

Novice Program Weeks 1 - 12				
Week	Workout 1	Workout 2	Workout 3	Workout 4
W1 1,200	16 x 25 EZ @ 60 RI 400	16 x 25 EZ @ 60 RI 400	16 x 25 EZ @ 60 RI 400	
W2 1,200	16 x 25 EZ @ 45 RI 400	16 x 25 EZ @ 45 RI 400	16 x 25 EZ @ 45 RI 400	
W3 1,800	4 x 25 EZ warm up @ 60 RI 4 x [25-50-25] laddar@ 60 sec RI 4 x 25 cool down @ 60 sec RI 600	4 x 25 EZ warm up @ 60 RI 4 x [25-50-25] laddar@ 60 sec RI 4 x 25 cool down @ 60 sec RI 600	4 x 25 EZ warm up @ 60 RI 4 x [25-50-25] laddar@ 60 sec RI 4 x 25 cool down @ 60 sec RI 600	
W4 1,800	4 x 25 easy warm-up @ 45 sec RI 4 x [25-50-25 ladder] @ 45 sec RI 4 x 25 cool down @ 45 sec RI 600	4 x 25 easy warm-up @ 45 sec RI 4 x [25-50-25 ladder] @ 45 sec RI 4 x 25 cool down @ 45 sec RI 600	4 x 25 easy warm-up @ 45 sec RI 4 x [25-50-25 ladder] @ 45 sec RI 4 x 25 cool down @ 45 sec RI 600	
W5 2,400	4 x 25 easy @ 30 sec RI 4 x [25-50-75 ladder] @ 45 sec RI 100 easy cool down 800	4 x 25 easy @ 30 sec RI 4 x [25-50-75 ladder] @ 45 sec RI 100 easy cool down 800	4 x 25 easy @ 30 sec RI 4 x [25-50-75 ladder] @ 45 sec RI 100 easy cool down 800	
W6 2,400	2 x 50 easy @ 60 sec RI 6 x 100 @ 60 sec RI 2 x 50 cool down 800	2 x 50 easy @ 60 sec RI 6 x 100 @ 60 sec RI 2 x 50 cool down 800	2 x 50 easy @ 60 sec RI 6 x 100 @ 60 sec RI 2 x 50 cool down 800	
W7 3,000	2 x 50 EZ @ 30 S RI 8 x 100 strong @ 60 S RI 2 x 50 EZ cool down 1,000	2 x 50 EZ @ 30 S RI 8 x 100 strong @ 50 S RI 2 x 50 EZ cool down 1,000	2 x 50 EZ @ 30 S RI 8 x 100 strong @ 40 S RI 2 x 50 EZ cool down 1,000	
W8 3,600	2 x 50 EZ @ 30 S RI 10 x 100 strong @ 60 S RI 2 x 50 EZ cool down 1,200	2 x 50 EZ @ 30 S RI 10 x 100 strong @ 50 S RI 2 x 50 EZ cool down 1,200	2 x 50 EZ @ 30 S RI 10 x 100 strong @ 40 S RI 2 x 50 EZ cool down 1,200	
W9 4,200	2 x 50 EZ @ 30 S RI 12 x 100 strong @ 60 S RI 2 x 50 EZ cool down 1,400	2 x 50 EZ @ 30 S RI 12 x 100 strong @ 50 S RI 2 x 50 EZ cool down 1,400	2 x 50 EZ @ 30 S RI 12 x 100 strong @ 40 S RI 2 x 50 EZ cool down 1,400	
W10 4,800	2 x 50 EZ @ 30 S RI 14 x 100 strong @ 60 S RI 2 x 50 EZ cool down 1,600	2 x 50 EZ @ 30 S RI 14 x 100 strong @ 50 S RI 2 x 50 EZ cool down 1,600	2 x 50 EZ @ 30 S RI 14 x 100 strong @ 40 S RI 2 x 50 EZ cool down 1,600	
W11 6,400	2 x 100 EZ warm-up 2 x 200 @ 60 S RI 6 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,600	2 x 100 EZ warm-up 10 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,600	2 x 100 EZ warm-up 2 x 200 @ 60 S RI 6 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,600	2 x 100 EZ warm-up 10 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,600
W12 7,600	2 x 100 EZ warm-up 2 x 200 @ 60 S RI 8 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 2,000	2 x 100 EZ warm-up 12 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,800	2 x 100 EZ warm-up 2 x 200 @ 60 S RI 8 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 2,000	2 x 100 EZ warm-up 12 x 100 strong @ 30 S RI 2 x 200 EZ @ 60 S RI 1,800

Pacing for the main set (100 repetitions) during Weeks 7-10 should be at a pace that is "uncomfortably uncomfortable." Faster than an easy pace but not an all out effort.

Weeks 11 & 12 it is helpful to add a fourth workout.