

WORKOUT PLANNER FOR 9 WEEKS

EDITABLE SPREADSHEET

Total cal	WORKOUT SCHEDULE FOR 9 WEEKS																	
1655	MON				TUE				WED				THU				FRI	
	Time	Exercise	Min	Cal	Time	Exercise	Min	Cal	Time	Exercise	Min	Cal	Time	Exercise	Min	Cal	Time	Exercise
1570	30-Nov		65	285	1-Dec		50	120	2-Dec		105	290	3-Dec		70	205	4-Dec	
WEEK 1	8:00	Swim (45)	45	200	20:00	Yoga (50)	50	120	8:00	Swim (45)	45	200	7:00	Run (20)	20	85	20:00	Yoga (50)
	19:00	Run (20)	20	85					19:30	Walk(60)	60	90	19:30	Yoga (50)	50	120	21:00	Walk(60)
		Swim (45)																
		Run (20)																
		Yoga (50)																
85		Run (40)	20	85	8-Dec		0	0	9-Dec		0	0	10-Dec		0	0	11-Dec	
WEEK 2	7:00	Run (40)	20	85														
		Walk(60)																
0	14-Dec		0	0	15-Dec		0	0	16-Dec		0	0	17-Dec		0	0	18-Dec	
WEEK 3																		
0	21-Dec		0	0	22-Dec		0	0	23-Dec		0	0	24-Dec		0	0	25-Dec	
WEEK 4																		

WorkoutSchedule Exercises

WORKS WITH GOOGLE SHEETS OR EXCEL