

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5 min walk w/u 1 min walk: 15 sec jg x5 5 min walk c/d	20 min walk + Strength Training	Rest Day	5 min walk w/u 1 min walk: 15 sec jg x8 5 min walk c/d	Strength Training	5 min walk w/u 1 min walk: 30 sec jg x10 5 min walk c/d	Rest Day
5 min walk w/u 3 min walk: 1 min jg x6 5 min walk c/d	5 min walk w/u 15 min power hike 5 min walk c/d + Strength Training	Rest Day	5 min walk w/u 3 min walk: 1min jg x8 5 min walk c/d	Strength Training	5 min walk w/u 3 min walk: 1min jg x10 5 min walk c/d	Rest Day

Notes: JG= jog

W/U= Warm Up C/D = Cool Down

Strength Training = goal is at least 20 mins 2x a week.



ENDURANCE  
**IBEX**  
TRAINING