

# SHORT COURSE TRAINING

## WEEK FOUR

Monday, January 30 - Sunday, February 5

MONDAY

REST

TUESDAY

5 min walk, 12 mins of 1 min run/ 1 min walk, 5 min walk

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

15 min walk

SATURDAY

REST

SUNDAY

5 min walk, 9 min run, 5 min walk

