

NAME: _____
WEIGHT CLASS: _____

START JUNE 8, 2009

DAY 1																
EXERCISE	INTRO WEEK				WEEK 2				WEEK 3				WEEK 4			
	SETS	x	REPS	DISTANCE	SETS	x	REPS	DISTANCE	SETS	x	REPS	DISTANCE	SETS	x	REPS	DISTANCE
DYNAMIC WARM-UP: 7-10min																
1-MILE RUN	1	X	1		1	X	1		1	X	1		1	X	1	
1:1 WORK TO REST RATIO	PUSH YOURSELF, BUT NOT ALL OUT.															
800YDS	2	X	1		2	X	1		2	X	1		3	X	1	
2:1 WORK TO REST RATIO	ALL OUT EFFORT!															
400YDS	2	X	1		2	X	1		3	X	1		3	X	1	
2:1 WORK TO REST RATIO	ALL OUT EFFORT!															
100YDS	4	X	1		6	X	1		8	X	1		10	X	1	
2:1 WORK TO REST RATIO	ALL OUT EFFORT!															
FULLBODY STRETCH	ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS															

DAY 2																
EXERCISE	INTRO WEEK				WEEK 2				WEEK 3				WEEK 4			
	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT
DYNAMIC WARM-UP: 7-10min																
1/2-MILE RUN	1	X	1		1	X	1		1	X	1		1	X	1	
1:1 WORK TO REST RATIO	PUSH YOURSELF, BUT NOT ALL OUT.															
100YD SHUTTLES (50yds down and back)	6	X	1		8	X	1									
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
100YD SHUTTLES (25yds down and back, repeat)									6	X	1		8	X	1	
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
60YD SHUTTLES (30yds down and back)	6	X	1		8	X	1									
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
60YD SHUTTLES (15yds down and back, repeat)									6	X	1		8	X	1	
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
FULLBODY STRETCH	ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS															

DAY 3																
EXERCISE	INTRO WEEK				WEEK 2				WEEK 3				WEEK 4			
	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT	SETS	x	REPS	WEIGHT
DYNAMIC WARM-UP: 7-10min																
<u>FARTLEK:</u> 15sec SPRINT/ 45sec JOG Wks 1&2	1	X	12min		1	X	14min									
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
20sec SPRINT/ 40sec JOG Wks 3&4									1	X	14min		1	X	16min	
	ALL OUT EFFORT! 2:1 WORK TO REST RATIO															
FULLBODY STRETCH	ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS															