

September

2020

Autumn

This month I've decided to mix it up a bit and shorten some of the workouts. This is due to slowly returning to the office. I'm happy to be getting out more and building my confidence each time I workout outdoors.

I want to get in as much training as possible before the nights start to get darker and the mornings take longer to shine through. Try to alleviate some anxiety and lose a few pounds.

I hope at least one person finds this plan beneficial.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | 1 Rest Day | 2 30 Minute Walk | 3 30 Minute Walk | 4 Rest Day | 5 Rest Day |
| 6 30 Minute Cycle | 7 30 Minute Cycle | 8 45 Minute Cycle | 9 Rest Day | 10 60 Minute Walk | 11 40 Minute Cycle | 12 40 Minute Cycle |
| 13 40 Minute Cycle 30 Minute Walk | 14 60 Minute Walk | 15 Rest Day | 16 60 Minute Walk | 17 20 Minute Jog | 18 Rest Day | 19 60 Minute Walk |
| 20 60 Minute Walk | 21 30 Minute Run | 22 30 Minute Run | 23 Rest Day | 24 Rest Day | 25 60 Minute Walk | 26 40 Minute Cycle |
| 27 40 Minute Cycle | 28 Rest Day | 29 Pilates @home | 30 Pilates @home | | | |
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