



Petal & Paper

YOUR FREE PRINTABLE

Weekly workout split planner



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W O R K O U T S P L I T

weekly training

Monday–Wednesday

Monday: ____ Focus: ____ Duration: ____
Tuesday: ____ Focus: ____ Duration: ____
Wednesday: ____ Focus: ____ Duration: ____
(rest or active recovery where needed)

Sunday + recovery

Sunday: rest / light activity / stretch
Rest days this week: ____
Sleep target: ____ hrs/night
Mobility / stretching: ____ sessions

Thursday–Saturday

Thursday: ____ Focus: ____ Duration: ____
Friday: ____ Focus: ____ Duration: ____
Saturday: ____ Focus: ____ Duration: ____
Cardio / steps target: ____

This week's focus

Main goal: ____
Progressive overload on: ____
Listen to your body — adjust if needed
Did I hit the plan? Review Sunday: ____