

YELLOW PROGRAM

-walk of life-



The Best Time to Train	Your Best Intensity	Training Tips
<ul style="list-style-type: none"> • The first thing in the morning, before work, is typically best. • There a fewer excuses and before your brain cotton's on. • Just get it done; don't wait until 'later'. • You'll boost your daily metabolism, and you'll stabilise your best thermoregulation for the day. 	<ul style="list-style-type: none"> • Move briskly, walking with intent. • You can still talk using 3-word answers. • Your heart rate will about 110-130 beats per minute. • A light sweat is fantastic. • I don't recommend pushing yourself to exhaustion. • Change up your course regularly – include hills and trails. 	<ul style="list-style-type: none"> • Set your training clothes out the night before. • Mix frequent new playlists. • Start with a new pair of shoes. • Start well clothed and remove as you heat up. • A reliable training partner works well. • Throw up your weekly training log on our Team App.

Your 12-Week Program

Minutes on feet.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20	20		30	20	40	
2	20	20		30	20	40	
3	20	30		30	30	50	
4	20	30		30	30	50	
5	30	30	30		30	60	
6	30	30	30		30	60	
7	30	30	30	30	30		
8	30	30	30	30	30		
9	30	30	45		30	60	
10	30	30	45		30	60	60
11	30	30		30		60	60
12	30	40		40	30	90	