

KEEP GOING!

Here's how to incorporate everything from the last four weeks into your regular routine to fuel your fit in 2020 and beyond.

<p>SUNDAY</p> <p>CARDIO + CARBS</p>	<p>GET FUEL</p> <p>Eat one serving of high-quality carbs before your cardio workout</p>	<p>GET FIT</p> <p>Log 30 minutes of moderate to intense cardio</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>MONDAY</p> <p>CARDIO-BASED HIIT + ENERGY-BOOSTING FOODS</p>	<p>GET FUEL</p> <p>Eat energy-boosting foods with unsweetened coffee or tea before your HIIT workout</p>	<p>GET FIT</p> <p>Log a 15- to 20-minute HIIT workout that's cardio- and endurance-focused</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>TUESDAY</p> <p>STRENGTH TRAINING + PROTEIN</p>	<p>GET FUEL</p> <p>Eat one animal-based protein or two plant-based proteins after your strength-training workout</p>	<p>GET FIT</p> <p>Log one strength-training workout</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>WEDNESDAY</p> <p>ACTIVE RECOVERY</p>	<p>GET FUEL</p> <p>Eat a balanced meal with quality protein, fats and carbs</p>	<p>GET FIT</p> <p>Log one active-recovery exercise, such as tai chi, walking, yoga or swimming</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>THURSDAY</p> <p>CARDIO + CARBS</p>	<p>GET FUEL</p> <p>Eat one serving of high-quality carbs before your cardio workout</p>	<p>GET FIT</p> <p>Log 30 minutes of moderate to intense cardio</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>FRIDAY</p> <p>CARDIO-BASED HIIT + ENERGY-BOOSTING FOODS</p>	<p>GET FUEL</p> <p>Eat energy-boosting foods with unsweetened coffee or tea before your HIIT workout</p>	<p>GET FIT</p> <p>Log a 15- to 20-minute strength-training HIIT workout</p> <p>Cool down with 10 minutes of stretching or foam rolling</p>
<p>SATURDAY</p> <p>REST</p>	<p>GET FUEL</p> <p>Eat a balanced meal with quality protein, fats and carbs</p>	<p>GET FIT</p> <p>You've earned a day off! Do whatever you like – try a light yoga sequence, take a walk, watch Netflix – to let your body rebuild and recover</p>