FOCUS T25 & RUNNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	Cardio	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 60 seconds of jugging with 90 seconds of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
2 2	Lower Focus	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	Cardio	5 minutes light walking - then alternate 90 seconds of jugging with 90 seconds of walking for 25 minutes total	Total Body Circuit Ab Intervals	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
3 WEEK	Speed 1.0	5 minutes light walking - then afternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Lower Focus	5 minutes light walking - then alternate 150 seconds of jugging with 90 seconds of walking for 25 minutes total	Cardio Ab Intervals	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
wеек 4	Total Body Circuit	5 minutes light weaking - then alternate 3 minutes of jugging with 3 minutes of walking for 25 minutes total	Speed 1.0	5 minutes light walking - their alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Lower Focus Ab Intervals	5 minutes light wisiking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
week 5	Cardio	5 minutes light wealking - then alternate 4 minutes of jugging with 3 minutes of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light weaking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
week 6	Core Cardio	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-t Circuit	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Speed 2.0 Dynamic Core	5 minutes light weaking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 7	Upper Focus	5 minutes light weaking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio	5 minutes light weaking - then alternate 7 minutes of jogging with 2 minutes of weaking for 25 minutes total	Rip-T Circuit Dynamic Core	5 minutes light weaking - then alternate 7 minutes of jogging with 2 minutes of weaking for 25 minutes total	OFF
WEEK 8	Speed 2.0	5 minutes light wealking - then afternate 8 minutes of jogging with 2 minutes of walking for 25 minutes total	Upper Focus	5 minutes light walking - then alternate 20 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio Dynamic Core	5 minutes light weaking - then alternate 14 minutes of jogging with 1 minutes of walking for 30 minutes total	OFF
9	Rip-t Circuit	5 minutes light walking - then 20 minutes of jogging	Speed 2.0	5 minutes light walking - then 24 minutes of jogging	Upper Focus Dynamic Core	5 minutes light walking - then 27 minutes of jogging	OFF
WEEK 10	Core Cardio	5 minutes light walking - then 30 minutes of jogging	Rip-t Circuit	5 minutes light walking - then 30 minutes of jogging	Speed 2.0 Dynamic Core	5 minutes light walking - then 30 minutes of jogging	OFF

Focus T25 Start Guide

Michal Rosen-Zvi

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Navigator Dimensions Year 3: Teaching Guide Eileen Jones, 2005-05-09 Strengthening Support and Recruitment of Women and Minorities to Positions in Education Administration, 1993-12 The activities in this resource manual are aimed at those who make policies and decisions about the staffing of administrator positions Covers expanding recruitment efforts providing entry level support promoting advancement opportunities determining next steps and much more Bibliography Strengthening Support & Recruitment of Women & Minorities to Positions in Education Administration, 1992 Graphs Activities aimed at addressing the need for recruiting women and minorities in school administration are presented in this resource manual which is a collective work of the Study Group on Women and Minorities sponsored by the National LEADership Network Each section describes an interactive adaptable activity that is aimed at policymakers and administrative staffs The first activity focuses on how to obtain use and disseminate information to create a state demographic profile The second activity aims to share information about several current recruitment programs and to help Leadership in Educational Administration Development LEAD directors plan for expanding recruitment efforts Providing entry level support is the purpose of the third activity which is designed to create awareness and encourage the development of entry level programs for women and minorities The fourth activity examines the promotion of advancement opportunities for women and minorities identifying barriers to advancement and determining strategies to overcome them and valuing diversity in leadership styles Activity 5 helps administrators create an action plan Forty three figures can be made into transparencies and a list of resources accompanies each section Appendices contain an article on access to the roles of school leadership resolutions adopted by the National School Boards Association NSBA and American Association of School Administrators AASA LEAD Center directors trainers resources and training activity notes Contains 44 references LMI Classworks Non-Fiction Year 4 Julie Orrell, Eileen Jones, 2004 Provides everything you need to slot into your medium term

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