

BASIC PLAN SAMPLE

Day 2 - Tuesday

Aerobic Foundation

Warm-up

- 5 minutes brisk walking
- 5 minutes light jogging
- Dynamic stretching (leg swings, arm circles)

MAIN WORKOUT: Easy Run

Distance/Time 45 minutes continuous run

Intensity RPE 3-4 (Conversation pace - you should be able to talk easily)

Coach Note: Keep it steady. If you feel out of breath, slow down to a walk. The goal is time on feet, not speed.

Cool-down

- 5 minutes walking
- Static stretching (calves, hamstrings, quads)

Fueling Strategy

Pre-Workout: A banana or a slice of toast with honey (30–45 mins before).

Post-Workout: A small yogurt with some berries or a glass of chocolate milk regarding recovery.

Daily Meals

Breakfast

Oatmeal with nuts and fruit.

Lunch

Turkey sandwich on whole-wheat bread with a side salad.

Dinner

Grilled chicken with rice and steamed vegetables.

Snacks

An apple or a handful of almonds.

Hydration

- Drink water consistently throughout the day.
- Aim for clear or pale yellow urine color.

Recovery

- **Tip:** Elevate your legs for 10 minutes in the evening to improve circulation.
- **Sleep:** Aim for 8 hours tonight to help your body adapt.