



WARM UP SCHEDULE

WEEK ONE	20 / 15 MINUTES TOTAL	20 SECONDS HIGH INTENSITY	90 SECONDS LOW INTENSITY
WEEK TWO	20 / 15 MINUTES TOTAL	20 SECONDS HIGH INTENSITY	60 SECONDS LOW INTENSITY
WEEK THREE	20 / 15 MINUTES TOTAL	30 SECONDS HIGH INTENSITY	90 SECONDS LOW INTENSITY
WEEK FOUR	20 / 15 MINUTES TOTAL	30 SECONDS HIGH INTENSITY	60 SECONDS LOW INTENSITY
WEEK FIVE	20 / 15 MINUTES TOTAL	45 SECONDS HIGH INTENSITY	90 SECONDS LOW INTENSITY
WEEK SIX	20 / 15 MINUTES TOTAL	60 SECONDS HIGH INTENSITY	90 SECONDS LOW INTENSITY