



## SUMMER CHALLENGE IV: Summer 'Series Sweep

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY 27 TO JUNE 2</b>	27	28  HIIT At least 30 min.	29	30  HIIT At least 30 min.	31	1  HIIT At least 30 min.	2 JUNE  HIIT At least 30 min.
<b>JUNE 3-9</b>	3	4  HIIT At least 30 min.	5	6  HIIT At least 30 min	7	8  HIIT At least 30 min	9  HIIT At least 30 min
<b>JUNE 10-16</b>	10	11  HIIT At least 30 min	12  HIIT At least 30 min	13	14  HIIT At least 30 min	15  HIIT At least 30 min	16
<b>JUNE 17-23</b>	17	18  HIIT At least 30 min	19  HIIT At least 30 min	20	21  HIIT At least 30 min	22  HIIT At least 30 min	23
<b>JUNE 24-30</b>	24	25  HIIT At least 30 min	26  HIIT At least 30 min	27	28	29  HIIT At least 30 min	30  HIIT At least 30 min
<b>JULY 1-7</b>	1	2  HIIT At least 30 min	3  HIIT At least 30 min	4  HIIT At least 30 min	5  HIIT At least 30 min	6	7



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<b>JULY 8-14</b>	8	9 HIIT At least 30 min	10 HIIT At least 30 min	11 HIIT At least 30 min	12 HIIT At least 30 min	13	14
<b>JULY 15-21</b>	15	16 HIIT At least 30 min	17 HIIT At least 30 min	18 HIIT At least 30 min	19 HIIT At least 30 min	20	21
<b>JULY 22-28</b>	22 HIIT At least 30 min	23 HIIT At least 30 min	24	25 HIIT At least 30 min	26	27 HIIT At least 30 min	28
<b>JULY 29 TO AUGUST 4</b>	29 HIIT At least 30 min	30 HIIT At least 30 min	31	AUGUST 1 HIIT At least 30 min	2	3 HIIT At least 30 min	4
<b>AUGUST 5-11</b>	5 HIIT At least 30 min	6 HIIT At least 30 min	7	8 HIIT At least 30 min	9	10 HIIT At least 30 min	11
<b>AUGUST 12-18</b>	12	13 HIIT At least 30 min	14	15 HIIT At least 30 min	16	17 HIIT At least 30 min	18 HIIT At least 30 min
<b>AUGUST 19-25</b>	19	20 HIIT At least 30 min	21	22 HIIT At least 30 min	23	24 HIIT At least 30 min	25 HIIT At least 30 min



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<b>AUGUST 26 TO SEPT. 1</b>	26	27	28	29	30	31	SEPT. 1
<b>SEPT. 2-3</b>	2	3					

### **SUMMER CHALLENGE IV: SUMMER 'SERIES SWEEP'**

Perform the High Intensity Interval Training (HIIT) Protocol 4 of 7 days/week May 28 - Sept 3.

HIIT PROTOCOL:

Warm-up: 5 minutes easy moving

Cycle 1 High Intensity Interval Training (HIIT)

First 3 minutes: walk at LEVEL 4 PACE (on a scale of 1-10 in intensity, 10 being highest intensity)

Next 3 minutes, walk at a harder, LEVEL 7 PACE

REPEAT Cycle 1 at least 4 more times (for a total of 5 or more cycles),  
to equal at least 30 minutes HIIT

Cool-down: 5 minutes easy moving!