



Monthly Program Design Plan

Week	1							2							3							4						
Day	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Phase 1:																												
Phase 2:																												
Phase 3:																												
Phase 4:																												
Phase 5:																												
Phase 6:																												
Cardio																												
Flexibility																												
Re-Assess																												