

ROADWORK



30-day boxer running program @ darebee.com

1 25min run 10 second sprints every 5 minutes	2 25min run steady pace + strength workout	3 10min run then stop and do 10 burpees 3 sets in total	4 25min run steady pace + strength workout	5 1min jog 1min sprint 7 sets in total
6 25min run steady pace + strength workout	7 5min jog 5min run 5min sprint 5min cooldown	8 25min run steady pace + strength workout	9 25min run 10 second jog backwards every 5 minutes	10 25min run steady pace + strength workout
11 10min run then stop and do 10 burpees 3 sets in total	12 25min run steady pace + strength workout	13 1min jog 1min sprint 7 sets in total	14 25min run steady pace + strength workout	15 25min run 10 second sprints every 5 minutes
16 25min run steady pace + strength workout	17 5min jog 5min run 5min sprint 5min cooldown	18 25min run steady pace + strength workout	19 10min run then stop and do 30 burpees in total 3 sets in total	20 25min run steady pace + strength workout
21 1min jog 1min sprint 7 sets in total	22 25min run steady pace + strength workout	23 25min run 20 second jog backwards every 5 minutes	24 25min run steady pace + strength workout	25 10min run then stop and do 10 burpees 3 sets in total
26 25min run steady pace + strength workout	27 5min jog 5min run 5min sprint 5min cooldown	28 25min run steady pace + strength workout	29 1min jog 1min sprint 7 sets in total	30 25min run steady pace + strength workout