

BackOn

TRACK

WEEK 3

GYM 
COFFEE

DAY 15

WALK/RUN

WARM UP

5 minutes slow walk/slow jog pace.

MAIN ACTIVITY

28 minutes fast walk/run.

COOL DOWN: 5 minutes slow walk.

Measure distance on Phone/Watch/Strava/Map or by landmark.

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DAY 16

HOME/GYM WORKOUT

EMOM x 30mins *(Each Minute on the Minute)*

Min 1 - 14 Air squats

Min 2 - 14 Hand Release Push ups

Min 3 - 14 Body Weight Lunges

Min 4 - Max Reps Burpees

Min 5 - Rest

SCORE = Total Burpees Accumulated

Complete the workout!

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Visit [@gympluscoffee](#) on Instagram for a video guide.

DAY 17

NUTRITION

CONSISTENCY > MOTIVATION

TASK

Cook a meal high in protein with 2-4 different vegetables.

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DAY 18

YOGA

YIN/VIN YOGA

Recovery Style Practice

WHAT YOU WILL NEED:

Bolster or firm cushion, strap or belt from dressing gown, yoga blocks or hard back books

A slow, meditative and stabilising practice, this yoga class is ideal for releasing trapped tension and stress, building flexibility, increasing mobility and enhancing recovery from an active lifestyle. We are focusing on the connective tissues and releasing fascia.

This will be a lot more meditative and relaxing so use all the props necessary to increase your level of comfort.

Complete Practice.

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DAY 19

MEDITATION

Chakra Harmony

A guided meditation for clearing and balancing energy centres.

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DAY 20

HOME/GYM WORKOUT

5 Rounds

50 Star Jumps/Jumping Jacks

20 Body Weight Lunges

15 Air Squats

10 Hand Release Push-Ups

SCORE = Time taken to complete total reps

Complete the workout!

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DAY 21

ACTIVE RECOVERY

OPTION 1

20-30 minutes easy pace walk.

OPTION 2

Sea swim & sauna.

*Take a few minutes today to jot down
three things you're grateful for.*

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