

INTERVALO

INTERVAL TRAINING
30 DAY CALENDAR

DAY 1 TOTAL BODY STRENGTH & CARDIO	DAY 2 CARDIO	DAY 3 STRENGTH & CARDIO	DAY 4 TOTAL BODY	DAY 5 CARDIO CIRCUIT	DAY 6 REST
DAY 7 TOTAL BODY STRENGTH & CARDIO	DAY 8 STRENGTH & CARDIO	DAY 9 CARDIO CIRCUIT	DAY 10 TOTAL BODY	DAY 11 CARDIO	DAY 12 REST
DAY 13 CARDIO CIRCUIT	DAY 14 TOTAL BODY	DAY 15 STRENGTH & CARDIO	DAY 16 TOTAL BODY STRENGTH & CARDIO	DAY 17 CARDIO	DAY 18 REST
DAY 19 TOTAL BODY	DAY 20 STRENGTH & CARDIO	DAY 21 TOTAL BODY STRENGTH & CARDIO	DAY 22 CARDIO	DAY 23 CARDIO CIRCUIT	DAY 24 REST
DAY 25 CARDIO	DAY 26 TOTAL BODY STRENGTH & CARDIO	DAY 27 CARDIO CIRCUIT	DAY 28 STRENGTH & CARDIO	DAY 29 TOTAL BODY	DAY 30 CARDIO