

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Warm Up</p> <p>2x2 mils loops- at track, south park, north park, or your neighborhood</p> <p>Ab Circuit</p>	<p>Warm Up</p> <p>2x400 2x800 2x400</p> <p>Jog 5 minutes</p> <p>Hip circuit</p> <p>Abs</p>	<p>Warm Up</p> <p>3x</p> <p>20 mountain climbers</p> <p>20 v ups</p> <p>20 split lunge</p> <p>20 squat jumps</p> <p>20 hip rocks</p> <p>20 squats</p> <p>20 crunches</p>	<p>Warm Up</p> <p>3 mile road run</p> <p>Starts</p> <p>Ab Circuit</p>	<p>Warm Up</p> <p>800, 1600, 3200 Timed events</p> <p>8 min. Jog</p> <p>Abs</p>	<p>50 minute run/jog</p>