

WEEK	DAY	DONE?	5 minute warm up												5-minutes												10-minutes												15-minutes												20-minutes												25-minutes											
1	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
2	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
3	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
4	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
5	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
6	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
7	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
8	1	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	2	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
	3	<input type="checkbox"/>	Green												Yellow												Yellow												Yellow												Yellow												Yellow											
9	1	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	2	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	3	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
10	1	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	2	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	3	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
11	1	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	2	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	3	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
12	1	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	2	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											
	3	<input type="checkbox"/>	Green												Red												Red												Red												Red												Red											

GREEN = WARM-UP WALK

YELLOW = WALKING

RED = RUNNING