

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 jogging 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
WEEK 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 jogging 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
WEEK 3	Speed 1.0	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Lower Focus	5 minutes light walking - then alternate 150 seconds of jogging 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
WEEK 4	Total Body Circuit	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Lower Focus Ab Intervals	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
WEEK 5	Cardio	5 minutes light walking - then alternate 4 minutes of jogging 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 walking - 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 walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 7	Upper Focus	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-T Circuit Dynamic Core	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 8	Speed 2.0	5 minutes light walking - then alternate 8 minutes of jogging with 2 minutes of walking for 25 minutes total	Upper Focus	5 minutes light walking - then alternate 10 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio Dynamic Core	5 minutes light walking - then alternate 14 minutes of jogging with 1 minutes of walking for 30 minutes total	OFF
WEEK 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

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A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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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 Graphs **Strengthening Support & Recruitment of Women & Minorities to Positions in Education**

Administration, 1992 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 plan *Scott Foresman Life Science* Addison-Wesley Educational Publishers, Incorporated, 1985-08 Encyclopedia Of The Global Economy A Guide For Students And Researchers David E. O'connor, 2006 *Official Gazette of the United States Patent and Trademark Office*, 1997 **Radical Deprivation on Trial** César Rodríguez-Garavito, Diana Rodríguez-Franco, 2015-10-22 Using a Colombian case study this book assesses the potential for court rulings to enact real life social change Buck's 2024 ICD-10-CM for Hospitals - E-Book Elsevier, 2023-09-08 NEW Updated 2024 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding 2018 ICD-10-CM Physician Professional Edition - E-Book Carol J. Buck, 2017-10-11 UPDATED 2018 Official Code set reflects the latest ICD 10 codes needed for diagnosis coding NEW Key terms are highlighted making code selection faster and easier NEW Color images and updated easy to use design allows for more familiarity with difficult coding concepts

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Table of Contents Focus T25 Start Guide

1. Understanding the eBook Focus T25 Start Guide
 - The Rise of Digital Reading Focus T25 Start Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Focus T25 Start Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Focus T25 Start Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Focus T25 Start Guide
 - Personalized Recommendations

- Focus T25 Start Guide User Reviews and Ratings
- Focus T25 Start Guide and Bestseller Lists
- 5. Accessing Focus T25 Start Guide Free and Paid eBooks
 - Focus T25 Start Guide Public Domain eBooks
 - Focus T25 Start Guide eBook Subscription Services
 - Focus T25 Start Guide Budget-Friendly Options
- 6. Navigating Focus T25 Start Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Focus T25 Start Guide Compatibility with Devices
 - Focus T25 Start Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Focus T25 Start Guide
 - Highlighting and Note-Taking Focus T25 Start Guide
 - Interactive Elements Focus T25 Start Guide
- 8. Staying Engaged with Focus T25 Start Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Focus T25 Start Guide
- 9. Balancing eBooks and Physical Books Focus T25 Start Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Focus T25 Start Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Focus T25 Start Guide
 - Setting Reading Goals Focus T25 Start Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Focus T25 Start Guide
 - Fact-Checking eBook Content of Focus T25 Start Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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