

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 20 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 5 minutes @ Zone 3, 2.5 minutes @ Z2 X 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 25 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 25 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 7 minutes @ Zone 3, 2.5 minutes @ Z2 X 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 10 minutes @ Zone 3, 2.5 minutes @ Z2 X 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 35 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 20 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 15 minutes @ Zone 3, 2.5 minutes @ Z2 X 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 25 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL

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REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 20 minutes @ Zone 3 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 40 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL
REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 20 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL	Tempo Intervals Warm up: 5 minutes of brisk walking /easy running (Zone 1-2) Run: 8 minutes @ Zone 3, 2.5 minutes @ Z2 X 2 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 minutes after cool down	REST AND EAT WELL	Aerobic Conditioning Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 30 minutes Heart Rate: Zone 2 Cool Down: 2-3 minutes easy walk Stretch: 10 minutes after cool down	REST AND EAT WELL