

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

# Balanced Fitness Workout Program

**G Thomas**



## **Balanced Fitneb Workout Program:**

## Reviewing **Balanced Fitneb Workout Program**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Balanced Fitneb Workout Program**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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