


STRENGTH + WALK / RUN

WORKOUT CALENDAR

GET HEALTHY 

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