



## Time To Get Fit!

Exercise not only changes your **BODY**, it changes you **MIND**, your **ATTITUDE**, and your **MOOD**.

Note: ' = minutes (20' = 20 minutes of activity)

Bike: Flat ride. Smooth circles, relaxed upper body. Bring hydration. Take a Spin class if unable to bike outside

# January 2016

*Be a work-in-progress and keep progressing!*

### INTENSITY LEVELS

Level 1: warm-up, talking easy

Level 2: short conversations comfortable

Level 3: 1-2 word sentences possible

Level 4: can't talk, only cuss

Level 5: max effort, need all breath for sprint

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11 Swim: 20' @ L1 Continuous steady swim, no hard efforts.	12 Run: Run/walk 2 miles	13 Swim: 20' @ L1	14 Run: Run/walk 2 miles	15 Rest Day – Day Off!	16 Bike: 40' @ L1	17 Hike: 45' Be sure to pack hydration
18 Swim: 25' @ L1	19 Run: Run/walk 3 miles	20 Swim: 25' @ L1	21 Bike: 45' @ L1	22 Rest Day – Day Off!	23 Bike: 40' @ L1	24 Run: Run/walk 3 miles
25 Swim: 25' @ L1	26 Run: Run/walk 3 miles @ L1/L2	27 Swim: 25' @ L1	28 Bike: 45 @ L1/L2	29 Rest Day – Day Off!	30 Swim: 25' @ L1 Bike: 45 @ L1/L2	31 Run: 40' @ L1/L2