



Thanksgiving Day workouts

Thanksgiving is a time to be with family and friends, as well as enjoy a good meal while giving thanks for what we have. While it can be stressful at times, it is important to take care of yourself, so we have created a couple of workouts to make your holiday season start off on the right foot.

Wednesday

The goal for today is to get a longer length, but lower intensity workout, since Thursday will be so busy. The added advantage is you will still have carryover benefits on Thanksgiving!

Length: 45-60 minutes

Intensity: Moderate

Stage	Time	Intensity (scale of 1-10, 10 being the most intense)	Notes
Warm-up	5-10 minutes	3-4, or I am starting to sweat, but I can talk comfortably	If you are a weekend warrior or have health concerns, spend more time in your warm-up
Stage 1	5 minutes	5, a little more intense but not enough to change breathing	Increase your intensity by either speed or resistance, but not both at the same time
Stage 2	5 minutes	7, I can talk, but only about 3-5 words per breath	
Stage 3	5 minutes	5	
Stage 4	5 minutes	7	
Stage 5	10 minutes	5	Take your time; this is the main course; get ready for the big finish!
Stage 6	5 minutes	8, finish strong with good intensity, you won't hold a good conversation, but you can respond	Don't forget to breathe deeply!
Cool-down	5-15 minutes	3-4	The goal is to get your breathing back to normal and your heart rate under 120

Thursday

It may be tempting to skip your workout today, but even a short, intense workout will help you have more energy, be better able to control your appetite, and deal with stress better. The goal for today is to get in, get it done, and move on!

Length: 20-24 minutes

Intensity: Moderate-High

Stage	Time	Intensity (scale of 1-10, 10 being the most intense)	Notes
Warm-up	5-7 minutes	3-4, or I am starting to sweat, but I can talk comfortably	Spend as much time as you need on the warm-up. You are typically warmed up when you start to sweat, but no less than 5 minutes.
Stage 1	2 minutes	5, a little more intense but not enough to change breathing	Short time segments don't let you get stuck in a rut.
Stage 2	1 minute	7, I can talk, but only about 3-5 words per breath	Short but intense, don't hold yourself back too much
Stage 3	2 minutes	6	
Stage 4	1 minute	8	
Stage 5	3 minutes	6	A little lighter intensity, getting ready for a big push.
Stage 6	1 minutes	9, nearly as hard as you can go. Give it what you have!	Don't forget to breathe!
Cool-down	5-7 minutes	3-4	The goal is to get your breathing back to normal and your heart rate under 120