

Weekly Workout Plan



	ACTIVITY	TIME	REPS
DAY 1	<ul style="list-style-type: none"> • Stretching & warm-up • Tempo-run 3 miles • Chest and shoulders 	20 min 1.5 hrs 2 hrs.	5 times 1 round 20 reps
DAY 2	<ul style="list-style-type: none"> • Legs and cardio • Easy run 3 miles • Wall Tricep Pushes 	1 hr 30 mins 1.5 hrs	30 reps 1 round 50 reps
DAY 3	<ul style="list-style-type: none"> • Stretching & warm-up • Tempo-run 3 miles • Chest and shoulders 	20 min 1.5 hrs 2 hrs.	5 times 1 round 20 reps
DAY 4	<ul style="list-style-type: none"> • Legs and cardio • Easy run 3 miles • Wall Tricep Pushes 	1 hr 30 mins 1.5 hrs	30 reps 1 round 50 reps
DAY 5	<ul style="list-style-type: none"> • Stretching & warm-up • Tempo-run 3 miles • Chest and shoulders 	20 min 1.5 hrs 2 hrs.	5 times 1 round 20 reps