

24 WEEKS PROGRAM NOOGLING

1.WEEK : 15 minutes, 7:2 method 5 days
2.WEEK: 20 minutes , 7:2 method 5 days
3.WEEK : 30 minutes, 7:2 method 7 days
4 WEEK: 30 minutes , 7 2 method 7 days
5.WEEK : 30 minutes 7:2 method 5 days
6.WEEK 30 minutes 7:2 “
7.WEEK: 30 minutes 15 ON, 2' massage , 15 ON 7 days
8.WEEK 30 minutes 15 ON 2' massage, 15 ON 7 days
9.WEEK 1h hour 7:2 method 6 days
10. WEEK 1h hour “ “
11. WEEK 1h hour “ “
12.WEEK 1h “ “
13.WEEK 1h “ “

14 WEEK OFF

15. WEEK 1h 30' 7:2 method 5 days
16. WEEK 1h 30' “ “
17. WEEK 1h 30 “ “
18. WEEK 1h 30 “ “
19. WEEK 1h 30' “ “
20. WEEK 1h non stop 6 days
21. WEEK 1h non stop 6 days
22. WEEK 50' 7:2 method 7 days
23. WEEK 50 7:2 method 7 days
24 WEEK 50 7:2 method “

25&26 WEEK OFF

REPEAT FROM 1ST TO 7TH WEEK AND WEEK 34TH BREAK (1W OR 2)