



Training Schedule

	Week 1 - 3	Week 4 -7	Week 8 -9
M	Strength	Strength	Strength
T	Cardio	Endurance 45 min	Endurance 1.5 hours
W	Rest	Rest	Rest
T	Strength	Strength	Strength
F	Cardio	Cardio	Endurance 1.5 hours
S	Rest	Rest	Rest
S	Cardio	Cardio	Strength