

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Tempo Run 40 minutes
Long Distance Cadence	2x200 2x400 2x600	3x 20 mountain climbers	3 mile road run	800, 1600, 3200 Timed events	
4x1 mile loops- at track, south park, north park, or your neighborhood	Jog 5 minutes	20 v ups	Starts	8 min. Jog	
Ab Circuit	Hip circuit Abs	20 split lunge 20 squat jumps 20 hip rocks 20 squats 20 crunches	Ab Circuit	Abs	