

Go With The Flow

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REST	WALKING	YOGA	MENSTRUAL PHASE		REST	YOGA
REST	HEAVY WEIGHT	REST	HILL RUNNING	BIKING	SPRINT TRAINING	REST
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
REST	HEAVY WEIGHT	REST	FOLLICULAR PHASE		SPRINT TRAINING	REST
INTERVAL RUNNING	HIIT	REST	BOOTCAMP	RESISTANCE EXERCISE	REST	HILLY HIKES
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
INTERVAL RUNNING	HIIT	REST	OVULATORY PHASE		REST	HILLY HIKES
REST	STRENGTH TRAINING	YOGA	PILATES	WALKING	BARRE	REST
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
REST	STRENGTH TRAINING	YOGA	LUTEAL PHASE		BARRE	REST
REST	STRENGTH TRAINING	YOGA	PILATES	WALKING	BARRE	REST