

WORKOUT CALENDAR

NAME:

MONTH:

YEAR:

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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WEEK ONE						

WEEK TWO						

WEEK THREE						

WEEK FOUR						

WEEK FIVE						

WEEK SIX						

WEEK SEVEN						


WEEK EIGHT						

- Suggested frequency of each exercise style and Rest days
- Make sure to listen to your body and adapt your schedule to prevent injury
- Fill in the calendar to match the frequencies listed below.
- You can complete more than one category in one session or at different times in the day
- Some people find it easier to complete strength training at one time in the day and cardio at another

WEEK	Stairclimbing	Strength training	Cardio Circuits	Rest Days
1	2-3 days	2 days	0	3
2	2-3 days	2 days	0	3
3	2-3 days	3 days	2 days	3
4	3-4 days	3 days	2 days	2
5	3-4 days	4 days	2 days	2
6	4 days	4 days	3 days	2
7	4 days	4 days	3 days	1
8	5 days	4 days	4 days	1