

BASE BUILDING TRAINING PLAN

| Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|----------------|-----------|-----------|----------|--------------|-----------|--------|
| Week 1 | Cross Training | 1 mile | Strength | 1 mile | Rest or Yoga | 2 miles | REST |
| Week 2 | Cross Training | 1 mile | Strength | 2 miles | Rest or Yoga | 2 miles | REST |
| Week 3 | Cross Training | 2 miles | Strength | 2 miles | Rest or Yoga | 2.5 miles | REST |
| Week 4 | Cross Training | 2 miles | Strength | 2 miles | Rest or Yoga | 3 miles | REST |
| Week 5 | Cross Training | 2 miles | Strength | 3 miles | Rest or Yoga | 3 miles | REST |
| Week 6 | Cross Training | 2.5 miles | Strength | 3 miles | Rest or Yoga | 3 miles | REST |
| Week 7 | Cross Training | 2 miles | Strength | 3 miles | Rest or Yoga | 4 miles | REST |
| Week 8 | Cross Training | 3 miles | Strength | 3 miles | Rest or Yoga | 3 miles | REST |
| Week 9 | Cross Training | 3 miles | Strength | 4 miles | Rest or Yoga | 4 miles | REST |
| Week 10 | Cross Training | 3 miles | Strength | 4 miles | Rest or Yoga | 4 miles | REST |
| Week 11 | Cross Training | 3 miles | Strength | 4 miles | Rest or Yoga | 5 miles | REST |
| Week 12 | Cross Training | 4 miles | Strength | 4 miles | Rest or Yoga | 5 miles | REST |

CROSS TRAINING WORKOUTS

WEEK 1: FULL BODY

- Jumping Jacks x 50
- Mountain Climbers x 50
- High Knees x 50
- Wall Sit x 45 seconds
- Donkey Kicks x 40 (20/side)
- Jump Lunges x 40
- Legs Down x 30
- Push Ups x 30
- Skaters x 40
- Plank x 60 seconds

WEEK 2: FULL BODY

- Tricep Dips x 20
- Decline Pushups x 20
- Punches x 20
- Walking Lunges x 20 (10/side)
- Skaters x 20
- Jump Squats x 20
- Russian Twists x 20
- Raised Leg Situps x 20
- Plank x 20 seconds
- Mountain Climbers x 20
- Burpees x 20

WEEK 3: CORE

- Legs Down Crisscross x 15
- Mountain Climbers x 50
- Raised Leg Sit Ups x 30
- Jack Knives (V Sits) x 20
- Side Plank + Taps x 20 (each side)
- Straight Leg Raises x 20
- Straight Leg Raises with Hip Lift x 20
- Russian Twists x 50
- Bent Leg Hip Lifts x 20

WEEK 4: FULL BODY

- Squats x 20
- Bridges x 20
- Plank + Leg Lifts x 60 seconds
- Mountain Climbers x 50
- V Sit Hold x 30 seconds
- Donkey Kicks x 20
- Lunges x 30
- Pistol Squats x 20

WEEK 5: CARDIO

- Jumping Jacks x 1 minute
- High Knees x 30 seconds
- Lunges x 1 minute
- Butt Kicks x 45 seconds
- Burpees x 1 minute
- Plank x 1 minute
- Skaters x 1 minute
- Legs Down x 45 seconds
- Cross Country Skiers x 1 minute

Repeat all moves 3 times

WEEK 6: ARMS (WITH DUMBBELLS)

- Squats with Press x 15
- Bicep Curls x 15
- Bent Over Row x 15
- Tricep Extension x 15
- Frontal Raise x 15
- Dumbbell Swings x 15
- Single Leg Deadlift x 15

WEEK 7: HIIT

- Cross Kicks x 75 seconds
- Butt Kicks x 60 seconds
- Squats x 75 seconds
- Jumping Jacks x 60 seconds
- Shoulder Tap Pushups x 75 seconds
- Skaters x 60 seconds
- Superman Lifts x 75 seconds
- Jump Lunges x 60 seconds
- Side Plank x 75 seconds (total – about 35 seconds each)
- Mountain Climbers x 60 seconds
- Bridge Lifts x 75 seconds
- Burpees x 60 seconds
- Legs Down x 75 seconds
- Jump Squats x 60 seconds
- Toe Touches x 75 seconds
- High Knees x 60 seconds
- Russian Twists x 75 seconds
- Box Jumps x 60 seconds
- Diamond Pushups x 75 seconds
- Tuck Jumps x 60 seconds

WEEK 8: GLUTES

- Leg Raises x 20 (per side)
- Bridge Hold x 30 seconds
- Single Leg Bridge Lifts x 20 (per side)
- Leg Extensions x 20
- Clamshells x 20 (per side)
- Side Plank with Hip Dips x 20 (per side)
- Single Leg Squats x 20 (total)
- Hip Raises x 20
- Single Leg Toe Touch x 20

WEEK 9: DUMBBELL WORKOUT

- 7 Weighted Curtsy Squats (per side)
- 7 Weighted Russian Twists
- 7 Chest Presses
- 7 Weighted Hip Lifts
- 7 Over Head Reach + Arm Curls in Side Plank (per side)
- 7 Hammer Curls
- 7 Weighted Donkey Kicks

Repeat all moves 3 times

WEEK 10: FULL BODY

- Squats x 50
- Plank x 30 seconds
- Bridge x 30 seconds
- Bicep Curls x 15
- Overhead Press x 15
- Forward Extension x 15
- Skaters x 10
- Donkey Kicks x 10
- Clamshells x 10
- Superman Lifts x 10
- Side Plank x 30 seconds (per side)
- Lunges x 20
- Leg Lifts x 20 (per side)

WEEK 11: FULL BODY

- Leg Extensions x 20
- Hip Raises x 25
- Decline Pushups x 20
- Plank + Leg Lifts x 20
- V Pass (with ball) x 20
- Lunges x 30
- Superman Lifts x 30
- Jackknives x 20

WEEK 12: SPELL YOUR NAME WORKOUT

- A – 15 burpees
- B – 30 crunches
- C – 20 jump squats
- D – 60 second bridge
- E – 25 squats
- F – 60 second plank
- G – 30 forward lunges
- H – 25 leg & hip lifts
- I – 30 side lunges
- J – 50 bicycles
- K – 25 jump lunges
- L – 30 toe touches (lying on back)
- M – 20 standing toe touches
- N – 20 bent leg jackknives
- O – 50 jumping jacks
- P – 20 straight leg jackknives
- Q – 50 cross country skiers
- R – 50 scissor kicks
- S – 50 high knees
- T – 50 mountain climbers
- U – 40 clamshells (20/side)
- V – 40 side leg lifts (20/side)
- W – 40 leg lifts on back (20/leg)
- X – 40 leg lifts on stomach (20/leg)

- Y – 30 superman lifts
- Z – 30 double leg lifts

WEEKLY STRENGTH WORKOUT

- Squats x 40
- Lunges x 40
- Side Lunges x 20 (10/side)
- Leg Lifts – lying on back x 20 (10/side)
- Leg Lifts – lying on stomach x 20 (10/side)
- Side Leg Lifts – x 40 (10/leg/side)
- Plank x 60 seconds
- Bridge Hold x 30 seconds
- Bridge Lifts x 20
- Single Leg Bridge Lifts x 20 (10/side)
- Clamshells x 40 (20/side)
- Superman Lifts x 20
- Superman Hold x 30 seconds
- Tricep Dips x 20
- Crunches x 50