



POST 3RD ADVANCED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REST DAY</p>	<p>IN 30 SPECIAL PRECISION</p> <p>IN 10 UPPER BODY BALLET ARMS</p> <p>IN 10 ALLONGE GLUTES</p>	<p>IN 60 DEFINE</p>	<p>IN 60 CHISEL</p>	<p>30+MIN BIKE/SWIM</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 SIGNATURE</p>
<p>REST DAY</p>	<p>IN 60 SIGNATURE</p> <p>IN 10 ALLONGE GLUTES, PSOAS + HG</p>	<p>30-MIN RUN/BIKE/SWIM with MTN CLIMBERS 5min swim; 1min mtn climbers; repeat 5x</p> <p>IN 10 ALLONGE FOR RUNNERS/SPINNERS</p>	<p>IN 60 CHISEL 26.11.20</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 DEFINE</p>	<p>IN 60 SIGNATURE</p> <p>JUMP IF PFPT CLEARED</p> <p>IN 10 ALLONGE WITH ROLLER</p>
<p>REST DAY</p>	<p>IN 30 SPECIAL BARRE CIRCUIT</p> <p>WATCH MAX HR</p>	<p>30+ MIN STAIRS W/ HIGH KNEE LIFTS</p> <p><small>IF STAIRS UP 176-330 HIGH KNEES 1 MIN; REPEAT UNTIL 30+MIN. JUMP IF PFPT CLEARED</small></p> <p>IN 10 ALLONGE HG</p>	<p>ACTIVE RECOVERY</p> <p>IN 30 CLASSIQUE</p> <p>IN 10 CORE</p>	<p>IN 60 CHISEL</p>	<p>IN 30 SPECIAL P+P CORE</p> <p>IN 10 ALLONGE MENTAL ALERTNESS</p>	<p>IN 60 SIGNATURE</p> <p>JUMP IF PFPT CLEARED</p>
<p>REST DAY</p>	<p>IN 60 BASS</p>	<p>30+ MIN BRISK HIKE WITH 3 INCLINES/HILLS</p> <p><small>*IF PFPT CLEARED: HIKE 5MIN; RUN HIKE 1MIN; REPEAT 5X ;)</small></p>	<p>IN 30 SPECIAL BARRE CIRCUIT</p> <p>IN 10 CORE</p> <p>IN 10 ALLONGE FOR FATIGUE</p>	<p>IN 60 DEFINE</p> <p>IN 10 ALLONGE FOR COMPUTER USERS</p>	<p>ACTIVE RECOVERY</p> <p>IN 60 CLASSIQUE</p>	<p>IN 60 CHISEL</p> <p>IN 10 ALLONGE BON NUIT</p>

LISTEN TO YOUR BODY