## Week 1-2 (Foundation Building):

* Day 1: 20 minutes of brisk walking or jogging
* Day 2: Bodyweight exercises (push-ups, squats, planks) - 3 sets of 10 repetitions each
* Day 3: Rest or gentle stretching
* Day 4: 20 minutes of cycling or swimming
* Day 5: 20 minutes of yoga or stretching
* Day 6: 30 minutes of walking or hiking
* Day 7: Rest

## Week 3-4 (Building Stamina):

* Day 1: 30 minutes of jogging or running
* Day 2: Strength training with weights or resistance bands - 3 sets of 12 repetitions each
* Day 3: Rest or yoga for flexibility
* Day 4: 30 minutes of cycling or swimming
* Day 5: 20 minutes of high-intensity interval training (HIIT)
* Day 6: 40 minutes of walking or hiking
* Day 7: Rest

## Week 5-6 (Increasing Intensity):

* Day 1: 40 minutes of jogging or running
* Day 2: Strength training - 4 sets of 12 repetitions each
* Day 3: Rest or yoga for flexibility
* Day 4: 40 minutes of cycling or swimming
* Day 5: 30 minutes of high-intensity interval training (HIIT)
* Day 6: 45 minutes of walking or hiking (add hills or inclines)
* Day 7: Rest

## Week 7-8 (Peak Intensity):

* Day 1: 45 minutes of jogging or running
* Day 2: Advanced strength training with heavier weights - 4 sets of 12 repetitions each
* Day 3: Rest or yoga for flexibility
* Day 4: 45 minutes of cycling or swimming
* Day 5: 30 minutes of high-intensity interval training (HIIT)
* Day 6: 60 minutes of walking or hiking (challenging terrain)
* Day 7: Rest