

TRAINING PROGRAM



Cardio

Cardio				
	Type (run/jog/walk/ride etc)	Distance	Time	Rest
1.				
2.				
3.				

Resistance Training (includes HIIT)

Resistance Training (includes HIIT)					
	Exercise	Sets	Reps/ time	Weight	Rest
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					