

“Slim in Six”

Cross-Training Schedule

	MON	TUE	WED	THU	FRI	SAT
week 1	upper	run	lower	run	upper	run
week 2	lower	run	upper	run	lower	run
week 3	upper	run	lower	run	upper	run
week 4	lower	run	upper	run	lower	run
week 5	upper	run	lower	run	upper	run
week 6	lower	run	upper	run	lower	run
week 7	upper	run	lower	run	upper	run
week 8	lower	run	upper	run	lower	run
week 9	upper	run	lower	run	upper	run
week 10	lower	run	upper	run	lower	run
week 11	upper	run	lower	run	upper	run
week 12	lower	run	upper	run	lower	run
week 13	upper	run	lower	run	upper	run
week 14	lower	run	upper	run	lower	run
week 15	upper	run	lower	run	upper	run
week 16	lower	run	upper	run	lower	run
week 17	upper	run	lower	run	upper	run
week 18	lower	run	upper	run	lower	run
week 19	upper	run	lower	run	upper	run
week 20	lower	run	upper	run	lower	run
week 21	upper	run	lower	run	upper	run
week 22	lower	run	upper	run	lower	run
week 23	upper	run	lower	run	upper	run
week 24	lower	run	upper	run	lower	run
week 25	upper	run	lower	run	upper	run
week 26	lower	run	upper	run	lower	run