

6-Week Ease In Plan

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1 9/4 Start	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin	1 mi-1 sprint	30 min Spin	Run Spec Yoga or Rest	1 mile	Rest
2 9/11/2022	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin	1 mi-1 sprint	30 min Spin	Run Spec Yoga or Rest	1.5 miles	Rest
3 9/18/2022	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin 1 mi-2 sprints	1 mi-2 sprints	30 min Spin	Run Spec Yoga or Rest	2 miles	Rest
4 9/25/2022	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin 1 mi-2 sprints	1 mi-2 sprints	30 min Spin	Run Spec Yoga or Rest	2.5 miles	Rest
5 10/2/2022	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin 1 mi-3 sprints	1 mi-3 sprints	30 min Spin	Run Spec Yoga or Rest	3 miles 5 sprints	Rest
6 10/9/2022	2 hours Family Fun Activity	Run Spec HIIT 30 min Spin 1 mi-3 sprints	1 mi-3 sprints	30 min Spin	Run Spec Yoga or Rest	4 miles	Rest