

PRISE Routine Example

	Type of training	Details
Monday	Resistance Training	<ul style="list-style-type: none">• 60 min or less• Whole body• 2 sets per exercise 10-15 reps each
Tuesday	Interval Training	<ul style="list-style-type: none">• 35 min or less• 5-7 sets• 30 sec high intensity 4 min low intensity
Wednesday	Rest	
Thursday	Stretching	<ul style="list-style-type: none">• 60 min• Whole body• May use yoga, Pilates etc
Friday	Endurance	<ul style="list-style-type: none">• 60 min or more• May include walking, jogging, running, cycling, swimming or rowing.