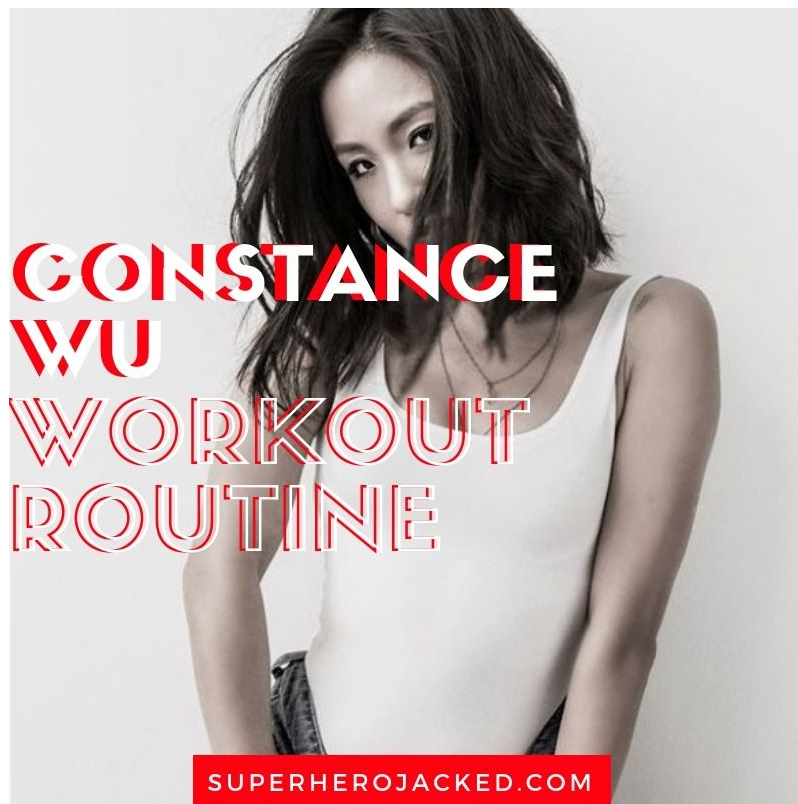


# CONSTANCE WU WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# CONSTANCE WU WORKOUT ROUTINE

## Training Volume:

5 days per week / 8 week program

## Explanation:

For this one we're going to be doing an 8 week Couch to 10k. If you didn't know, a 10k is equivalent to 6.2 miles so this will bring us right to our mark for Constance Wu training. From there you can follow it up and get out there and bang out 6 miles at a time if you'd like!

## Sources:

I'll be combining resources from Runners World, Active, Livestrong and RunDisney to build this routine.

## HIIT Explanation:

HIIT is High Intensity Interval Training and is generally best done on a treadmill for this being that we're devoting a day to other cardiovascular work such as swimming, cycling or some other format (which could even be walking or Elliptical training).

*Here are two formats you should consider utilizing:*

*Variation One:*

One Minute ON: Run 5.5-9mph

One Minute OFF: Walk 2.5-3.5mph

*Variation Two:*

Thirty Second ON: Sprint 7-10+mph

One Minute Thirty Seconds OFF: Walk 2-3.5mph

### **Constance Wu Workout: Couch to 10k**

W	Mo	T	Wed	Thu	Fr	Sat	Sun
ee	n	u			i		
k		e					

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1	3 mi	R	45-60 minutes of	3 mi	R	60	4 mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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2	3 mi	R	45-60 minutes of	4 mi	R	60	5 mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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3	3 mi	R	45-60 minutes of	4 mi	R	60	6 mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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4	3 mi	R	45-60 minutes of	3 mi	R	Rest for 5k	<b>5K</b>
	run	e	Swim/Cycle/Cardiovascular	run	e		<b>TIMED</b>
		st	Work		st		

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5	3 mi	R	45-60 minutes of	4 mi	R	60	7 mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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6	3 mi	R	45-60 minutes of	4 mi	R	60	8 mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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7	3 mi	R	45-60 minutes of	4 mi	R	60	8+ mi
	run	e	Swim/Cycle/Cardiovascular	run	e	Minutes of	run
		st	Work		st	HIIT	

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8	3 mi	R	45-60 minutes of	3 mi	R	Rest for	<b>10K</b>
	run	e	Swim/Cycle/Cardiovascular	run	e	10k	<b>TIMED</b>
		st	Work		st		