

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Workout 1 + 2.5mi run	3mi run	35min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	4mi run
WEEK 2	Workout 1 + 2.5mi run	3.5mi run	8 x 400 5K pace	Workout 2 + 3mi run	Rest	60min cross	5mi run
WEEK 3	Workout 1 + 2.5mi run	4mi run	40min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	6mi run
WEEK 4	Workout 1 + 2.5mi run	4.5mi run	9 x 400 5K pace	Workout 2 + 3mi run	Rest	Rest	5K Race
WEEK 5	Workout 3 + 3mi run	5mi run	45min tempo run	Workout 4 + 4mi run	Rest	60min cross	6mi run
WEEK 6	Workout 3 + 3mi run	5.5mi run	10 x 400 5K pace	Workout 4 + 2.5mi run	Rest	60min cross	7mi run
WEEK 7	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	60min cross	8mi run
WEEK 8	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	Rest	10K Race

Balanced Fitness Workout Program

Ava Thompson, AI



Balanced Fitneb Workout Program:

Balanced Fitneb Workout Program Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Balanced Fitneb Workout Program**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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