

Name:		Sergio Rodriguez		Email:		rodriguezsg@asf.edu.mx			
Monday		Tuesday		Wednesday		Thursday		Friday	
Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time
		Plyometrics	30			Run	40		
Total Time	0	Total Time	30	Total Time	0	Total Time	40	Total Time	0
Saturday		Sunday		Number of Aerobic Activity Sessions				Total Time 140	
Activity	Time	Activity	Time						
Plyometrics	15	Plyometrics	15						
Run	20	Run	20						
Total Time	35	Total Time	35						