

Weekly Workout Planner

MONDAY



Morning	Afternoon	Evening
Upper body	20 min walk	Stretch

TUESDAY



Morning	Afternoon	Evening
Easy run	Mobility	Core

WEDNESDAY



Morning	Afternoon	Evening
Lower body	20 min walk	Stretch

THURSDAY



Morning	Afternoon	Evening
Intervals	Mobility	Yoga

FRIDAY



Morning	Afternoon	Evening
Full body	20 min walk	Foam roll

SATURDAY



Morning	Afternoon	Evening
Long walk	Easy cycle	Stretch

SUNDAY



Morning	Afternoon	Evening
Rest	Gentle walk	Plan week

NOTES



Warm up before each workout
Stay hydrated
Adjust intensity as needed