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| Day of the Week | A.M. | P.M. |
| Monday | **Warm up:** Cardio 5-10 min low pace, mobility 10-15 min, foam roll 5 min  H.I.I.T. (40 sec work/15 sec rest)  **Focus: Quads and Calves**  8 exercises 4 rounds  Rest for 30 sec after each round  **Recovery:** Foam roll 10-15 min | 30-40 min steady to low cardio, no rest  Ex. Cycling, running, swimming  \*Warm up only if needed or half warm up  **Recovery:** (Before bed time) foam roll and/or massage gun for 20 min |
| Tuesday | **Warm up:** Cardio 5-10 min low pace, mobility 10-15 min, foam roll 5 min  H.I.I.T. (40 sec work/15 sec rest)  **Focus: Back and Shoulders**  8 exercises 4 rounds  Rest for 30 sec after each round  **Recovery:** Foam roll 10-15 min | Interval cardio = 30 min  (60 sec work/30 sec rest)  Ex. Cycling, running, swimming  \*Warm up only if needed or half warm up  **Recovery:** (Before bed time) foam roll and/or massage gun for 20 min |
| Wednesday | **Warm up:** Cardio 5-10 min low pace, mobility 10-15 min, foam roll 5 min  H.I.I.T. (40 sec work/15 sec rest)  **Focus: Hamstrings and Glutes**  8 exercises 4 rounds  Rest for 30 sec after each round  **Recovery:** Foam roll 10-15 min | Agility drills 10 min,  Sprints cardio 20 min  (15-20 sec work/90-120 sec rest), or mix and match work and rest times  \*Warm up only if needed or half warm up  **Recovery:** (Before bed time) foam roll and/or massage gun for 20 min |
| Thursday | **Warm up:** Cardio 5-10 min low pace, mobility 10-15 min, foam roll 5 min  Weight-lifting  **Focus: Biceps and Triceps**  8 exercises in compound sets or supersets, mix and match # of exercises in each set (tri sets)  **Ex.**  **1st Set**  Hammer curl 10-12 reps  Barbell curl 10-12 reps  Repeat set 4x then rest 60-90 sec  **2nd Set**  Dumbbell tricep extension 10-12 reps  Dumbbell close grip press 10-12 reps  Repeat set 4x then rest 60-90 sec  **3rd Set**  Diamond pushup 10-12 reps  HR pushup 10-12 reps  Repeat set 4x then rest 60-90 sec  **4th Set**  Cobra pushup 10-12 reps  Repeat set 4x then rest 60-90 sec  **5th Set**  Barbell curl latter (starting up half way down 6 reps, down going up half way 6 reps, and full curl 12 reps)  **Recovery:** Foam roll 10-15 min | Interval cardio = 30 min  (30 sec work/60 sec rest)  Ex. Cycling, running, swimming  \*Warm up only if needed or half warm up  **Recovery:** (Before bed time) foam roll and/or massage gun for 20 min |
| Friday | **Warm up:** Cardio 5-10 min low pace, mobility 10-15 min, foam roll 5 min  H.I.I.T. (40 sec work/15 sec rest)  **Focus: Legs (all muscle groups)**  8 exercises 4 rounds  Rest for 30 sec after each round  **Recovery:** Foam roll 10-15 min | 30-40 min steady to low cardio, no rest  Ex. Cycling, running, swimming  \*Warm up only if needed or half warm up  **Recovery:** (Before bed time) foam roll and/or massage gun for 20 min |
| Saturday | Light run, cycle, swim, or hike for 30-40 min | Foam roll and use massage gun on stiff areas |
| Sunday | Rest | Foam roll and use massage gun on stiff areas |

**Notes:**

- To make the H.I.I.T. workouts more challenging, increase weight and implement a variety of equipment such as kettlebells, dumbbells, barbells, medicine ball, and sand bags.

- Thursdays bicep and triceps day can be in either compound sets (sets that work the same muscle group), supersets (sets that work opposing muscle groups i.e. hammer curl and triceps extension), or in tri sets (sets that include 3 exercises i.e. 2 bicep exercises and 1 triceps exercise).

- If you feel that you have lower energy on a H.I.I.T. workout, instead of H.I.I.T. follow your workout like you would on a Thursday morning or do your H.I.I.T. workout with less weights than you normally do.

- Monday and Friday afternoon workouts are not meant to be fast. Heart rate should be around 120-140 bpm. They are to help with the lactic acid build up in the legs and arms. Once conditioned, then to make Mondays and Fridays more challenging, add a weighted vest, increase speed, and/or add stairs. Running right after a leg day can also help with lactic acid build up and minimize muscle soreness.

- Tuesday’s afternoon workout should be at 2 mi pace, and Thursday’s afternoon workout should be faster than 2 mi pace.

- Heart rate for H.I.I.T. workouts should be over 150 bpm.

- Notice that I didn’t include stretching. Studies have shown that stretching has an adverse effect on the muscles prior to working out. After working out, stretching is ok, but foam rolling is more effective for recovery.

- When selecting mobility workouts, use ones that focus on the muscle groups that you will be utilizing i.e. quads and calves’ day should include mobility for hips, quads, lower back, and shoulders for lifting the weights. Same applies to foam rolling. Foam roll areas that will be utilized such as quads, hamstrings, calves, glutes, lower back, and shins for Mondays, Wednesdays, and Fridays. Never foam roll on ligaments and tendons i.e. the IT band. Tennis and golf balls are great to incorporate to pin point smaller areas. If feet are feeling tight (plantar fasciitis), roll a tennis or golf ball 20-30 times starting from the toes to the heel, circular or linear motions.

- Foam rolling before bedtime will decrease tightness and stiffness in the morning. Recommend foam roll and/or use a massage gun full body.

- Afternoon workouts may affect sleep, so allow for 2-4 hours before bedtime to work out.

- When you can’t accomplish a recovery set after a workout, at least do it before you go to bed.