



Outward Bound 8 Week Fitness Plan

WEEK ONE		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	10 minutes of stretching and 10 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	10 minutes of stretching and 10 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	10 minutes of stretching and 10 minutes of light weights	
Day 7	REST	

WEEK TWO		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	10 minutes of stretching and 15 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	10 minutes of stretching and 15 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	10 minutes of stretching and 15 minutes of light weights	
Day 7	REST	

*Please consult your physician before beginning this or any exercise program.



WEEK THREE		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	10 minutes of stretching and 20 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	10 minutes of stretching and 20 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	10 minutes of stretching and 20 minutes of light weights	
Day 7	REST	

WEEK FOUR		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	15 minutes of stretching and 20 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	15 minutes of stretching and 20 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	15 minutes of stretching and 20 minutes of light weights	
Day 7	REST	

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WEEK FIVE		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	15 minutes of stretching and 25 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	15 minutes of stretching and 25 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	15 minutes of stretching and 25 minutes of light weights	
Day 7	REST	

WEEK SIX		Completed?
Day 1	30-45 minutes of aerobic fitness training	
Day 2	15 minutes of stretching and 25 minutes of light weights	
Day 3	30-45 minutes of aerobic fitness training	
Day 4	15 minutes of stretching and 25 minutes of light weights	
Day 5	30-45 minutes of aerobic fitness training	
Day 6	15 minutes of stretching and 25 minutes of light weights	
Day 7	REST	

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WEEK SEVEN		Completed?
Day 1	45-60 minutes of aerobic fitness training	
Day 2	15 minutes of stretching and 30 minutes of light weights	
Day 3	45-60 minutes of aerobic fitness training	
Day 4	15 minutes of stretching and 30 minutes of light weights	
Day 5	45-60 minutes of aerobic fitness training	
Day 6	15 minutes of stretching and 30 minutes of light weights	
Day 7	REST	

WEEK EIGHT (taper off one week before course)		Completed?
Day 1	30 minutes of aerobic fitness training	
Day 2	10 minutes of stretching and 10 minutes of light weights	
Day 3	30 minutes of aerobic fitness training	
Day 4	10 minutes of stretching and 10 minutes of light weights	
Day 5	30 minutes of aerobic fitness training	
Day 6	10 minutes of stretching and 10 minutes of light weights	
Day 7	REST	

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