

SONSOFASTRENGTH

12 WEEK INTERVAL PROGRESSION

Week	Work	Rest	Sets
1	:30	1:30	5
2	:30	1:30	6
Add extra week if needed			
3	:30	:60	7
4	:30	:60	8
Add extra week if needed			
5	:30	:30	9
6	:30	:30	10
Add extra week if needed			
7	:10	:20	4 minutes
8	:10	:20	4 minutes
9	:15	:15	4 minutes
10	:15	:15	4 minutes
11	:20	:10	4 minutes
12	:20	:10	4 minutes
Sprinting, slideboard, ropes, kettlebells, sled, etc.			