

the sweetest fit

3WEEKWORKOUTCALENDAR

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