

JUNE 2010

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		31	Team Training	1	2 Mile Run - TIMED Flexibility Training	2	Team Training	3	3 Mile Run Flexibility Training	4	Body Weight Circuit 2 Flexibility Training	5	REST
6	Optional 120 Meter Sprints Flexibility Training	7	Team Training	8	3 Mile Run Flexibility Training	9	Team Training	10	Body Weight Circuit 1 Flexibility Training	11	Body Weight Circuit 2 120 Meter Sprints Flexibility	12	REST
13	Optional 3 Mile Run Flexibility Training	14	Team Training	15	3 Mile Run Flexibility Training	16	Team Training	17	Body Weight Circuit 1 120 Meter Sprints Flexibility	18	Body Weight Circuit 2 Flexibility Training	19	REST
20	Optional 3 Mile Run Flexibility Training	21	Team Training	22	2 Mile Run - TMED Flexibility Training	23	Team Training	24	Body Weight Circuit 1 Flexibility Training	25	Body Weight Circuit 2 Flexibility Training	26	REST
27	Optional 120 Meter Sprints Flexibility Training	28	Team Training	29	3 Mile Run Flexibility Training	30	Team Training	1	Body Weight Circuit 1 120 Meter Sprints Flexibility	2	Body Weight Circuit 2 Flexibility Training	3	REST

Mon: 5/30		Tue: 6/1		Wed: 6/2		Thur: 6/3		Fri: 6/4	
8	Team Workout	8	Dynamic Stretching	8	Team Workout	8	Dynamic Stretching	8	Body Weight Circuit 2
			2 Mile Run				3 Mile Run		- 2 Cycle
9		9	- Run at 100%	9		9	- Run at 70%	9	Static Stretching
			- Record Your Time				- Uncomfortable Pace		
10		10	Static Stretching	10		10	Static Stretching	10	
11		11		11		11		11	
12		12		12		12		12	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	

Body Weight Circuit #1

Do 10 reps of each exercise unless otherwise specified

1. Body Squats - Place your hands behind your head and slowly squat down until your thigh is parallel to the floor. Keep your back straight and the heels in contact with the floor.
2. Pull-Ups - Make sure that you pull-up with the bar in front of your chin and not behind your head.
3. Side to Side - Lay on your back. While keeping your legs straight and together, slowly lower them to the floor on one side. Return your legs to the upright position, then over to the other side. Make sure you don't bend your knees.
4. Squat Jumps - Similar to Body Squats except after squatting you will jump in the air. Make sure you get good depth on the squat.
5. Close Grip Push-Ups - Get down like a regular push-up, but keep your hands under your shoulders instead of wide. Keep your elbows next to your side as you go up and down.
6. Low Abs - Lying on your back bring your knees slowly to your chest so that your shins are parallel to the floor. Slowly lower your feet back down to the floor until your heels touch the floor. Make sure you keep your lower back in contact with the floor.
7. Walking Lunges - Take a long forward step with your right foot. Lunge to where your right thigh is parallel to the floor. Keep your right knee over your ankle, chest up, and shoulders back. When coming up push on your right heel and slowly come up. Repeat with your left leg.
8. Dips - Start with your heel on the floor and your arms behind you, holding onto a bench or bar. Lower your butt down until you're in a near-seated position and your upper arm is parallel to the floor. Push yourself back up to the starting position.
9. Split Jumps - Start out in the same way as with the Walking Lunges, but instead of standing up you will jump up. While in the air switch the positions of your feet so when you land your left should be in front.
10. Low Back Stabilization - Start by lying on your back with knees bent and your feet flat on the floor. Slowly raise your hips to the ceiling to where your shoulders, hips and knees are in a straight line. Hold this position for 15 seconds and then slowly lower your right leg and raise your left leg. Hold it for 15 seconds then repeat again.

Body Weight Circuit #2

Do 10 reps of each exercise unless otherwise specified

1. Body Squats - Place your hands behind your head and slowly squat down until your thigh is parallel to the floor. Keep your back straight and the heels in contact with the floor.
2. Wide Grip Push-Ups - Get down like a regular push-up, but extend your arms outwards
3. Side to Side - Lay on your back. While keeping your legs straight and together, slowly lower them to the floor on one side. Return your legs to the upright position, then over to the other side. Make sure you don't bend your knees.
4. Squat Jumps - Similar to Body Squats except after squatting you will jump in the air. Make sure you get good depth on the squat.
5. Close Grip Push-Ups - Get down like a regular push-up, but keep your hands under your shoulders instead of wide. Keep your elbows next to your side as you go up and down.
6. Low Abs - Lying on your back bring your knees slowly to your chest so that your shins are parallel to the floor. Slowly lower your feet back down to the floor until your heels are an inch from the floor. Make sure you keep your lower back in contact with the floor. 20 of these equal one rep.
7. Overall Abs - Sit with your feet slightly off the floor so that you're balanced on your buttocks. With your arms and legs, make the motion as if you're climbing a rope. Reach up with your left arm as high as you can and grab the imaginary rope, while driving your left leg into your chest. Then do the same with the opposite arms and legs. Both sides equal 1 rep. You will do 20 reps of these.
8. Walking Lunges - Take a long forward step with your right foot. Lunge to where your right thigh is parallel to the floor. Keep your right knee over your ankle, chest up, and shoulders back. When coming up push on your right heel and slowly come up. Repeat with your left leg. You should travel a distance of 50 meters and back to count as one rep.
9. Dips - Start with your heel on the floor and your arms behind you, holding onto a bench or bar. Lower your butt down until you're in a near-seated position and your upper arm is parallel to the floor. Push yourself back up to the starting position.
10. Split Jumps - Start out in the same way as with the Walking Lunges, but instead of standing up you will jump up. While in the air switch the positions of your feet so when you land your left should be in front.
11. Superman - Lay on your stomach with your arms, and legs straight. Slowly raise both arms and legs off the ground about 2 inches keeping them straight and holding them in that position for 30 seconds, then slowly lower them.
12. Low Back Stabilization - Lying on your back with knees bent and the bottom of your feet in contact with the floor slowly raise your hips to the ceiling to where your shoulders, your hips, and your knees are in a straight line. Hold this position for 15 seconds and then slowly lower your right leg and raise your left leg. Hold it for 15 seconds then repeat again.
13. Step-Ups - Use an 18" box step up with your right leg and step up with your left leg. Step down with your right, step down with your left. Then switch, up with left, then up with right. Down with left, then down with right.
14. Toe Touches - Lay on your back with your legs straight up in the air, touch your toes with your fingers without bending your legs. Then touch the floor behind your head with your fingers without bending your arms. You should do 20 reps of these.

Mon: 6/7		Tue: 6/8		Wed: 6/9		Thur: 6/10		Fri: 6/11	
8	Team Workout	8	Dynamic Stretching 3 Mile Run	8	Team Workout	8	Body Weight Circuit 1 - 2 Cycles	8	Body Weight Circuit 2 - 2 Cycles
9		9	- Run at 70% - Uncomfortable Pace	9		9	Static Stretching	9	Dynamic Stretching 120 meter sprints
10		10	Static Stretching	10		10		10	- 15 sprints - All should be under
11		11		11		11		11	20 seconds - Rest 45 seconds
12		12		12		12		12	between sprints
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	

Mon: 6/14		Tue: 6/15		Wed: 6/16		Thur: 6/17		Fri: 6/18	
8	Team Workout	8	Dynamic Stretching 3 Mile Run	8	Team Workout	8	Body Weight Circuit 1 - 2 Cycles	8	Body Weight Circuit 2 - 2 Cycles
9		9	- Run at 70% - Uncomfortable Pace	9		9	Dynamic Stretching 120 Meter Sprints	9	Static Stretching
10		10	Static Stretching	10		10	- 15 sprints - All should be under	10	
11		11		11		11	20 seconds - Rest 45 seconds	11	
12		12		12		12	between sprints Static Stretching	12	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	

Mon: 6/21		Tue: 6/22		Wed: 6/23		Thur: 6/24		Fri: 6/25	
8	Team Workout	8	Dynamic Stretching 2 Mile Run	8	Team Workout	8	Body Weight Circuit 1 - 2 Cycles	8	Body Weight Circuit 2 - 2 Cycles
9		9	- Run at 100% - Record your time	9		9	Static Stretching	9	Static Stretching
10		10	Static Stretching	10		10		10	
11		11		11		11		11	
12		12		12		12		12	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	

Mon: 6/28		Tue: 6/29		Wed: 6/30		Thur: 7/1		Fri: 7/2	
8	Team Workout	8	Dynamic Stretching 3 Mile Run	8	Team Workout	8	Body Circuit 1 - 3 Cycles	8	Body Weight Circuit 2 - 3 Cycles
9		9	- Run at 70% - Uncomfortable Pace	9		9	120 Meter Sprints - 15 sprints	9	Static Stretching
10		10	Static Stretching	10		10	- All should be under 20 seconds	10	
11		11		11		11	- Rest 45 seconds between sprints	11	
12		12		12		12	Static Stretching	12	
1		1		1		1		1	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	