

# 60 DAY - Training Plan

# Boot Camp Ready!



## LEVEL 1

**DAYS:  
1-14**

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<ul style="list-style-type: none"> <li>• Full Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Full Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Core #1</li> <li>• CFC #6 (beginner) 30-30 Mossberg</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Full Body #1 (Beginner)</li> </ul>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Full Body #2 ( Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Core #1</li> <li>• CFC #6 (Novice) 30-30 Mossberg</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Full Body #2 ( Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>

## LEVEL 2

**DAYS:  
15-28**

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<ul style="list-style-type: none"> <li>• Run #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #7 (Beginner) OI' Classic</li> </ul>	<ul style="list-style-type: none"> <li>• Core #2</li> <li>• CFC #4 (Beginner) 9 Mil Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<ul style="list-style-type: none"> <li>• Run #2 (Beginner+)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #1 (Beginner)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #5 (Beginner) Beat Feet</li> </ul>	<ul style="list-style-type: none"> <li>• Core #2</li> <li>• CFC #3 (Beginner) AN 50/50</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>

## LEVEL 3

**DAYS:  
29-42**

DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
<ul style="list-style-type: none"> <li>• Run #3 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #2 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #2 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #7 (Beginner) OI' Classic</li> </ul>	<ul style="list-style-type: none"> <li>• Core #2</li> <li>• CFC #1 (Beginner) 50 Cal Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
<ul style="list-style-type: none"> <li>• Run #3 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #2 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #2 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #5 (Novice) +1 Mile Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Core #3</li> <li>• CFC #4 (Novice) 9 mil Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>

## LEVEL 4

**DAYS:  
43-56**

DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
<ul style="list-style-type: none"> <li>• Run #3 (Novice)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #3 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #3 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #7 (Novice) OI' Classic</li> </ul>	<ul style="list-style-type: none"> <li>• Core #3</li> <li>• CFC #3 (Novice) AN 50/50</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>
DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
<ul style="list-style-type: none"> <li>• Run #4 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• Upper Body #3 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• Lower Body #3 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #5 (Novice) Beat Feet +1 Mile Jog</li> </ul>	<ul style="list-style-type: none"> <li>• Core #3</li> <li>• CFC #1 (Novice) 50 Cal Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>

## ADVANCE

**DAYS:  
57-60**

DAY 57	DAY 58	DAY 59	DAY 60			
<ul style="list-style-type: none"> <li>• Run #4 (Novice+)</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #2 Final Countdown</li> <li>◦ Beg or Novice</li> </ul>	<ul style="list-style-type: none"> <li>• Repair Day</li> <li>• Warm-Up &amp; Stretch Routine</li> </ul>	<ul style="list-style-type: none"> <li>• CFC #2 Final Countdown</li> <li>◦ Beat Your Time!</li> </ul>	Rest & Repair	Rest & Repair	Rest & Repair

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COMBAT FIT NOW

CONGRATULATIONS  
You are NOW ready for a more ADVANCED fitness program