

STRENGTH + WALK / RUN

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Dumbbell HIIT 30 Minutes	Bicep, Tricep, and Shoulders 10 Minutes + Short Run (1 – 3 Miles)	GOLD Strength Training Split Day – Legs and Buns 1 40 Minutes	Medium Run (2 – 4 Miles)	Mindful Yoga 30 Minutes	Long Run (3 – 5+ Miles)	REST + FOAM ROLL / RECOVERY
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Straight Up Strength 45 Minutes	Legs and Glutes 10 Minutes + Medium Run (2 – 4 Miles)	Barre Burn 30 Minutes	Short Run (1 – 3 Miles) + Foam Rolling Recovery 10 Minutes	GOLD Strength Training Split Day – Core 2 30 Minutes	Long Run (3 – 5+ Miles)	REST + FOAM ROLL / RECOVERY
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
Serious Strength – Total Body 30 Minutes	Short Run (1 – 3 Miles) + Tank Top Arms 10 Minutes	GOLD Yoga Tune up – Hip Openers 1 30 Minutes	Medium Run (2 – 4 Miles) + Yoga Flow 10 Minutes	Serious Strength – Core & Balance 20 Minutes	Long Run (3 – 5+ Miles)	REST + FOAM ROLL / RECOVERY
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
Pyramid Power Premium 2 45 Minutes	Short Run (1 – 3 Miles) + Feel Your Core 10 Minutes	Core Conditioning 30 Minutes	Medium Run (2 – 4 Miles)	Stretch and Flexibility 1 10 Minutes + Low Impact Lower Body 20 Minutes	Long Run (3 – 5+ Miles)	REST + FOAM ROLL / RECOVERY