

4 Week Cross Trainer Workout Plan

Week / Day	Workout	Requirements
Week 1		
Monday	Distance	2.5 Miles
Wednesday	LISS	25 Minutes
Friday	HIIT	15 Minutes
Week 2		
Tuesday	LISS	30 Minutes
Thursday	Distance	4 Miles
Saturday	HIIT	20 Minutes
Week 3		
Monday	HIIT	25 Minutes
Wednesday	Distance	5 Miles
Friday	LISS	45 Minutes
Week 4		
Tuesday	HIIT	25 Minutes
Thursday	LISS	40 Minutes
Saturday	Distance	5 Miles

For help with HIIT and LISS follow the links below:

HIIT: <https://www.exercise.co.uk/learn/the-definition-what-hiit-is-and-what-makes-it-effective/>

LISS: <https://www.exercise.co.uk/learn/definition-of-liss-training/>

Article: <https://www.exercise.co.uk/learn/4-week-cross-trainer-workout-plan/>