

The Basic Fitness Training Program

The weightlifting part of this program is directed towards strength. The first sets shown below are warm-up sets, and then you increase the weight to a level that challenges you. As always, increase the weight when things get easy, which will be every week or even more frequently at the beginning.

Also, when you increase the weight you are lifting you may not be able to hit all the reps for a set later in your workout. That is fine, as long as you get closer to completing the set, or just complete it, during your next workout.

Increase your running till you can run 5 miles, then worry about cutting down your time. This will set a good foundation for your cardio workouts.

<i>Mon.</i>	<i>Tue.</i>	<i>Wed.</i>	<i>Thu.</i>	<i>Fri.</i>	<i>Sat.</i>
Squat /12 /5 /5 /5	Running, 1 Mile	Squat /12 /5 /5 /5	Running, 1.25 Miles	Squat /12 /5 /5 /5	Running 1.5 Miles
Bench Press /12 /5 /5 /5		Standing Press /12 /5 /5 /5		Bench Press /12 /5 /5 /5	
Bent-Over Barbell Row /12 /5 /5 /5		Deadlift /8 /6 /4		Bent-Over Barbell Row /12 /5 /5 /5	
Farmer's Walk <i>Heaviest Weight, 1 circuit around the weight room</i>		Farmer's Walk <i>Heaviest Weight, 1.5 circuit around the weight room</i>		Farmer's Walk <i>Heaviest Weight, 2 circuits around the weight room</i>	
Chin ups 10 8 To Failure					Chin ups 11 9 To Failure