

# 12 Week Year Templates

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## 12-Week Year Templates: 7 Free PDFs to Plan Your Quarter

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12WY Overview Template To download this spreadsheet, go to the 'File' menu, and select 'Download As' (or "make a copy"). 12 Week Year Plan: 4th January - 3rd April WK 1, WK 2, WK 3, WK 4, WK 5, WK 6, WK 7, WK 8, WK 9, WK 10, WK 11, WK 12, overflow 4 - 10 Jan, 11 - 17 Jan, 18 - 24 Jan, 25 - 31 Jan, 1 - 7 Feb, 8 - ...

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To create your best results you will need to track your 12 Week Year results daily, weekly, and monthly! To make The 12 Week Yearwork for you, you will need to measure both lead and lag indicators. Lag indicators are the end results, while lead indicators are the activities that produce the lag results.

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Week 11. Day 1: 5K+ Stamina (35 minutes) Day 2: 10-minute cardio workout Day 3: 5K+ Stamina Day 4: 10-minute upper arms workout Day 5: 5K+ Stamina Day 6: 10-minute abs workout Include a rest day. Week 12

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