

the sweetest fit

JULYWORKOUT CALENDAR

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Yoga	Run 2 Miles + Barre	Hill Walk or Stair Climb	HIIT + Yoga	Run 3 Miles	Strength + Yoga	Run 3 Miles
WEEK 2	Yoga	Run 2 Miles + Barre	Hill Walk or Stair Climb	HIIT + Yoga	Run 3 Miles	Strength + Yoga	Run 3 Miles
WEEK 3	Yoga	Run 2 Miles + Barre	Hill Walk or Stair Climb	HIIT + Yoga	Run 3 Miles	Strength + Yoga	Run 3 Miles
WEEK 4	Yoga	Run 2 Miles + Barre	Hill Walk or Stair Climb	HIIT + Yoga	Run 3 Miles	Strength + Yoga	Run 3 Miles
WEEK 5	Yoga	Run 2 Miles + Barre	Hill Walk or Stair Climb	HIIT + Yoga	Run 3 Miles	Strength + Yoga	Run 3 Miles