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**TRAINING CALENDAR**

# Month 1

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Week 1

Week 2

Week 3

Week 4

# Month 2

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Week 1

Week 2

Week 3

Week 4



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| **Full Body D** | **Rest** | **Treadmill**  **Intervals** | **Full Body E** | **Rest** | **Power Yoga** | **Rest** |
| **Full Body D** | **Rest** | **Treadmill**  **Intervals** | **Full Body E** | **Rest** | **Power Yoga** | **Rest** |
| **Full Body D** | **Rest** | **Treadmill**  **Intervals** | **Full Body E** | **Rest** | **Power Yoga** | **Rest** |
| **Full Body D** | **Rest** | **Treadmill**  **Intervals** | **Full Body E** | **Rest** | **Power Yoga** | **Rest** |

**TRAINING CALENDAR**

# Month 1

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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| --- | --- | --- | --- | --- | --- | --- |
| **Full Body A** | **Rest** | **Hill Sprints** | **Full Body B** | **Rest** | **Yoga** | **Rest** |
| **Full Body A** | **Rest** | **Hill Sprints** | **Full Body B** | **Rest** | **Yoga** | **Rest** |
| **Full Body A** | **Rest** | **Hill Sprints** | **Full Body B** | **Rest** | **Yoga** | **Rest** |
| **Full Body A** | **Rest** | **Hill Sprints** | **Full Body B** | **Rest** | **Yoga** | **Rest** |

Week 1

Week 2

Week 3

Week 4

# Month 2

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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| --- | --- | --- | --- | --- | --- | --- |
| **Upper Body A** | **Rest** | **Lower Body A** | **Kickboxing** | **Rest** | **Full Body C** | **Rest** |
| **Upper Body A** | **Rest** | **Lower Body A** | **Kickboxing** | **Rest** | **Full Body C** | **Rest** |
| **Upper Body A** | **Rest** | **Lower Body A** | **Kickboxing** | **Rest** | **Full Body C** | **Rest** |
| **Upper Body A** | **Rest** | **Lower Body A** | **Kickboxing** | **Rest** | **Full Body C** | **Rest** |

Week 1

Week 2

Week 3

Week 4