

# WEEKLY WORKOUT PLAN

|           |                 |                  |
|-----------|-----------------|------------------|
| Monday    | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Tuesday   | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Wednesday | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Thursday  | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Friday    | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Saturday  | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |
| Sunday    | <b>WORKOUT:</b> |                  |
|           | <b>TIME:</b>    | <b>GOAL:</b>     |
|           | <b>STEPS:</b>   | <b>DISTANCE:</b> |
|           |                 |                  |