

Topper Cologuard Summer Fitness Plan

Weekly Structure Overview (6 Weeks)

Day	Focus
Monday	Cardio + Flexibility
Tuesday	Strength + Flexibility
Wednesday	Cardio (light) + Strength
Thursday	Flexibility & Recovery
Friday	Strength + Flexibility
Saturday	Cardio (progressive run)
Sunday	Rest or Active Recovery

Cardio Plan (Builds to 1-Mile Run)

Goal: Gradually build stamina to comfortably run 1 mile without stopping.

Weekly Progression

Week	Monday Intervals	Wednesday	Saturday Goal Run
1	Walk 2 min, jog 1 min × 4	Walk 20 min	Jog/Walk 0.25 mile
2	Walk 1.5 min, jog 1.5 min × 4	Jog 10 min easy	Jog/Walk 0.5 mile
3	Walk 1 min, jog 2 min × 5	Jog 15 min easy	Jog/Walk 0.75 mile
4	Walk 30 sec, jog 2.5 min × 5	Jog 20 min easy	Jog 0.75 mile
5	Jog 3 min, walk 30 sec × 5	Jog 20 min easy	Jog 1 mile (slow pace)
6	Jog 5 min, walk 30 sec × 3	Jog 15 min recovery	Run 1 mile timed

Strength Plan (Bodyweight)


Goal: Improve core, upper body, and leg strength needed for equipment handling and dance.

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Core Weekly Routine

Tuesday/Wednesday/Friday - Repeat Each Week, Increase Reps Slightly Weekly

Exercise	Sets	Reps
Squats	3	10–20
Push-Ups (knee OK)	3	8–15
Plank Hold	3	30–60 sec
Glute Bridges	3	15–20
Arm Circles (1 min fwd/back)	2	1 min each
Lunges (each leg)	3	10
Superman Hold	3	30 sec
Tricep Dips (chair)	2	10–15

 *Optional Progression:* Add squat jumps, plank shoulder taps, and side planks in Weeks 4–6.

Flexibility Plan

Goal: Improve range of motion, prevent injury, and support toss catches and dance skills.

Daily Stretching Routine (10–15 min)

- **Dynamic (Pre-workout):**
 - Arm swings, hip circles, leg swings (10 each)
 - Standing toe touches (10 reps)
 - Walking lunges (10 reps)
- **Static (Post-workout or Flexibility days):**
 - Hamstring stretch – 30 sec each leg
 - Butterfly stretch – 30 sec
 - Quad stretch – 30 sec each leg

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- Shoulder stretch (cross arm and overhead) – 30 sec each arm
 - Triceps stretch – 30 sec each arm
 - Cobra stretch – 30 sec
 - Calf stretch – 30 sec each leg
 - Straddle stretch – 1 min
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1 Optional Weekly Goals

Week Focus

- 1 Establish routine
- 2 Increase control, balance
- 3 Add tempo to strength sets
- 4 Improve recovery time
- 5 Run 1 mile without stopping
- 6 Peak performance week