

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 |

Focus T25 Nutrition Guide On

Robert R. Redfield



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