

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

**FOCUS T 25 ALPHA**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	CARDIO	SPEED 1.0 3 MILES	TOTAL BODY CIRCUIT 4 MILES	AB INTERVALS 3 MILES	CARDIO LOWER FOCUS	3 MILES
STRETCH 5 MILES	CARDIO	TOTAL BODY CIRCUIT 3 MILES	SPEED 1.0 4 MILES	CARDIO 3 MILES	AB INTERVALS LOWER FOCUS	3 MILES
STRETCH 6 MILES	TOTAL BODY CIRCUIT	SPEED 1.0 4 MILES	LOWER FOCUS 5 MILES	CARDIO 4 MILES	TOTAL BODY CIRCUIT AB INTERVALS	3 MILES
STRETCH 7 MILES	CARDIO	TOTAL BODY CIRCUIT 4 MILES	LOWER FOCUS 5 MILES	TOTAL BODY CIRCUIT 4 MILES	SPEED 1.0 AB INTERVALS	3 MILES
STRETCH 8 MILES	TOTAL BODY CIRCUIT	AB INTERVALS 5 MILES	TOTAL BODY CIRCUIT 6 MILES	CARDIO 5 MILES	TOTAL BODY CIRCUIT LOWER FOCUS	3 MILES