

Run 6K in 2 Weeks

WEEK 1

Day	Morning	Evening
Monday	Run 2 mins, Walk 3-4 min, Run 2mins	Strength Train
Tuesday	Run 5 mins, Walk 3-4 mins, Run 5 mins	Strength Train
Wednesday	Run 8 mins, Walk 3-4 mins, Run 8 mins	Strength Train
Thursday	Run 11 mins, Walk 3-4 mins, Run 11 mins	Strength Train
Friday	Run 14 mins, Walk 3-4 mins Run 14 mins	Strength Train
Saturday	Run 17 mins, Walk 3-4 mins, Run 17 mins	Strength Train
Sunday	Rest	Rest

WEEK 2

Day	Morning	Evening
Monday	Run 20 mins, Walk 3-4 mins, Run 20 mins	Strength Train
Tuesday	Run 23 mins, Walk 3-4 mins, Run 17 mins	Strength Train
Wednesday	Run 26 mins, Walk 3-4 mins, Run 14 mins	Strength Train
Thursday	Run 30 mins, Walk 3-4 mins, Run 11 mins	Strength Train
Friday	Run 35 mins, Walk 3-4 mins, Run 6 mins	Strength Train
Saturday	Run 40 mins or 6Km	Strength Train
Sunday	Rest	Rest

Strength Training For Gym Goers

Day	Exercise	Reps and Sets
Monday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Tuesday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Wednesday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Thursday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Friday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Saturday	Squat With Dumbbells Box Jump Slam Ball Throwing Leg Press	30-35 reps, 4 sets
Sunday	Rest	Rest

Strength Training Home Workouts

Day	Exercise	Reps and Sets
Monday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets
Tuesday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets

Wednesday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets
Thursday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets
Friday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets
Saturday	Squat With Dumbbells Box Jump Squat Jump Burpees With Push Ups Leg Press	30-35 reps, 4 sets
Sunday	Rest	Rest