

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	HIIT / Core 45 mins or easy run	Strength 45 mins + 300 wall balls (volume) 9KG / 6KG 15 mins	Hyrox (wall balls) / running 45mins	Strength 45 mins + 100 wall balls (time) 9KG 7 mins + 100 for time 6kg	AM Run -threshold 1 hr	Tennis lesson + doubles 1-2 hrs	Hyrox (wall balls) / running 90mins
	*skip if tired				PM Row threshold 45 mins	Core 20 mins	