

**Developing a Basic Fitness Regimen (12-Week Certification Program)**

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Week by Week			Workout 1			Workout 2			Workout 3		
Period	Week	Theme	Duration	Workout Effort	Ability/Purpose	Duration	Workout Effort	Ability/Purpose	Duration	Workout Effort	Ability/Purpose
1	1	Base Building	40	Easy	Stamina	45	Easy	Stamina	50	Easy	Stamina
1	2	Discipline	40	Easy	Stamina	50	Easy	Stamina	55	Easy	Stamina
1	3	Adding Effort	40	Easy	Stamina	55	Easy	Power	60	Easy+	Stamina
1	4	More Effort	40	Easy	Stamina	60	Easy+	Power	65	Easy++	Stamina
1	5	1st Moderate	40	Easy	Stamina	65	Easy++	Power	70	Moderate	Stamina
1	6	2nd Moderate	40	Easy	Stamina	70	Moderate	Power	70	Moderate	Stamina
2	7	New Workout	50	Easy+	Tempo	70	Moderate	Power	80	Moderate	Stamina
2	8	Passably Able	55	Easy++	Tempo	70	Moderate	Power	80	Moderate	Stamina
2	9	Three Moderate	60	Moderate	Tempo	70	Moderate	Power	85	Moderate	Stamina
2	10	Almost There	65	Moderate	Tempo	70	Moderate	Power	90	Moderate	Stamina
2	11	Duration Goal	70	Moderate	Tempo	70	Moderate	Power	90	Moderate	Stamina
2	12	Established!	70	Moderate	Tempo	70	Moderate	Power	90	Moderate	Stamina