

EARNED RUNS

SUMMER CHALLENGE IV: Summer 'Series Sweep

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

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



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|--------------------------------|----|----|----|----|----|----|----|
| AUGUST 25 -31 1 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| SEPT. 1-2 | 1 | 2 | | | | | |

SUMMER CHALLENGE IV: SUMMER ‘SERIES SWEEP’

Perform the High Intensity Interval Training (HIIT) Protocol 4 of 7 days/week May 27 - Sept 2.

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!