WORKOUT CALENDAR SAMPLE

NAME: MONTH: YEAR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY STRENGTH	STAIRCLIMBING	REST	LOWER BODY STRENGTH	REST	STAIRCLIMBING	REST

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY STRENGTH	STAIRCLIMBING	REST	LOWER BODY STRENGTH	REST	STAIRCLIMBING	REST

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY STRENGTH	LOWER BODY STRENGTH	REST	UPPER BODY STRENGTH	STAIRCLIMBING	REST	STAIRCLIMBING
STAIRCLIMBING	Cardio Circuit			Cardio Circuit		

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY STRENGTH	LOWER BODY STRENGTH	REST	UPPER BODY STRENGTH	Cardio Circuit	REST	STAIRCLIMBING
Cardio Circuit	STAIRCLIMBING		STAIRCLIMBING			

WEEK FIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UPPER BODY STRENGTH	LOWER BODY STRENGTH	REST	UPPER BODY STRENGTH	Cardio Circuit	LOWER BODY STRENGTH	REST
Cardio Circuit	STAIRCLIMBING		STAIRCLIMBING		STAIRCLIMBING	

WEEK SIX

UPPER BODY STRENGTH	Cardio Circuits	LOWER BODY STRENGTH	UPPER BODY STRENGTH	STAIRCLIMBING	LOWER BODY STRENGTH	REST
STAIRCLIMBING		STAIRCLIMBING	Cardio Circuits	Cardio Circuits	STAIRCLIMBING	

WEEK SEVEN						
UPPER BODY STRENGTH	STAIRCLIMBING	Cardio Circuits	LOWER BODY STRENGTH	STAIRCLIMBING	STAIRCLIMBING	REST
STAIRCLIMBING	Cardio Circuits		Cardio Circuits	UPPER BODY STRENGTH	LOWER BODY STRENGTH	

WEEK EIGHT						
UPPER BODY STRENGTH	STAIRCLIMBING	Cardio Circuits	UPPER BODY STRENGTH	LOWER BODY STRENGTH	STAIRCLIMBING	REST
STAIRCLIMBING	Cardio Circuits	LOWER BODY STRENGTH	STAIRCLIMBING	Cardio Circuits	Cardio Circuits	

*Cardio Circuits: Choose from the selected examples that are provided

*Choose multiple circuits, mix/match which ones you use

*Aim for about 30 minutes of high intensity work, allowing adequate rest in between AMRAPS or mini circuit