



# BEGINNER SCHEDULE

For this track, you'll do three workouts per week and will have four days of active recovery.

For each workout, you'll do three rounds of 30/30, one round of Combinations and a three- to 10-minute Flow. Remember to begin your workouts with the warm-up and end them with the cool-down.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Workout 1	Active Recovery	Workout 2	Active Recovery	Workout 3	Active Recovery	Active Recovery
2	Workout 2	Active Recovery	Workout 3	Active Recovery	Workout 4	Active Recovery	Active Recovery
3	Workout 5	Active Recovery	Workout 1	Active Recovery	Workout 2	Active Recovery	Active Recovery
4	Workout 1	Active Recovery	Workout 2	Active Recovery	Workout 3	Active Recovery	Active Recovery
5	Workout 2	Active Recovery	Workout 3	Active Recovery	Workout 4	Active Recovery	Active Recovery
6	Workout 5	Active Recovery	Workout 1	Active Recovery	Workout 2	Active Recovery	Active Recovery