

January

Overarching GOAL: get back into a good routine. Approach workouts with a full heart

General Plan

- | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> |
|---------------------------------------|-------------|-----------------|
| • Row 5000 | • Run 5 | • Row 5000 |
| • hike (Kutney)
or Rpm/Trip/Sprint | | • Sprint Cycle |
| | | • Pump (Demand) |
| <u>Thurs</u> | <u>Fri</u> | <u>Sat</u> |
| | • Row 5000 | • Pump |
| | • Run 5 | • Row 5000 |
| | | Trip or RWF |
| <u>Sun</u> | | |

★ BDT course - 10 miles (start @ Cass)

Strava Challenges

- ✓ January 5K (by Jan 31)
- ✓ January 10K
- ✓ January Fresh Start Challenge (30 hrs)
- ✓ Sweaty Betty New Year 90 (workout 4.5 hrs)
- ✓ NYRR Resolution 5K (do by Jan 17th)

Actual

• hike 2m

M Jan 4 Trip | Pump | walk with Dad • walk 3m

T Jan 5 Sprint | Row 5000 • 13 mile running

W Jan 6 Grit cardio | Row 5000 • row 15,000

Th Jan 7 run (4) | BP 104 • BP 1

F Jan 8 run (5) | Row 5000 m • cycle 2x

S Jan 9 run (4) | hike (3) • grit 1

Personal Plan

Su Jan 10 hike (3) | yoga | BP • hike 6m

M Jan 11 hike (3) BP • run 15m

T Jan 12 row 5000 | Trip • row 10,000

W Jan 13 run 5 | BP • BP x 3

Th Jan 14 run 6.3 • cycle x 2

F Jan 15 row 5000 | sprint | yoga • yoga x 2

S Jan 16 BP | run 4

Su Jan 17 hike (3m) with Kathy | Run w/ Lynn (5)

M Jan 18 Ski Downhill | BP FLX | walk w/dad

T Jan 19 The Trip |

W Jan 20 Yoga | Steady state bike | row 5000

Th Jan 21 | Pump | Run (6)

F Jan 22 Row | Yoga | Run (5)

S Jan 23 Body Pump | Run 3

Su Jan 24 xc ski (2m) | hike BD Eliz | cycle | row

M Jan 25 run 3m | walk w/dad BP

Su Jan 31

T Jan 26 row 5000m | Trip 22 | yoga (20 min)

XCSki

W Jan 27 BP | Elliptical | Row 5000 m | walk with Dad

Th Jan 28 Row 5000 | ride RPM 45 min

F Jan 29 Yoga | sprint | Flow

S Jan 30 row 5000 | Pump | walk w Scott 2m