WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	Rest	Strength Workout A; Cardio Workout A (Zone 2)	Cardio Workout A (Zone 2)	Strength Workout A; Cardio Workout C (Zone 2)	Rest	Strength Workout B	Cardio Workout B (Zones 2–3)
10	Rest	Strength Workout A; Cardio Workout A (Zone 2)	Cardio Workout C (Zones 2–3)	Strength Workout A	Cardio Workout A (Zones 2–3)	Strength Workout B	Cardio Workout B (Zones 2–3)
11	Rest	Strength Workout B; Cardio Workout A (Zone 2)	Cardio Workout C (Zones 2–3)	Strength Workout A; Cardio Workout C (Zone 2)	Wildcard Day	Strength Workout B; Cardio Workout A (Zone 2)	Cardio Workout B (Zones 2–4)
12	Rest	Strength Workout A	Cardio Workout A (Zone 2)	Rest	Light Cardio Day (Zone 2)	Strength Workout A	**Test Day**