



















	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 7	 50-60 minutes	 		 60 minutes	 	 60-75 minutes	
	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
WEEK 8	 60-75 minutes	 		 60 minutes	 	 75-90 minutes	
	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	NOTES: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



RUNNING

Boosts endurance and overall wellness



STRENGTH TRAINING

Rowing intervals



STRETCHING

Chest and Pecs



REST

Promotes your long-term strength gain