

Insanity/Half Marathon Hybrid Schedule

	Enter Start Date:	12/1/2014				End Date:	2/21/2015
Week 1	12/1/2014	12/2/2014	12/3/2014	12/4/2014	12/5/2014	12/6/2014	12/7/2014
	Pure Cardio	3 mile Run	Plyo Cardio Circuit	3 mile Run	Cardio Power Resistance	5 mile run	Off/Strech
		Cardio Abs		U.W.T.	Cardio Abs	Stretch	
Week 2	12/8/2014	12/9/2014	12/10/2014	12/11/2014	12/12/2014	12/13/2014	12/14/2014
	Pure Cardio	3 mile run	Plyo Cardio Circuit	3 mile Run	Cardio Power Resistance	6 mile run	Off/Strech
		Cardio Abs		U.W.T.	Cardio Abs	Stretch	
Week 3	12/15/2014	12/16/2014	12/17/2014	12/18/2014	12/19/2014	12/20/2014	12/21/2014
	Pure Cardio	3.5 mile run	Plyo Cardio Circuit	3 mile Run	Cardio Power Resistance	7 mile run	Off/Strech
		Cardio Abs		U.W.T.	Cardio Abs	Stretch	
Week 4	12/22/2014	12/23/2014	12/24/2014	12/25/2014	12/26/2014	12/27/2014	12/28/2014
	Pure Cardio	3.5 mile run	Plyo Cardio Circuit	3 mile Run	Cardio Power Resistance	8 mile run	Off/Strech
		Core Cardio Balance	Cardio Abs	U.W.T.	Cardio Abs	Stretch	
Week 5	12/29/2014	12/30/2014	12/31/2014	1/1/2015	1/2/2015	1/3/2015	1/4/2015
Recovery	Max Interval Circuit	4 mile run	Max Interval Plyo	3 mile Run	Max Cardio Conditioning	9 Mile Run	Off/Strech
Week 6	1/5/2015	1/6/2015	1/7/2015	1/8/2015	1/9/2015	1/10/2015	1/11/2015
	Max Interval Circuit	4 mile run	Max Interval Plyo	4 mile Run	Max Cardio Conditioning	9 mile run	Off/Strech
	Insane Abs		Insane Abs	U.W.T.	Insane Abs	Stretch	
Week 7	1/12/2015	1/13/2015	1/14/2015	1/15/2015	1/16/2015	1/17/2015	1/18/2015
	Max Interval Circuit	4 mile run	Max Interval Plyo	4 mile Run	Max Cardio Conditioning	10 mile run	Off/Strech
	Insane Abs		Insane Abs	U.W.T.	Insane Abs	Stretch	
Week 8	1/19/2015	1/20/2015	1/21/2015	1/22/2015	1/23/2015	1/24/2015	1/25/2015
	Max Interval Circuit	4.5 mile run	Max Interval Plyo	4 mile Run	Max Cardio Conditioning	11 mile run	Off/Strech
	Insane Abs		Insane Abs	U.W.T.		Stretch	
Week 9	1/26/2015	1/27/2015	1/28/2015	1/29/2015	1/30/2015	1/31/2015	2/1/2015
	Max Interval Circuit	5 mile run	Max Interval Plyo	4.5 mile Run	Max Cardio Conditioning	11 mile run	Off/Strech
	Insane Abs		Insane Abs	U.W.T.	Insane Abs	Stretch	
Week 10	2/2/2015	2/3/2015	2/4/2015	2/5/2015	2/6/2015	2/7/2015	2/8/2015
	Max Interval Circuit	5 mile run	Max Interval Plyo	4.5 mile Run	Max Cardio Conditioning	12 mile run	Off/Strech
	Insane Abs		Insane Abs	U.W.T.	Insane Abs	Stretch	
Week 11	2/9/2015	2/10/2015	2/11/2015	2/12/2015	2/13/2015	2/14/2015	2/15/2015
	Max Interval Circuit	5 mile run	Max Cardio Conditining	4.5 mile Run	Max Interval Plyo	6 mile run	Off/Strech

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	Insane Abs		Insane Abs	U.W.T.	Insane Abs	Stretch	
Week 12	2/16/2015	2/17/2015	2/18/2015	2/19/2015	2/20/2015	2/21/2015	2/22/2015
	Max Interval Circuit	5 mile run	Pure Cardio	3.5 miles or	Off	Half Marathon	Off
		Cardio Abs		Max Cardio Conditioning			
Week 13	2/23/2015	2/24/2015	2/25/2015	2/26/2015	2/27/2015	2/28/2015	3/1/2015
Recovery	Stretch/Yoga	Core Cardio Balance	Core Cardio Balance	U.W.T.	Max Interval Plyo	Max Cardio Conditioning	Stretch
	Rest	Stretch	Stretch	Cardio Abs	Stretch	Stretch	

*U.W.T. = Upper Body Weight Training

Insanity Workout Video Lengths

Plyometric Cardio Circuit - about 40 min.

Pure Cardio - about 40 min.

Cardio Power and Resistance - about 40 min.

Cardio Recovery - about 35 min.

Cardio Abs - about 20 min.

Max Interval Circuit - about 60 min.

Max Cardio Conditioning - about 50 min.

Max Interval Plyometrics - about 55 min.

Max Recovery - about 50 min.

Insane Abs - about 35 min.