

Launching a Fitness Program from Scratch (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	1st Steps	30	Easy	Stamina	35	Easy	Stamina	40	Easy	Stamina
1	2	Tentative Launch	35	Easy	Stamina	40	Easy	Stamina	45	Easy	Stamina
1	3	Adding Hills	40	Easy	Stamina	45	Easy	Power	50	Easy	Stamina
1	4	Hills and Posture	40	Easy	Power	50	Easy	Power	55	Easy	Stamina
1	5	Adding Effort	40	Easy	Power	55	Easy	Power	60	Easy+	Stamina
1	6	Hills and Power	40	Easy	Power	60	Easy+	Power	65	Easy+	Stamina
2	7	Getting Stronger	40	Easy	Power	65	Easy+	Power	70	Easy++	Stamina
2	8	1st Moderate	40	Easy	Power	65	Easy++	Power	70	Easy++	Stamina
2	9	2nd Moderate	40	Easy	Power	65	Easy++	Power	70	Moderate	Stamina
2	10	Week 1 Doubled	40	Easy	Power	65	Moderate	Power	80	Moderate	Stamina
2	11	Hills and Play	40	Easy	Power	65	Moderate	Power	80	Moderate	Stamina
2	12	Accomplishment	40	Easy	Power	65	Moderate	Power	80	Moderate	Stamina