

Workout Plan

- Meal Preps

Monday

- 2 mile run (*morning*)
- Chest Day (*evening*)

Tuesday

- 2 mile run (*morning*)
- Arm day (*evening*)

Wednesday

- Chest Day (*evening*)

Thursday

- 2 mile run (*morning*)
- Leg Day (*evening*)

Friday

- Arm Day (*afternoon*)

Saturday

- 5K Run

Sunday

nothing