

MICROCYCLE / PERIODIZATION FITNESS PROGRAM

Week 1 & 2		Week 1 & 2	
Day 1		Day 2	
20 minute run		25 minute run	
2 min. jog	5 times	3 min. jog	5 times
1 min. run	5 times	1 min. run	5 times
5 min. cool down	5 min.	5 min. cool down	5 min.
45 sec. rest in between each run		45 sec. rest in between each run	

Exercises (Using Body Weight Only)	Body Part	Sets	Reps	Link
Body Squats	Legs	3	15 - 20	https://youtu.be/xKhd9MXTUzY
Stationarty Lunges	Legs	3	15 - 20	https://youtu.be/w2Qxb6nJKc
Jumping Jacks	Active - Rest	3	1 min	https://youtu.be/c4DAnQ6DtF8
Push - Ups	Chest	3	15 - 20	https://youtu.be/_I3ySVKYVJ8
Crunches	Core	3	20 - 25	https://youtu.be/4hmQA3snTyk
Mountain Climbers	Active - Rest	3	1 min	https://youtu.be/zT-9L3CEcmk
Wide Stance Squats	Legs	3	15 - 20	https://youtu.be/v2ukjHXbXVo
Alternating Lunges	Legs	3	15 - 20	https://youtu.be/tTej-ax9XiA
Close Grip Push - Ups	Chest	3	15 - 20	https://youtu.be/G2mlaEfpEIM
To Wide Grip Push - Ups	Chest	3	15 - 20	https://youtu.be/rr6eFNNDQdU
Double Crunches	Core	3	20 - 25	https://youtu.be/orvpJi1ypP0
Roman Trunk Twist	Core	3	20 - 25	https://youtu.be/289c800fEfM
Super Man	Core	3	20 - 25	https://youtu.be/cc6UVRs7PW4



Week 3 & 4		Week 3 & 4		
Day 1		Day 2		
25 minute run		30 minute run		
2 min. jog	7 times	3 min. jog	6 times	
1 min. run	7 times	1 min. run	7 times	
4 min. cool down	4 min.	5 min. cool down	5 min.	
45 sec. rest in between each run		45 sec. rest in between each run		
SPRINTS		SPRINTS		
10 yard	5 times	10 yard	7 times	
20 yards	5 times	20 yards	7 times	
30 yards	3 times	30 yards	4 times	
1 min rest in between each sprint		1 min rest in between each sprint		
Excercises (Using Body Weight Only)	Body Part	Sets	Reps	Link
Lateral Squats (side by side)	Legs	4	15 -20	https://youtu.be/-zjDRdZxzQ8
Walking Lunges	Legs	4	15 -20	https://youtu.be/DlhojghkaQ0
Planks to Push - Ups	Chest & Core	4	20 -25	https://youtu.be/56vUOad6lrs
Push - Ups	Chest	4	15 -20	https://youtu.be/_I3ySVKYVJ8
Side Planks	Core	4	20 - 25	https://youtu.be/rCxvF2nG9vQ0
Jogging on the spot w / punches	Active - Rest	4	1 min	https://youtu.be/jyXM4Guzlvs
Walking Squats	Legs	4	15 -20	https://youtu.be/g7NmDRkAka8
Front To Back Lunges	Legs	4	15 -20	https://youtu.be/De4fAXtOUkw
Bench Dips	Arms	4	15 -20	https://youtu.be/0326dy_-CzM
Planks	Core	4	20 -25	https://youtu.be/ASdvN_XEI_c
Bicycles	Core	4	20 - 25	https://youtu.be/9FGilxCbdz8
Roman Trunk Twist	Core	4	20 -25	https://youtu.be/289c800fEfM
Burpees	Active - Rest	4	20 -25	https://youtu.be/TU8QYVW0gDU

Week 5 & 6		Week 5 & 6	
Day 1		Day 2	
30 minute run		35 minute run	
3 min. jog	6 times	3 min. jog	5 times
1.5 min. run	6 times	2 min. run	5 times
3 min. cool down	3 min.	5 min. cool down	5 min.
45 sec. rest in between each run		45 sec. rest in between each run	
SPRINTS		SPRINTS	
10 yard	7 times	15 yard	6 times
20 yards	7 times	25 yard	6 times
30 yards	4 times	40 yards	4 times
1 min rest in between each sprint		1 min rest in between each sprint	

Exercises (Using Body Weight Only)	Body Part	Sets	Reps	Link
Single Leg Squats	Legs	4	15	https://youtu.be/9_Ca2YRRdtE
Reverse Lunges	Legs	4	15 -20	https://youtu.be/xrPteyQLGAo
Push - Up W / Hold	Chest	4	20 -25	https://youtu.be/6uqI7pAmdy8
2 PT Plank	Core	4	1 min	https://youtu.be/G-Fw3C4wxYg
Side Plank	Core	4	45 sec	https://youtu.be/rCx2nG9vQ0
Toe Touches	Core	4	1 min	https://youtu.be/y6Bv_0Shhc8
Burpees	Active - Rest	4	15 -20	https://youtu.be/TU8QYVW0gDU
Crab Crawl	Active - Rest	4	20 yards	https://youtu.be/BBNDKBBROjQ
Bench Dips W / 1 Foot on the floor	Arms	4	15 -20	https://youtu.be/Ji1Jus-2RY4
Double Crunches	Core	4	20 -25	https://youtu.be/dsb0Ay5e1Zc
Low Side Shuffle	Active - Rest	4	1 min	https://youtu.be/DhatszHjNpSY
Quadruplex	Core	4	20 -25	https://youtu.be/Tz06xNrh9Rc
Cobra Hold	Core	4	30 sec	https://youtu.be/tl5SVd0Tcd8

Adequate rest time between each exercise, maybe 1 min. and some stretching after each day's workout.