## What *IF* you could?°

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST AND EAT WELL	Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 2 mins, Walk: 2 mins Repeat X 8 Heart Rate: Zone 2 - 3 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 2 mins, Walk: 2 mins Repeat X 6 Heart Rate: Zone 2 - 3 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL	Warm up: 5 minutes of brisk walking (Zone 1-2) Run: 2 mins, Walk: 2 mins Repeat X 10 Heart Rate: Zone 2 - 3 Cool Down: 5 minutes easy running (Zone 1-2) Stretch: 10 mins after cool down	REST AND EAT WELL
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