Assignment 6: Design Your Fitness Program
This week, you will apply what you’ve learned about aerobic and strength training by designing your own fitness program.

Background
First, let’s revise your fitness goals by answering the following questions:

* What are your fitness goals for the next 3 months?

* How much time per day do you want to set aside for your workouts?
  - Cardio Work:
  - Strength Training:
  - Other:

The Program
Design a fitness program based on your goals. Tell me what you will do to meet your three-month goal. Here are some details you should provide:

Cardio
- days per week
- amount of time per workout
- any threshold/interval work you might do (how often, duration of intervals, rest periods)
- how you plan to progress in terms of workout volume and/or intensity

Strength
- days per week
- the exercises you will do
- training variables: number of sets, repetitions per set

Other: identify other activities you will do. This can include such things as sports, hiking or recreational activities you’d like to take up.

You can turn in your program either on the bottom and back of this sheet, or on a separate sheet.