

LET'S GET FIT!

DAY	SWIM	RUN	TENNIS	SKI	ACTUAL
WEEK ONE					
2			2 hours		
3	6 laps	2 miles			
4	6 laps	2 miles			
5			2 hours		
6	10 laps	2.5 miles			
7			2 hours		
WEEK TWO					
9			2 hours		
10				5 hours	
11	12 laps	3 miles			
12			2 hours		
13	12 laps	3 miles			
14			2 hours		
WEEK THREE					
16			2 hours		
17			2 hours		
18	12 laps	3 miles			
19	20 laps				
20	20 laps	4 miles			
21			2 hours		