

# Month of \_\_\_\_\_

**FOCUS T25 BETA**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
STRETCH 9 MILES	CORE CARDIO	SPEED 2.0 5 MILES	RIP'T CIRCUIT 6 MILES	DYNAMIC CORE 5 MILES	CORE CARDIO UPPER FOCUS	3 MILES
STRETCH 10 MILES	DYNAMIC CORE	CORE CARDIO 4 MILES	RIP'T CIRCUIT 5 MILES	UPPER FOCUS 4 MILES	SPEED 2.0 RIP'T CIRCUIT	3 MILES
STRETCH 11 MILES	CORE CARDIO	UPPER FOCUS 4 MILES	SPEED 2.0 4 MILES	RIP'T CIRCUIT 4 MILES	SPEED 2.0 DYNAMIC CORE	2 MILES
STRETCH 13.1 MILES	RIP'T CIRCUIT	DYNAMIC CORE 2 MILES	CORE CARDIO 2 MILES	DYNAMIC CORE 2 MILES	SPEED 2.0 UPPER FOCUS	3 MILES
STRETCH 3 MILES	RIP'T CIRCUIT	CORE CARDIO 3 MILES	RIP'T CIRCUIT 4 MILES	DYNAMIC CORE 3 MILES	SPEED 2.0 RIP'T CIRCUIT	3 MILES