/3:22						Push/Sit	4	x	35	140	Pull	4	x	9	36	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Thu				LSD	1600				Push/Sit	4	x	35	140	Pull	4	x	9	36	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Fri	CHI	18					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Sat				INT	7x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	4	x	35	140	Pull	4	x	9	36	
Week 8	Mon	LSD	4.75					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Tue				CHI	18		Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	35	175	Pull	4	x	10	40	
	Wed	INT	7x400	1:41/3:22						Push/Sit	5	x	35	175	Pull	4	x	10	40	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Thu				LSD	1700				Push/Sit	5	x	35	175	Pull	4	x	10	40	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Fri	CHI	18					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Sat				INT	7x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	35	175	Pull	4	x	10	40	
Week 9	Mon	LSD	5					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Tue				CHI	19		Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	40	200	Pull	4	x	11	44	
	Wed	INT	8x400	1:41/3:22						Push/Sit	5	x	40	200	Pull	4	x	11	44	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Thu				LSD	1800				Push/Sit	5	x	40	200	Pull	4	x	11	44	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Fri	CHI	19					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Sat				INT	8x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	40	200	Pull	4	x	11	44	
Week 10	Mon	LSD	5.25					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Tue				CHI	19		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	45	225	Pull	4	x	12	48	
	Wed	INT	8x400	1:41/3:22						Push/Sit	5	x	45	225	Pull	4	x	12	48	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Thu				LSD	1900				Push/Sit	5	x	45	225	Pull	4	x	12	48	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Fri	CHI	19					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Sat				INT	8x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	45	225	Pull	4	x	12	48	
Week 11	Mon	LSD	5.5					Upper - LP/SP/BP/SR/LR/UR/Dip	Add Wt: 8											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Tue				CHI	20		Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	50	250	Pull	5	x	11	55	
	Wed	INT	9x400	1:41/3:22						Push/Sit	5	x	50	250	Pull	5	x	11	55	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Thu				LSD	2000				Push/Sit	5	x	50	250	Pull	5	x	11	55	BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Fri	CHI	20					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-25reps/PL-45sec/SP-40sec/BD-25reps/SM-8reps*/WP-25rep
	Sat				INT	9x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	50	250	Pull	5	x	11	55	
Week 12	Mon	LSD	5.75					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Tue				CHI	20		Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	55	275	Pull	5	x	12	60	
	Wed	INT	9x400	1:41/3:22						Push/Sit	5	x	55	275	Pull	5	x	12	60	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Thu				LSD	2100				Push/Sit	5	x	55	275	Pull	5	x	12	60	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Fri	CHI	20					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Sat				INT	9x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	55	275	Pull	5	x	12	60	
Week 13	Mon	LSD	6					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Tue				CHI	2x12		Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	60	300	Pull	5	x	13	65	
	Wed	INT	10x400	1:41/3:22						Push/Sit	5	x	60	300	Pull	5	x	13	65	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Thu				LSD	2200				Push/Sit	5	x	60	300	Pull	5	x	13	65	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Fri	CHI	2x12					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Sat				INT	10x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	60	300	Pull	5	x	13	65	
Week 14	Mon	LSD	6.25					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Tue				CHI	2x12		Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	65	325	Pull	5	x	14	70	
	Wed	INT	10x400	1:41/3:22						Push/Sit	5	x	65	325	Pull	5	x	14	70	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Thu				LSD	2300				Push/Sit	5	x	65	325	Pull	5	x	14	70	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Fri	CHI	2x12					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Sat				INT	10x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	65	325	Pull	5	x	14	70	
Week 15	Mon	LSD	6.5					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Tue				CHI	2x12		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	70	350	Pull	5	x	15	75	
	Wed	INT	10x400	1:41/3:22						Push/Sit	5	x	70	350	Pull	5	x	15	75	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Thu				LSD	2400				Push/Sit	5	x	70	350	Pull	5	x	15	75	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Fri	CHI	2x12					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Sat				INT	10x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	70	350	Pull	5	x	15	75	
Week 16	Mon	LSD	6.75					Upper - LP/SP/BP/SR/LR/UR/Dip	Add Wt: 8											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Tue				CHI	2x14		Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	75	375	Pull	5	x	16	80	
	Wed	INT	10x400	1:41/3:22						Push/Sit	5	x	75	375	Pull	5	x	16	80	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Thu				LSD	2500				Push/Sit	5	x	75	375	Pull	5	x	16	80	BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Fri	CHI	2x14					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-20reps*/PL-40sec*/SP-45sec/BD-20reps*/SM-12reps/WP-20rep*
	Sat				INT	10x100	2:04/4:08	Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	75	375	Pull	5	x	16	80	
Week 17	Mon	LSD	7					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Tue				CHI	2x14		Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	80	400	Pull	5	x	17	85	
	Wed	INT	10x400	1:36/3:12						Push/Sit	5	x	80	400	Pull	5	x	17	85	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Thu				LSD	2600				Push/Sit	5	x	80	400	Pull	5	x	17	85	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Fri	CHI	2x14					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Sat				INT	10x100	1:58/3:55	Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	80	400	Pull	5	x	17	85	
Week 18	Mon	LSD	7.25					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Tue				CHI	2x14		Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	85	425	Pull	5	x	18	90	
	Wed	INT	10x400	1:36/3:12						Push/Sit	5	x	85	425	Pull	5	x	18	90	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Thu				LSD	2700				Push/Sit	5	x	85	425	Pull	5	x	18	90	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Fri	CHI	2x14					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Sat				INT	10x100	1:58/3:55	Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	85	425	Pull	5	x	18	90	
Week 19	Mon	LSD	7.5					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Tue				CHI	2x16		Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	90	450	Pull	5	x	19	95	
	Wed	INT	10x400	1:31/3:02						Push/Sit	5	x	90	450	Pull	5	x	19	95	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Thu				LSD	2800				Push/Sit	5	x	90	450	Pull	5	x	19	95	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Fri	CHI	2x16					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Sat				INT	10x100	1:52/3:44	Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	90	450	Pull	5	x	19	95	
Week 20	Mon	LSD	7.75					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Tue				CHI	2x16		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	95	475	Pull	5	x	20	100	
	Wed	INT	10x400	1:31/3:02						Push/Sit	5	x	95	475	Pull	5	x	20	100	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Thu				LSD	2900				Push/Sit	5	x	95	475	Pull	5	x	20	100	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Fri	CHI	2x16					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Sat				INT	10x100	1:52/3:44	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	95	475	Pull	5	x	20	100	
Week 21	Mon	LSD	8					Upper - LP/SP/BP/SR/LR/UR/Dip	Add Wt: 8											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Tue				CHI	2x16		Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	100	500	Pull	5	x	21	105	
	Wed	INT	10x400	1:26/2:52						Push/Sit	5	x	100	500	Pull	5	x	21	105	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Thu				LSD	3000				Push/Sit	5	x	100	500	Pull	5	x	21	105	BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Fri	CHI	2x16					Upper - LP/SP/BP/SR/LR/UR/Dip	8											BG-25reps*/PL-50sec*/SP-50sec/BD-25reps*/SM-10reps*/WP-25rep*
	Sat				INT	10x100	1:46/3:32	Lower - LG/LC/BH/DL/SQT/HR	8	Push/Sit	5	x	100	500	Pull	5	x	21	105	
Week 22	Mon	LSD	8.25					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Tue				CHI	2x18		Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	105	525	Pull	5	x	22	110	
	Wed	INT	10x400	1:26/2:52						Push/Sit	5	x	105	525	Pull	5	x	22	110	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Thu				LSD	3100				Push/Sit	5	x	105	525	Pull	5	x	22	110	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Fri	CHI	2x18					Upper - LP/SP/BP/SR/LR/UR/Dip	9											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Sat				INT	10x100	1:46/3:32	Lower - LG/LC/BH/DL/SQT/HR	9	Push/Sit	5	x	105	525	Pull	5	x	22	110	
Week 23	Mon	LSD	8.5					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Tue				CHI	2x18		Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	110	550	Pull	5	x	23	115	
	Wed	INT	10x400	1:21/2:42						Push/Sit	5	x	110	550	Pull	5	x	23	115	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Thu				LSD	3200				Push/Sit	5	x	110	550	Pull	5	x	23	115	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Fri	CHI	2x18					Upper - LP/SP/BP/SR/LR/UR/Dip	10											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Sat				INT	10x100	1:40/3:20	Lower - LG/LC/BH/DL/SQT/HR	10	Push/Sit	5	x	110	550	Pull	5	x	23	115	
Week 24	Mon	LSD	8.75					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Tue				CHI	2x18		Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	115	575	Pull	5	x	24	120	
	Wed	INT	10x400	1:21/2:42						Push/Sit	5	x	115	575	Pull	5	x	24	120	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Thu				LSD	3300				Push/Sit	5	x	115	575	Pull	5	x	24	120	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Fri	CHI	2x18					Upper - LP/SP/BP/SR/LR/UR/Dip	11											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Sat				INT	10x100	1:40/3:20	Lower - LG/LC/BH/DL/SQT/HR	11	Push/Sit	5	x	115	575	Pull	5	x	24	120	
Week 25	Mon	LSD	9					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Tue				CHI	2x20		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	120	600	Pull	5	x	25	125	
	Wed	INT	10x400	1:16/2:32						Push/Sit	5	x	120	600	Pull	5	x	25	125	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Thu				LSD	3400				Push/Sit	5	x	120	600	Pull	5	x	25	125	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Fri	CHI	2x20					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Sat				INT	10x100	1:34/3:08	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	120	600	Pull	5	x	25	125	
Week 26	Mon	LSD	9.25					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Tue				CHI	2x20		Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	125	625	Pull	5	x	26	130	
	Wed	INT	10x400	1:16/2:32						Push/Sit	5	x	125	625	Pull	5	x	26	130	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Thu				LSD	3500				Push/Sit	5	x	125	625	Pull	5	x	26	130	BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Fri	CHI	2x20					Upper - LP/SP/BP/SR/LR/UR/Dip	12											BG-30reps*/PL-60sec*/SP-60sec/BD-30reps*/SM-12reps*/WP-30rep*
	Sat				INT	10x100	1:34/3:08	Lower - LG/LC/BH/DL/SQT/HR	12	Push/Sit	5	x	125	625	Pull	5	x	26	130	

Key

Upper		Lower		Core	
Lat Pulldown	LP	Lunges	LG	Bridge hold 3sec	BG
Shoulder press	SP	Leg Curls	LC	Plank	PL
Bench Press	BP	Back Hyperextentions	BH	Side Plank (each side)	SP
Seated Row	SR	Dead Lifts	DL	Bird Dog	BD
Lat raises	LR	Leg Press/Squats	SQT	Superman	SM
Upright row	UR	Heel Raises	HR	Wipers	WP
Dips	Dip				