

Sample 4-Week Workout Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles speed walking w/friends	30 min. core strength + 15 min cardio	Indoor or outdoor walk/jog intervals 45 minutes	Pilates class or video	Total Body Strength Training	45 -90 minutes hiking trails	OFF
2	3 miles speed walking w/friends	30 min. core strength + 15 min cardio	Indoor or outdoor walk/jog intervals 45 minutes	Pilates class or video	Total Body Strength Training	45 -90 minutes hiking trails	OFF
3	3 miles speed walking w/friends	30 min. core strength + 15 min cardio	Indoor or outdoor walk/jog intervals 45 minutes	Pilates class or video	Total Body Strength Training	45 -90 minutes hiking trails	OFF
4	3 miles speed walking w/friends	30 min. core strength + 15 min cardio	Indoor or outdoor walk/jog intervals 45 minutes	Pilates class or video	Total Body Strength Training	45 -90 minutes hiking trails	OFF