

## ROUTINE 0: WORKOUT ZERO

Each workout in this routine will take about 20 minutes to do. If the first exercise of a workout is too hard, refer back to "easier" advice for that exercise. As this routine gets, well, routine, start adding the exercises under "add" to make each workout roughly 10% harder each week and begin adding distance to your mile-long jog, as well as working on running faster.

### *Monday*

#### WORKOUT 1: PUSH

push-up 10, 10, 10  
air boxing 20, 20, 20  
grounded dip 10, 10, 10  
jumping jack 10, 10  
side bridge 10, 10  
triceps push-up 10  
wide push-up 10  
*add*  
dive bomb 5, 5, 5  
jump out 5, 5, 5

### *Wednesday*

#### WORKOUT 2: PULL

bend and reach 10, 10, 10  
cobra stretch 10  
extend and flex 10, 10  
forward bend 10, 10  
hanging knee raise 10, 10  
prone row 10, 10  
straight-arm pull 10, 10  
windmill 10, 10  
*add*  
pull-up 5, 5, 5  
forward jump 5, 5, 5

### *Friday*

#### WORKOUT 3: LIFT

deep squat 10, 10, 10  
contact squat 10, 10  
forward lunge 10, 10, 10  
gentle jump 10, 10, 10  
karate kick 10, 10, 10  
rear lunge 10, 10  
*add*  
contact squat 10, 10  
one-leg squat 5, 5

### *Every day*

#### WORKOUT 4: CARDIO

1-Miler: walk and jog 1 mile, starting by jogging 10% of the mile the first week, 20% the second week, and so on

## **ROUTINE 1: 300**

Build endurance strength by doing these strength workouts, which each total 300 repetitions (page 22), and running three miles for cardio. Do this routine the first half of the first month of your three-month cycle. Ambitious exercisers can double up this or any other routine by doing the strength workout in the mornings Monday through Saturday, and the cardio in the afternoons, Sunday through Friday.

### *Monday*

#### **WORKOUT 1: PUSH**

push-up 35, 25, 20, 20  
air boxing 30  
clap push-up 5, 5, 5  
dive bomb 10, 10, 10  
jump out 20, 10  
plyometric jump out 5, 5, 5  
plyometric push-up 10, 10  
side bridge 10, 10  
triceps push-up 10, 10  
wide push-up 20

### *Wednesday*

#### **WORKOUT 2: PULL**

pull-up 10, 10, 5, 5, 5  
bend and reach 30  
cobra stretch 5  
extend and flex 20  
forward bend 30  
forward jump 10, 10, 10, 10  
hanging knee raise 10, 10, 10, 10  
prone row 20  
rower 40  
straight-arm pull 10  
underhand pull-up 5, 5  
wide-grip pull-up 5, 5  
windmill 10

### *Friday*

#### **WORKOUT 3: LIFT**

deep squat 20, 20, 20, 20, 20  
contact squat 20, 20  
forward lunge 10, 10, 10, 10  
gentle jump 10, 10  
karate kick 10, 10, 10  
one-leg squat 5, 5  
rear lunge 10, 10, 10  
plyometric jump 10  
lunge jump 10  
knee-tuck jump 10

### *Tuesday, Thursday, and Saturday*

#### **WORKOUT 4: RUN**

Long Run: run as far as you can, at a comfortable pace, going for the longest overall distance (at least 3 miles) you can cover in an hour, trying to get used to jogging the same route

## ROUTINE 2: WORK

This routine asks you to repeat each movement until you can't do a single additional repetition in good form. The number next to the exercise refers to how many sets of repetitions you do until achieving momentary failure—the temporary inability to continue the movement with perfect form (page 23). Alternatively, complete a total number of repetitions of each exercise equal to the total number you did for the previous routine plus one more (that number is in parentheses). Do this routine in the second half of the first month.

### *Monday*

#### WORKOUT 1: PUSH

push-up 3 (101)  
air boxing 2 (31)  
clap push-up 2 (16)  
dive bomb 2 (31)  
jump out 2 (31)  
plyometric jump out 2 (16)  
plyometric push-up 2 (21)  
side bridge 2 (21)  
triceps push-up 2 (21)  
wide push-up 2 (21)

### *Wednesday*

#### WORKOUT 2: PULL

pull-up 5 (36)  
bend and reach 1 (31)  
cobra stretch 1 (6)  
extend and flex 1 (21)  
forward bend 1 (31)  
forward jump 2 (41)  
hanging knee raise 4 (41)  
prone row 2 (21)  
rower 1 (41)  
straight-arm pull 1 (11)  
underhand pull-up 2 (11)  
wide-grip pull-up 2 (11)  
windmill 1 (11)

### *Friday*

#### WORKOUT 3: LIFT

deep squat 3 (101)  
contact squat 2 (41)  
forward lunge 2 (41)  
gentle jump 2 (21)  
karate kick 2 (31)  
rear lunge 2 (31)  
one-leg squat 2 (11)  
plyometric jump 2 (11)  
lunge jump 1 (11)  
knee-tuck jump 2 (11)

### *Tuesday, Thursday, and Saturday*

#### WORKOUT 4: CARDIO

Timed Long Run: run the same 3-mile route  
your best pace, trying to shorten your time

### **ROUTINE 3: RUNNING MACHINE**

As often happens in life, this alternate routine for the first month mixes cardio and strength concurrently, with an emphasis on running. On Tuesday, Wednesday, and Friday, run as efficiently as you can, but stop to do a single set of the specified repetitions of a strength activity in good form, then spring up to quickly resume efficient running.

#### *Monday*

##### **WORKOUT 4: RUN**

on the first day, run as far as you can in 1 hour, for the rest of the month, repeat the distance, and once you can do it comfortably, work on running the route in 90, then 80 percent of your original time

#### *Tuesday*

##### **WORKOUT 1: PUSH and WORKOUT 4: RUN**

run same route you ran Monday, combine with  
push-up 35, 20  
dive bomb 10, 10  
jump outs 10, 10  
plyometric push-up 10, 10

#### *Wednesday*

##### **WORKOUT 2: PULL and WORKOUT 4: RUN**

combine Monday's run with  
pull-up 8, 5, 5, 5  
forward jump 10, 10  
prone row 10, 10  
windmill 10, 10

#### *Thursday*

##### **WORKOUT 4: RUN**

warm-up jog for 2 minutes, then  
interval training: the 1:2:  
run at high speed for 1 minute,  
jog comfortably for 2 minutes,  
repeat 7 times for 21 minutes

#### *Friday*

##### **WORKOUT 3: LIFT and WORKOUT 4: RUN**

combine Monday's run with  
squat 20, 20, 20  
forward lunge 10, 10  
karate kick 10, 10  
plyometric jump 10  
lunge jump 10

#### *Saturday*

##### **WORKOUT 4: RUN**

warm-up jog for 2 minutes, then  
The 1-to-5: starting easy, run 5 minutes,  
each minute at a faster pace, repeat 3  
times for 20 minutes

## **ROUTINE 4: CONTINUOUS**

Minimizing rest between sets and within repetitions, this routine ups the intensity to make each strength workout ideally a long continuous movement (page 26). Try to eliminate pauses within each strength movement, and limit rest between sets to less than a minute. Running up and down hills or stadium steps is not only symbolic and inspirational, it develops aerobic capacity. Do this routine the first half of the second month.

### *Monday*

#### **WORKOUT 1: PUSH**

push-up 20, 19, 18, 17, 16  
air boxing 75  
clap push-up 7  
dive bomb 12  
jump out 12  
plyometric jump out 7  
plyometric push-up 20  
side bridge 10  
triceps push-up 10  
wide push-up 10

### *Wednesday*

#### **WORKOUT 2: PULL**

pull-up 10, 9, 8, 7, 6  
bend and reach 10  
cobra stretch 5  
extend and flex 10  
forward bend 10  
forward jump 15  
hanging knee raise 10  
prone row 10  
rower 20  
straight-arm pull 5  
underhand pull-up 5  
wide-grip pull-up 5  
windmill 5

### *Friday*

#### **WORKOUT 3: LIFT**

deep squat 40, 39, 38, 37, 36  
contact squat 15  
forward lunge 15  
gentle jump 20  
karate kick 10  
one-leg squat 5  
rear lunge 15  
plyometric jump 10  
lunge jump 10  
knee-tuck jump 10

### *Tuesday, Thursday, and Saturday*

#### **WORKOUT 4: RUN**

Stadium Steps: run 2 miles up stadium steps or up hills at your best pace

## ROUTINE 5: TARGET

These strength sessions are shorter and more intense. Do each movement listed in **bold type** slo-o-o-wly and deliberately using the muscle targeting technique (page 27) to achieve temporary exhaustion at the end of each set, so that you truly cannot do one more rep. The 4-by-4 further develops aerobic capacity. (If you're running on a track, you can use the track lane converter below to get an idea of equivalent total distance for this or any other running session when using other than the innermost lane.) Do this routine the second half of the second month.

### *Monday*

WORKOUT 1: PUSH

**push-up 20, 15, 10, 10**  
**dive bomb 10, 10, 10**  
**triceps push-up 10, 10, 10**  
**wide push-up 10, 10, 10**

### *Wednesday*

WORKOUT 2: PULL

pull-up 10, 10, 5, 5, 5  
**forward bend 20**  
hanging knee raise 10, 10, 10  
**straight-arm pull 10, 10**  
**underhand pull-up 5, 5**  
wide-grip pull-up 5, 5  
windmill 10

### *Friday*

WORKOUT 3: LIFT

**deep squat 20, 20, 20**  
**forward lunge 10, 10, 10**  
karate kick 10, 10, 10  
one-leg squat 5, 5, 5  
**rear lunge 10, 10, 10**

### *Tuesday, Thursday, and Saturday*

WORKOUT 4: RUN

The 4-by-4: on the innermost lane of a track, run 4 cycles of 2 fast laps, 1 slow for a total of 12 laps, or 3 miles, in 30 minutes or less, or off track, run 4 cycles of 4 minutes fast, 3 minutes slow

## TRACK LANE CONVERTER: RUNNING THE OUTER LANES

LANE	WIDE-STANDARD TRACK, WITH 48-INCH (1.22-METER) WIDE LANES			NARROW-STANDARD TRACK, WITH 42-INCH (1.07-METER) WIDE LANES			LANE
	% OF LANE 1	2-MILE DISTANCE, IN LAPS	3-MILE DISTANCE, IN LAPS	% OF LANE 1	2-MILE DISTANCE, IN LAPS	3-MILE DISTANCE, IN LAPS	
1	100%	<b>8.0</b>	<b>12.0</b>	100%	<b>8.0</b>	<b>12.0</b>	1
2	102%	<b>7.8</b>	<b>11.8</b>	102%	<b>7.9</b>	<b>11.8</b>	2
3	104%	<b>7.7</b>	<b>11.6</b>	103%	<b>7.7</b>	<b>11.6</b>	3
4	106%	<b>7.6</b>	<b>11.3</b>	105%	<b>7.6</b>	<b>11.4</b>	4
5	108%	<b>7.4</b>	<b>11.1</b>	107%	<b>7.5</b>	<b>11.2</b>	5
6	110%	<b>7.3</b>	<b>11.0</b>	109%	<b>7.4</b>	<b>11.1</b>	6
7	112%	<b>7.2</b>	<b>10.8</b>	110%	<b>7.3</b>	<b>10.9</b>	7
8	114%	<b>7.0</b>	<b>10.6</b>	112%	<b>7.2</b>	<b>10.7</b>	8

## ROUTINE 6: TOUGH

Think you're tough? This alternate routine for the second month returns to concurrent strength and cardio training and trains performance on three **bolded** basic tasks: at least 35 push-ups in good form, 47 sit-ups, and running two miles in less than 16:36. Mondays, Wednesdays, and Fridays, run 3 miles, stopping every 500 feet or so to do a strength exercise, on other days, improve your 2-mile run speed. (To run two miles in other than the innermost lane of a standard track, use the track lane converter on the previous page.)

### *Monday*

WORKOUT 1: PUSH and WORKOUT 4: RUN  
combine 3-mile run with  
**push-up 35 or more**  
air boxing, 100  
clap push-up 10  
dive bomb 20  
jump outs 20  
jumping jack 50  
plyometric jump out 20  
plyometric push-up 20  
triceps push-up 20  
wide push-up 20

### *Wednesday*

WORKOUT 2: PULL and WORKOUT 4: RUN  
combine 3-mile run with  
pull-up 10, 10, 10  
bend and reach 10, 10, 10  
cobra stretch 10  
extend and flex 10  
forward bend 20, 20  
forward jump 10, 10, 10  
hanging knee raise 20, 10  
prone row 20, 20  
**rower 47 or more**  
underhand pull-up 10, 10

### *Friday*

WORKOUT 3: LIFT and WORKOUT 4: RUN  
combine 3-mile run with  
deep squat 50, 40  
contact squat 30, 20  
forward lunge 20, 20, 20  
karate kick 20, 20  
rear lunge 20, 20  
one-leg squat 5, 5  
plyometric jump 10  
forward jump 10  
bounds 20, 20  
hops 20, 20

### *Tuesday, Thursday, and Saturday*

WORKOUT 4: RUN  
**2-Miler: 8 laps around the innermost lane of a track at 16:36 or faster**  
*and, on Tuesday*  
WORKOUT 3: LIFT  
deep squat, 90  
*and, on Thursday*  
WORKOUT 1: PUSH  
**push-up 35 or more**

## ROUTINE 7: BALLISTIC

Apply ballistic loading, the technique of moving quickly back and forth without pause within the middle range of the movement (page 28) to the **bolded** exercises. This routine, for the first half of the third month, introduces timed sprints into the cardio workouts.

### *Monday*

#### WORKOUT 1: PUSH

**push-up 30, 20, 20, 20**

air boxing 150

clap push-up 5, 5, 5

**dive bomb 10, 10**

jump out 20, 10

plyometric jump out 10, 10

plyometric push-up 10, 10

side bridge 10, 10

**triceps push-up 10, 10**

**wide push-up 10, 10**

### *Wednesday*

#### WORKOUT 2: PULL

pull-up 10, 10, 5, 5, 5

bend and reach 30

cobra stretch 5

extend and flex 20

**forward bend 20**

forward jump 10, 10, 10

hanging knee raise 10, 10, 10

prone row 20

rower 40

**straight-arm pull 10, 10**

**underhand pull-up 5, 5**

wide-grip pull-up 5, 5

windmill 10

### *Friday*

#### WORKOUT 3: LIFT

**deep squat 20, 20, 20**

contact squat 20, 20

**forward lunge 10, 10, 10**

gentle jump 10, 10

karate kick 10, 10, 10

one-leg squat 5, 5, 5

**rear lunge 10, 10**

plyometric jump 10

lunge jump 10

knee-tuck jump 10

bounds 20

hops 20

### *Tuesday, Thursday, and Saturday*

#### WORKOUT 4: RUN

The Long 12: on a track, run 6 laps, jogging the curves and sprinting the straightaways, going for the shortest sprint times on each of the 12 sprints

## **ROUTINE 8: PLYO**

Plyometrics mix it up with concurrent training, as you run three miles but stop every 500 feet or so to do a burst of strength activity. You should be ready for plyometrics (able to do five clap push-ups, three full one-leg squats, and a 100-yard sprint) before trying this routine. Run three miles but stop every 500 feet or so to do a burst of strength activity. Do this the second half of the third month to finish the three-month cycle. More with this routine than the others, if you notice fatigue or soreness unduly impairing your performance, skip a workout or two.

### *Monday*

WORKOUT 1: PUSH and WORKOUT 4:RUN  
combine a 3-mile run with  
push-up 30, 20, 20  
clap push-up 5, 5, 5  
dive bomb 10, 10, 10  
jump out 10, 10, 10  
plyometric jump out 5, 5, 5  
plyometric push-up 20

### *Wednesday*

WORKOUT 2:PULL and WORKOUT 4:RUN  
combine a 3-mile run with  
pull-up 10, 10, 5, 5, 5  
bend and reach 30  
cobra stretch 5  
extend and flex 20  
forward bend 20  
forward jump 10, 10  
hanging knee raise 10, 10, 10  
wide-grip pull-up 5, 5

### *Friday*

WORKOUT3:LIFT and WORKOUT 4:RUN  
combine a 3-mile run with  
deep squat 20, 20, 20  
contact squat 20, 20  
forward lunge 10, 10, 10  
plyometric jump 10, 10  
zig-zag jump 10  
sideways jump 10, 10  
lunge jump 10  
knee-tuck jump 10  
pike jump 10

### *Tuesday, Thursday, and Saturday*

WORKOUT 4: RUN  
jog a mile, The Short 12: sprint 35 meters or  
38 yards 12 times, allowing 10 seconds rest  
between each sprint, then jog a mile

## **ROUTINE 9: SPRINTER**

This zeroes in on lower body strength and sprint capacity. Do as an alternate routine for the third month.

### *Monday*

WORKOUT 4: RUN

interval training: the 1-to-5:

if "5" is your fastest 1-minute sustainable sprint, run 1<sup>st</sup> minute at a "1," 2<sup>nd</sup> at a "2," 3<sup>rd</sup> at a "3," 4<sup>th</sup> at a "4," and 5<sup>th</sup> minute at a "5," repeat 4 times for a 20-minute workout

### *Wednesday*

WORKOUT 4: RUN

jog a mile, The Short 12: sprint 35 meters or 38 yards 12 times, allowing 10 seconds rest between each sprint, then jog a mile

### *Thursday*

WORKOUT 4: RUN

speed drill: foot turnovers 20, 20, 20  
speed drill: laterals 20, 20, 20  
speed drill: verticals 20, 20, 20  
on a track, run 4 laps, walking the curves but sprinting the straightaways, going for best sprint times

### *Saturday*

WORKOUT 4: RUN

the suicide drill: on a field, start at goal line, sprint to nearest line, touch it with hand, sprint back to goal, repeat for each line on field, going for best overall time

### *Tuesday and Friday*

WORKOUT 1: PUSH, WORKOUT 2: PULL,  
WORKOUT 3: LIFT, and WORKOUT 4: RUN  
run approximately 1 ½ miles  
push-up 30, 20, 20  
plyometric jump out 5, 5, 5  
plyometric push-up 10, 10  
pull-up 10, 10, 5  
deep squat 20, 20, 20  
forward lunge 10, 10, 10  
one-leg squat 5, 5, 5  
bounds 20, 20, 20  
hops 20, 20, 20  
jog approximately 1 ½ miles

## **ROUTINE 10: JUMP START**

OK, so you have a busy life and there's no time for working out, no matter how you rearrange your schedule. Try this for a month. As promised, all it asks is 20 minutes, three days a week of strength exercise—plus whatever you're doing for cardio.

### *Monday and every other Friday*

#### **WORKOUT 1: PUSH**

push-up 10, 10, 10

air boxing 1 minute

dive bomb 3, 2

jump out 5, 5

triceps push-up 5, 5

#### **WORKOUT 2: PULL**

pull-up 3, 2 (or straight-arm pulls if a pull-up is too hard)

cobra stretch 5

forward bend 10

hanging knee raise 8, 7

prone row 10

### *Wednesday and every other Friday*

#### **WORKOUT 3: LIFT**

deep squat 20, 20

contact squat 20

forward lunge 10, 10

karate kick 10

plyometric jump (or gentle jump) 10

### *Every day*

#### **WORKOUT 4: RUN**

walk briskly, jog, or interval train at least 20 minutes, separately or combined with a workout above