

2017 30-Day 21-Minute Sprint Interval Challenge

from the Clean & Colorful & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Your Goal:</p> <p>Your Reward:</p>	<p><i>It's not about being perfect. It's about being better!</i></p>	<p>Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___</p>	<p>Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___</p>	<p>Interval Workouts 5-10 min warm up Dynamic Stretching 21-Min Sprints 5-10 min Cool Down Static Stretching</p>	<p>Day 1 Sprint Intervals Sprint Test: 21 Min Hard</p>	<p>Day 2 Challenger's Choice (Steady State, Recovery or Yoga)</p>
<p>Day 3 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 4 Sprint Intervals: 1 min hard 6 min easy x3</p>	<p>Day 5 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 6 Sprint Intervals: 2 min hard 5 min easy x3</p>	<p>Day 7 Challenger's Choice (Recovery)</p>	<p>Day 8 Sprint Intervals: 2 min hard 5 min easy x3</p>	<p>Day 9 Challenger's Choice (Steady State, Recovery or Yoga)</p>
<p>Day 10 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 11 Sprint Intervals: 3 min hard 4 min easy x3</p>	<p>Day 12 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 13 Sprint Intervals: 3 min hard 4 min easy x3</p>	<p>Day 14 Challenger's Choice (Recovery)</p>	<p>Day 15 Sprint Intervals: 4 min hard 3 min easy x3</p>	<p>Day 16 Challenger's Choice (Steady State, Recovery or Yoga)</p>
<p>Day 17 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 18 Sprint Intervals: 4 min hard 3 min easy x3</p>	<p>Day 19 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 20 Sprint Intervals: 5 min hard 2 min easy x3</p>	<p>Day 21 Challenger's Choice (Recovery)</p>	<p>Day 22 Sprint Intervals: 5 min hard 2 min easy x3</p>	<p>Day 23 Challenger's Choice (Steady State, Recovery or Yoga)</p>
<p>Day 24 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 25 Sprint Intervals: 6 min hard 1 min easy x3</p>	<p>Day 26 Challenger's Choice (Steady State and/or Weights)</p>	<p>Day 27 Sprint Intervals: 6 min hard 1 min easy x3</p>	<p>Day 28 Challenger's Choice (Recovery)</p>	<p>Day 29 Sprint RE-TEST:</p>	<p>Day 30 Challenger's Choice (Steady State, Recovery or Yoga)</p>