

the sweetest fit

SEPTEMBER **WORKOUT** CALENDAR

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