

First Strides - Workout Cheatsheet by Minutes (Cumulative) for stopwatch or chrono timer

WEEK 1 (4 Easy & 1 Hard, 3 Reps)

5 warm up - 5
4 easy - 9
1 hard - 10
4 easy - 14
1 hard - 15
4 easy - 19
1 hard - 20
5 cool down - 25

WEEK 4 (3 Easy & 3 Hard, 4 Reps)

5 warm up - 5
3 easy - 8
3 hard - 11
3 easy - 14
3 hard - 17
3 easy - 20
3 hard - 23
3 easy - 26
3 hard - 29
5 cool down - 34

WEEK 7 (2 Easy & 4 Hard, 5 Reps)

5 warm up - 5
2 easy - 7
4 hard - 11
2 easy - 13
4 hard - 17
2 easy - 19
4 hard - 23
2 easy - 25
4 hard - 29
2 easy - 31
4 hard - 35
5 cool down - 40

WEEK 10 (1 Easy & 7 Hard, 5 Reps)

5 warm up - 5
1 easy - 6
7 hard - 13
1 easy - 14
7 hard - 21
1 easy - 22
7 hard - 29
1 easy - 30
7 hard - 37
1 easy - 38
7 hard - 45
5 cool down - 50

WEEK 2 (4 Easy & 2 Hard, 3 Reps)

5 warm up - 5
4 easy - 9
2 hard - 11
4 easy - 15
2 hard - 17
4 easy - 21
2 hard - 23
5 cool down - 28

WEEK 5 (2 Easy & 3 Hard, 5 Reps)

5 warm up - 5
2 easy - 7
3 hard - 10
2 easy - 12
3 hard - 15
2 easy - 17
3 hard - 20
2 easy - 22
3 hard - 25
2 easy - 27
3 hard - 30
5 cool down - 35

WEEK 8 (1 Easy & 4 Hard, 6 Reps)

5 warm up - 5
1 easy - 6
4 hard - 10
1 easy - 11
4 hard - 15
1 easy - 16
4 hard - 20
1 easy - 21
4 hard - 25
1 easy - 26
4 hard - 30
1 easy - 31
4 hard - 35
5 cool down - 40

WEEK 11 (1 Easy & 9 Hard, 4 Reps)

5 warm up - 5
1 easy - 6
9 hard - 15
1 easy - 16
9 hard - 25
1 easy - 26
9 hard - 35
1 easy - 36
9 hard - 45
5 cool down - 50

WEEK 3 (3 Easy & 2 Hard, 4 Reps)

5 warm up - 5
3 easy - 8
2 hard - 10
3 easy - 13
2 hard - 15
3 easy - 18
2 hard - 20
3 easy - 23
2 hard - 25
5 cool down - 30

WEEK 6 (3 Easy & 4 Hard, 4 Reps)

5 warm up - 5
3 easy - 8
4 hard - 12
3 easy - 15
4 hard - 19
3 easy - 22
4 hard - 26
3 easy - 29
4 hard - 33
5 cool down - 38

WEEK 9 (1 Easy & 5 Hard, 6 Reps)

5 warm up - 5
1 easy - 6
5 hard - 11
1 easy - 12
5 hard - 17
1 easy - 18
5 hard - 23
1 easy - 24
5 hard - 29
1 easy - 30
5 hard - 35
1 easy - 36
5 hard - 41
5 cool down - 46

WEEK 12 (1 Easy & 10 Hard, 4 Reps)

5 warm up - 5
1 easy - 6
10 hard - 16
1 easy - 17
10 hard - 27
1 easy - 28
10 hard - 38
1 easy - 39
10 hard - 49
5 cool down - 51