

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	Workout 1 + 2.5mi run	3mi run	35min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	4mi run
<b>WEEK 2</b>	Workout 1 + 2.5mi run	3.5mi run	8 x 400 5K pace	Workout 2 + 3mi run	Rest	60min cross	5mi run
<b>WEEK 3</b>	Workout 1 + 2.5mi run	4mi run	40min tempo run	Workout 2 + 2.5mi run	Rest	60min cross	6mi run
<b>WEEK 4</b>	Workout 1 + 2.5mi run	4.5mi run	9 x 400 5K pace	Workout 2 + 3mi run	Rest	Rest	5K Race
<b>WEEK 5</b>	Workout 3 + 3mi run	5mi run	45min tempo run	Workout 4 + 4mi run	Rest	60min cross	6mi run
<b>WEEK 6</b>	Workout 3 + 3mi run	5.5mi run	10 x 400 5K pace	Workout 4 + 2.5mi run	Rest	60min cross	7mi run
<b>WEEK 7</b>	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	60min cross	8mi run
<b>WEEK 8</b>	Workout 3 + 3mi run	6mi run	50min tempo run	Workout 4 + 2.5mi run	Rest	Rest	10K Race

# Balanced Fitness Workout Program

**Wenbin Ji**



## **Balanced Fitneb Workout Program:**

Balanced Fitneb Workout Program: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Balanced Fitneb Workout Program : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Balanced Fitneb Workout Program : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Balanced Fitneb Workout Program : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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