

Traffic Light Training

Month:

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Green months 4-6 weeks of 6 days of hard training, perfect meal planning and prepping

Yellow months 4-6 weeks of 4 days of hard training, loser meal planning with 1-2 cheat meals

Red months 3-5 weeks of 2 days a week of training for an hour. just keep 1 foot in the door.

To plan this calendar think about last year, where did you seem to be busiest? Mark those red months first and write in where you will keep 1 day of training on the weekends and 1 day on the weekdays. Then fill in your green weeks where you can hit it hard and really dedicate your time to improving your fitness. and lastly fill in your yellow weeks.

You should have 2-3 sections of red, 2-3 sections of green and 5-6 sections of yellow for overall fitness success.