

WEEKLY WORKOUT PLAN

Monday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Tuesday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Wednesday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Thursday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Friday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Saturday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE:

Sunday

WORKOUT:

TIME:

GOAL:

STEPS:

DISTANCE: