

**YOGA + RUNNING = SY**

30 Day Living Fit [Columbus]

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9/1	Rest or XT	RUN	YOGA	RUN	Rest or XT	RUN	YOGA
9/8	Rest or XT	RUN	YOGA	RUN	Rest or XT	RUN	YOGA
9/15	Rest or XT	RUN	YOGA	RUN	Rest or XT	RUN	YOGA
9/22	Rest or XT	RUN	YOGA	*RUN	Rest or XT	RUN	YOGA