















	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15-30 minutes				 15-30 minutes		
	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/>
WEEK 2		 20-35 minutes		 20-35 minutes			
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RUNNING

Boosts endurance and overall wellness



DYNAMIC WARM-UP

A Skip, B Skip, C Skip, Single-Leg Jump



STRENGTH TRAINING

Develops your basic body mechanics



REST

Promotes your long-term strength gain



CORE STRENGTH

Plank: Hold for 1 Minute

Mountain Climber: 4 sets of 12 on each side

Side Plank: Hold for 1 Minute

Fire Hydrant: 3 sets of 20 on each side