

The Ultimate David Goggins Workout Plan

Phase 1: Foundation Building (Weeks 1-4)

Week / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5-mile run; Bodyweight Circuit	Cycling 1 hour; Core Routine	Rest or Light Active Recovery	6-mile run; Strength Training	Swimming 1 hour; HIIT	Long Run (8 miles)	Rest
Week 2	5-mile run; Bodyweight Circuit	Cycling 1 hour; Core Routine	Rest or Light Active Recovery	6-mile run; Strength Training	Swimming 1 hour; HIIT	Long Run (10 miles)	Rest
Week 3	6-mile run; Bodyweight Circuit	Cycling 1.5 hours; Core Routine	Rest or Light Active Recovery	7-mile run; Strength Training	Swimming 1 hour; HIIT	Long Run (12 miles)	Rest
Week 4	6-mile run; Bodyweight Circuit	Cycling 1.5 hours; Core Routine	Rest or Light Active Recovery	7-mile run; Strength Training	Swimming 1.5 hours; HIIT	Long Run (12 miles)	Rest

Phase 2: Intensity and Endurance Increase (Weeks 5-8)

Week / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	7-mile run; Weight Lifting	Cycling 1.5 hours; Core Strength	Rest or Active Recovery	8-mile run; Functional Training	Swimming 1.5 hours; Circuit Training	Long Run (14 miles)	Rest
Week 6	7-mile run; Weight Lifting	Cycling 1.5 hours; Core Strength	Rest or Active Recovery	8-mile run; Functional Training	Swimming 1.5 hours; Circuit Training	Long Run (16 miles)	Rest
Week 7	8-mile run; Weight Lifting	Cycling 2 hours; Core Strength	Rest or Active Recovery	9-mile run; Functional Training	Swimming 1.5 hours; Circuit Training	Long Run (18 miles)	Rest
Week 8	8-mile run; Weight Lifting	Cycling 2 hours; Core Strength	Rest or Active Recovery	9-mile run; Functional Training	Swimming 2 hours; Circuit Training	Long Run (20 miles)	Rest

Phase 3: Peak Performance and Challenge (Weeks 9-12)

Week / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	10-mile run; Strength & Conditioning	Cycling 2 hours; Advanced Core	Rest or Active Recovery	10-mile run with intervals; HIIT	Swimming 2 hours; Full Body Circuit	Long Run (22 miles)	Rest
Week 10	10-mile run; Strength & Conditioning	Cycling 2 hours; Advanced Core	Rest or Active Recovery	10-mile run with intervals; HIIT	Swimming 2 hours; Full Body Circuit	Long Run (24 miles)	Rest
Week 11	11-mile run; Strength & Conditioning	Cycling 2.5 hours; Advanced Core	Rest or Active Recovery	11-mile run with intervals; HIIT	Swimming 2 hours; Full Body Circuit	Long Run (26 miles)	Rest
Week 12	11-mile run; Strength & Conditioning	Cycling 2.5 hours; Advanced Core	Rest or Active Recovery	11-mile run with intervals; HIIT	Swimming 2.5 hours; Full Body Circuit	"Goggins Challenge Day"	Rest