

21 Day Fix Extreme + 15k Training Schedule

Week	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Plyo Fix Extreme	2 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	4 Mile Run	Pilates Fix Extreme
2	Dirty 30 Extreme	4 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	5 Mile Run	Yoga Fix Extreme
3	Plyo Fix Extreme	4 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	6 Mile Run	Pilates Fix Extreme
4	Dirty 30 Extreme	3 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	4 Mile Run	Yoga Fix Extreme
5	Plyo Fix Extreme	5 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	7 Mile Run	Pilates Fix Extreme
6	Dirty 30 Extreme	5 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	8 Mile Run	Yoga Fix Extreme
7	Plyo Fix Extreme	3 Mile Run	Lower Fix Extreme	3 Mile Run + 10 Min Abs	Upper Fix Extreme	Rest	RACE DAY!