

21 day **FIX** & Running Hybrid

www.runmommyrun.ca

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total Body Cardio Fix	5 Km run	Upper Fix	5 Km run	Lower Fix	Long Run	Yoga Fix
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Total Body Cardio Fix	5 Km run	Pilates Fix	5 Km run	Dirty 30	Long Run	Yoga Fix
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Total Body Cardio Fix	5 Km run	Upper Fix	5 Km run	Lower Fix	Long Run	Yoga Fix