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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 minutes  Running 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 minutes  Running 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 minutes  Running at a quick pace  (walk if necessary) | Considerations   * Outdoor hike * Swimming * Biking |
| 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 minutes  Running at a quick pace  (walk if necessary) | Considerations   * Outdoor hike * Swimming * Biking |
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| Routines | Plank Routine Every time you drop to your knees  Perform 5 jump squats and 10 sit  Ups before resuming plank position. | Push up Routine Every time you take a break  Perform 25 jumping jacks before returning to the push up position. | Warm up routine Perform 10- 20 minutes of light jogging  and dynamic stretching exercises including walking toe touches, walking quad stretch, walking hamstring stretch, high knees, and butt kickers. |