

Name: _____

Program: _____

Date: _____

Week # _____

One Month Workout Outline



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes: _____

Name: Joe Smith

Program: Strength & Endurance Training

Date: 01/01 to 01/31

One Month Workout Outline



Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength - Upper	Endurance Day - Day1			Strength - Lower	Distance Training	
	Strength - Upper	Endurance Day - Day2			Strength - Lower	Distance Training	
	Strength - Upper	Endurance Day - Day3			Strength - Lower	Distance Training	
	Endurance Day - Day1			Endurance Day - Day2		Outdoors Training	
	Strength - Upper	Endurance Day - Day3			Strength - Lower	Distance Training	

Notes: Strength Training: 3-4 sets / 10-15 reps

Switch Endurance training with a distance training if you feeling too tired

Shoot for 8 hours of sleep



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