BOOTCAMP WORKOUT PLAN 6 WEEKS

Three sessions a week on non-consecutive days, plus two brisk 30-minute walks. Every session is on worlds-best-bootcamp.com/programs and runs on the free interval timer. Tick a box when a session is done.

Weeks	Monday	Wednesday	Friday	Two other days
1	☐ Beginner circuit, 3 rounds	☐ Outdoor bootcamp, 3 rounds	☐ Beginner circuit, 3 rounds, drop one regression	☐ ☐ Walk 30 min
2	☐ Beginner circuit, 3 rounds	☐ Outdoor bootcamp, 3 rounds	☐ Beginner circuit, 3 rounds, drop one regression	☐ ☐ Walk 30 min
3	☐ Beginner circuit, 4 rounds, no regressions	☐ HIIT bootcamp + 10 min easy jog	☐ Outdoor bootcamp, 3 rounds, faster sprints	☐ ☐ Walk 30 min
4	☐ Beginner circuit, 4 rounds, no regressions	☐ HIIT bootcamp + 10 min easy jog	☐ Outdoor bootcamp, 3 rounds, faster sprints	☐ ☐ Walk 30 min
5	☐ HIIT bootcamp	☐ Outdoor bootcamp, 4 rounds	☐ 12-minute AMRAP. Rounds: _____	☐ ☐ Walk or easy bike, 30 min
6	☐ HIIT bootcamp	☐ Outdoor bootcamp, 4 rounds	☐ 12-minute AMRAP. Rounds: _____	☐ ☐ Walk or easy bike, 30 min

The sessions

Beginner circuit: 6 stations, 30 s on, 15 s off, 90 s between rounds.
HIIT bootcamp: short work intervals, rest half the work or less.
Outdoor bootcamp: 5 stations at a bench, 45 s on, 15 s to move.
AMRAP: 10 burpees, 15 squats, 10 push-ups, 20 mountain climbers, as many rounds as possible in 12 minutes.

Repeat two weeks if

you miss more than one session, soreness is still there when the next session starts, or you cannot finish the rounds the week asks for.

Talk test

Hard parts: only a few words before a breath. Walks: you can talk but not sing.