

TRAINING CALENDAR

Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Month 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Month 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

TRAINING CALENDAR

Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 2	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 3	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 4	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest

Month 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 2	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 3	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 4	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest

Month 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 2	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 3	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 4	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest

