

EWAN MCGREGOR WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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EWAN MCGREGOR WORKOUT ROUTINE

Training Volume:

Variable – Usually 3-4 days per week

(Depends on your training level and program choice)

Explanation:

For this one I'm going to be giving you two plans. The first option is to train from Couch to 10k. A 10K is 6.2 miles which will have you ready to run McGregor's 5-8. The second option is to just jump right into a 3-4 day per week running schedule like McGregor.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Ewan McGregor Workout: Sample 5-8 Mile Running Schedule

Monday: Run 5-8 Miles Outdoors

Tuesday: Rest or Get Active (Sports, Hiking, Biking Outside, etc)

Wednesday: Run 5-8 Miles Outdoors

Thursday: Rest or Get Active (Sports, Hiking, Biking Outside, etc)

Friday: Run 5-8 Miles Outdoors

Saturday: Rest Day or Get Active (Sports, Hiking, Biking Outside, etc)

Sunday: Run 5-8 Miles Outdoors

Ewan McGregor Workout [Option Two]: Couch to 10K – 12 Week Program

This Couch to 10K will involve 3 days of running/training per week. I recommend taking one day off in between each training day, but it is your choice how you are able to fit it into your schedule.

Week One:

Day One: 8 Total Intervals

- Run for 1 Minutes
- Walk for 2 Minutes

Day Two: 10 Total Intervals

- Run for 1 Minutes
- Walk for 2 Minutes

Day Three: 8 Total Intervals

- Run for 1 Minutes
- Walk for 2 Minutes

Week One:

Day One: 10 Total Intervals

- Run for 2 Minutes
- Walk for 2 Minutes

Day Two: 10 Total Intervals

- Run for 2 Minutes
- Walk for 2 Minutes

Day Three: 10 Total Intervals

- Run for 2 Minutes
- Walk for 2 Minutes

Week Three:

Day One: 10 Total Intervals

- Run for 3 Minutes
- Walk for 2 Minutes

Day Two: 10 Total Intervals

- Run for 5 Minutes
- Walk for 4 Minutes

Day Three: 10 Total Intervals

- Run for 3 Minutes
- Walk for 2 Minutes

Week Four:

Day One: 10 Total Intervals

- Run for 5 Minutes
- Walk for 2 Minutes

Day Two: 10 Total Intervals

- Run for 6 Minutes
- Walk for 3 Minutes

Day Three: 10 Total Intervals

- Run for 5 Minutes
- Walk for 2 Minutes

Week Five:

Day One: 8 Total Intervals

- Run for 6 Minutes
- Walk for 3 Minutes

Day Two: 5 Total Intervals

- Run for 8 Minutes
- Walk for 4 Minutes

Day Three: 8 Total Intervals

- Run for 6 Minutes
- Walk for 3 Minutes

Week Six:

Day One: 4 Total Intervals

- Run for 8 Minutes
- Walk for 3 Minutes

Day Two: 5 Total Intervals

- Run for 7 Minutes
- Walk for 2 Minutes

Day Three: 4 Total Intervals

- Run for 8 Minutes
- Walk for 3 Minutes

Week Seven:

Day One: 4 Total Intervals

- Run for 8 Minutes
- Walk for 2 Minutes

Day Two: 5 Total Intervals

- Run for 8 Minutes
- Walk for 2 Minutes

Day Three: 4 Total Intervals

- Run for 8 Minutes
- Walk for 2 Minutes

Week Eight:

Day One: 3 Total Intervals

- Run for 10 Minutes
- Walk for 3-5 Minutes

Day Two: 2 Total Intervals

- Run for 15 Minutes
- Walk for 3-5 Minutes

Day Three: 10 Total Intervals

- Run for 2 Minutes

- Walk for 1 Minutes

Week Nine:

Day One: 2 Total Intervals

- Run for 15 Minutes
- Walk for 3-5 Minutes

Day Two: 1 Total Interval

- Run for 25 Minutes

Day Three: 3 Total Intervals

- Run for 12 Minutes
- Walk for 2-3 Minutes

Week Ten:

Day One: 2 Total Intervals

- Run for 20 Minutes
- Walk for 3-5 Minutes

Day Two: 1 Total Interval

- Run for 30 Minutes

Day Three: 1 Total Interval

- Run for 40 minutes

Week Eleven:

Day One: 1 Total Interval

- Run for 25 Minutes
- Walk for 5 Minutes
- Run for 10 Minutes

Day Two: 1 Total Interval

- Run for 45 Minutes

Day Three: 1 Total Interval

- Run for 50 minutes

Week Twelve:

Day One: 1 Total Interval

- Run for 45 Minutes

Day Two: 1 Total Interval

- Run for 30Minutes

RUN 10K! 😊