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| --- | --- | --- | --- | --- | --- |
| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| 1 | Aerobic  10 min w/u  25 min run  10 min c/d  \*how far in 25\* | MS/ME  25 p/u  30 s/u  25 p/u  30 s/u  15 min c/d | Anaerobic  10 min w/u  4x150  2x200  1x300  10 min c/d | MS/ME  p/u max 1 min  S/u max 1 min  P/u to fail  S/u to fail  15 min c/d | Aerobic  10 min w/u  1600 m fartlek  Jog turns  Sprint straights  10 min c/d |
| 2 | Aerobic  10 min w/u  20 min run  10 min jog/sprint  10 min c/d  \*how far in 20\* | MS/ME  30 p/u  35 s/u  30 p/u  25 s/u  15 min c/d | Anaerobic  10 min w/u  4x150  3x200  4x150  10 min c/d | MS/ME  p/u max 1 min  s/u max 1 min  p/u to fail  s/u to fail  15 min c/d | Aerobic  10 min w/u  2000 m half ladder  100-100-200-200-300-300-400-400  10 min c/d |
| 3 | Aerobic  10 min w/u  15 min run  20 min jog/sprint  10 min c/d  \*how far in 15\* | MS/ME  35 p/u  40 s/u  35 p/u  40 s/u  15 min c/d | Anaerobic  10 min w/u  2x150  1x300  2x150  1x300 | MS/ME  p/u max 1 min  s/u max 1 min  p/u to fail  s/u to fail  15 min c/d | Aerobic  10 min w/u  2000 m fartlek  Jog turns  Sprint straights  10 min c/d |
| 4 | Aerobic  10 min w/u  Timed 1.5 mile  10 min c/d | MS/ME  Test s/u and p/u max 1 min  15 min c/d jog | Anaerobic  10 min w/u  Timed 300 meter  10 min c/d | MS/ME  Test s/u and p/u max 1 min  15 min c/d jog | Aerobic  10 min w/u  Test: 1.5 mile  300 meter  1 min max s/u  1 min max p/u |

* This is a relatively basic 1 month plan. I encourage you to change the starting points for sit-ups and push-ups to what you are currently at.
* You can change the days depending on your schedule just make sure to have 3 cardio days, 2 muscular strength/endurance days and 2 rest days.
* Buy a notebook and time and record each workout.
* w/u= warm-up, c/d= cool down, p/u= push-up, s/u= sit-up
* Ladder= Jog 100, Sprint 100, Jog 200, Sprint 200, Jog 300, Sprint 300, Jog 400, Sprint 400. No rest in between.