

Day 1 First Day of Period	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 Increase activity
Walking Rest	<a href="#">Restorative Yoga</a> Rest	Walking Rest	<a href="#">Restorative Yoga</a> Rest	Walking Rest	<a href="#">Restorative Yoga</a> Rest	Walking Rest <a href="#">Low-impact Cardio</a>
Day 8 Approx. first day of Follicular Phase	Day 9	Day 10 Increase intensity	Day 11	Day 12	Day 13	Day 14
<a href="#">Warmup</a> Jogging <a href="#">Cycling</a> <a href="#">Cardio</a>	<a href="#">Warmup</a> Running <a href="#">Weight lifting</a>	<a href="#">Warmup</a> <a href="#">HIIT</a> Running Sprinting <a href="#">HIIT cycling</a>	<a href="#">Stretching</a> <a href="#">Yoga</a> Rest	<a href="#">Warmup</a> <a href="#">HIIT</a> Running Sprinting <a href="#">HIIT cycling</a>	<a href="#">Warmup</a> Running <a href="#">Weight lifting</a>	<a href="#">Stretching</a> Walking Rest
Day 15 Approx. first day of Ovulation	Day 16	Day 17	Day 18	Day 19 Approx. first day of Luteal Phase	Day 20	Day 21
<a href="#">HIIT</a> Sprints <a href="#">Cycle</a>	<a href="#">Weight lifting</a> (Only do what feels right for you!)	Walking Jogging Running <a href="#">Yoga</a>	<a href="#">HIIT</a> Sprints <a href="#">Cycle</a>	<a href="#">Weights - Upper body</a>	<a href="#">Yoga</a> <a href="#">Stretching</a>	Rest Walking
Day 22	Day 23	Day 24	Day 25	Day 26 Time to slow down	Day 27	Day 28
Walking Hiking <a href="#">Weights - Lower body</a>	<a href="#">Yoga</a> <a href="#">Stretching</a>	Walking Hiking <a href="#">Low-impact workout</a>	<a href="#">Yoga</a> <a href="#">Stretching</a>	Walking Rest	Walking Rest	Rest