



Monthly Training Plan

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Month:

Aims: 1)
2)
3)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Elements |
|--------|--------|---------|-----------|----------|--------|----------|--------|---|
| Week 1 | | | | | | | | Cardio Strength Core Flexibility |
| Week 2 | | | | | | | | Cardio Strength Core Flexibility |
| Week 3 | | | | | | | | Cardio Strength Core Flexibility |
| Week 4 | | | | | | | | Cardio Strength Core Flexibility |

Write an activity in each box. Use the elements column to ensure all are covered each week. Tick once completed. Write in any distances or times achieved.