

Weekly Workout Schedule

Jan 30th - Feb 5th 2017

Day of the Week	Workout	Energize?	Recovery?	Recharge?
Monday	Insanity: Recovery	No	No	No
Tuesday	4 Mile Run	Yes	Yes	Yes
Wednesday	P90: Sweat B	Yes	Yes	No
Thursday	4 Mile Run	Yes	Yes	Yes
Friday	Body Beast: Total Body	Yes	Yes	Yes
Saturday	Rest/Walk/Hike	No	No	No
Sunday	6 Mile Run	Yes	Yes	Yes