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| Four Week fitness Routine | 2024 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Easy 1.5-mile run  |  800 m warm up jog | Active Recovery | 800 m warm up jog | Easy 2-mile run | 100 push ups  | Active Recovery |
| 5 rounds* 5 pull ups
* 10 push ups
* 15 air squats
 | 4 rounds * 400 m sprint
* 25 burpees

 (All-out effort) | Considerations* Outdoor hike
* Swimming
* Biking
 | 16 rounds* 100 m sprint
* 100 m walk

 4-minute plank | 5 rounds* 5 jump squats
* 10 burpees
* 15 sit ups
 | 60 minutesRunning at a quick pace(walk if necessary)  | Considerations* Outdoor hike
* Swimming
* Biking
 |
| Easy 2-mile run  | 1 mile warm up jog | Active Recovery | 800 m warm up jog | Easy 2-mile run | 125 push ups | Active Recovery |
| 8 rounds* 5 pull ups
* 10 push ups
* 15 air squats
 | 8 rounds * 200 m sprint
* 15 burpees

 (All-out effort) | Considerations* Outdoor hike
* Swimming
* Biking
 | 16 rounds* 100 m sprint
* 100 m jog

 6-minute plank | 8 rounds* 5 jump squats
* 10 burpees
* 15 sit ups
 | 60 minutesRunning at a quick pace(walk if necessary)  | Considerations* Outdoor hike
* Swimming
* Biking
 |
| Easy 2.5-mile run  |  800 m warm up jog | Active Recovery | 800 m warm up jog | Easy 2-mile run | 150 push ups | Active Recovery |
| 10 rounds* 5 pull ups
* 10 push ups
* 15 air squats
 | 8 rounds * 400 m sprint
* 25 burpees

 (All-out effort) | Considerations* Outdoor hike
* Swimming
* Biking
 | 16 rounds* 100 m sprint
* 100 m jog

 8-minute plank | 10 rounds* 5 jump squats
* 10 burpees
* 15 sit ups
 | 60 minutesRunning at a quick pace(walk if necessary)  | Considerations* Outdoor hike
* Swimming
* Biking
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| Easy 3-mile run  | 1 mile warm up jog | Active Recovery | 800 m warm up jog | Easy 2-mile run | 200 push ups | Active Recovery |
| 12 rounds* 5 pull ups
* 10 push ups
* 15 air squats
 | 12 rounds * 200 m sprint
* 15 burpees

 (All-out effort) | Considerations* Outdoor hike
* Swimming
* Biking
 | 16 rounds* 100 m sprint
* 100 m jog

 10-minute plank | 12 rounds* 5 jump squats
* 10 burpees
* 15 sit ups
 | 60 minutesRunning at a quick pace(walk if necessary)  | Considerations* Outdoor hike
* Swimming
* Biking
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| Routines | Plank RoutineEvery time you drop to your kneesPerform 5 jump squats and 10 sitUps before resuming plank position. | Push up Routine Every time you take a breakPerform 25 jumping jacks before returning to the push up position. | Warm up routinePerform 10- 20 minutes of light joggingand dynamic stretching exercises including walking toe touches, walking quad stretch, walking hamstring stretch, high knees, and butt kickers.  |