Weeks 1 and 3

MONTH 1	Endurance			MONTH 2	Endurance + Strength			MONTH 3	Strength		
20		20		12		12		5		5	

Weeks 2 and 4

MONTH 1	Endurance			MONTH 2	Endurance + Strength			MONTH 3	Strength		
	20		20		12		12		5		5

(Workouts adapted from the book Challenge Yourself *By Clarence Bass - www.cbass.com)*