

	Day 1	Day 2	Day 3	Day 4	Distance running times	Every Day
Week 1	Crunches 20 x 3 Leg raises 20sec. x 3 Leg lifts 10 x 2 Push ups 10 x 2 Run-1 mile under 9 min.	Bridges 30 sec x 3 Lunges 15 steps x 3 Wall sits 30 sec. x 3 Wall jumps 10 x 3 Spr-10,20,30,40,50 yrds x 3	Crunches 20 x 3 Leg lifts 10 x 2 Leg lifts 10 x 2 Push ups 10 x 2 Run-1 mile under 9 min.	Bridges 30 sec x 3 Lunges 15 steps x 3 Wall sits 30 sec. x 3 Wall jumps 10 x 3 Spr-10,20,30,40,50 yrds x 3	TIME: TIME:	Rotational Swings 10 slow 15 full
Week 2	Bridges 40 secx3 Lunges 15 steps x 4 Wall sits 40 sec. x 3 Wall jumps 15 x 3 Spr-10,20,30,40,50 yrds x 4	Crunches 25 x 3 Leg raises 25sec. x 3 Leg lifts 15 x 2 Push ups 10 x 3 Run 1 ¼ miles under 11 min	Bridges 40 secx3 Lunges 15 steps x 4 Wall sits 40 sec. x 3 Wall jumps 15 x 3 Spr-10,20,30,40,50 yrds x 4	Crunches 25 x 3 Leg raises 25sec. x 3 Leg lifts 15 x 2 Push ups 10 x 3 Run 1 ¼ miles under 11 min	TIME: TIME:	4 part swings-25 times heal drop/hips arm extention wrist snaps follow through
Week 3	Crunches 30 x 3 Leg raises 30sec. x 3 Leg lifts 20 x 2 Push ups 15 x 3 Run 1 ½ miles under 13:30 minutes	Bridges 45 sec x 3 Lunges 20 steps x 3 Wall sits 50 sec. Wall jumps 15 x 4 Sprints-10,20,30 x 5	Crunches 30 x 3 Leg raises 30sec. x 3 Leg lifts 20 x 2 Push ups 15 x 3 Run 1 ½ miles under 13:30 minutes	Bridges 45 sec x 3 Lunges 20 steps x 3 Wall sits 50 sec. Wall jumps 15 x 4 Sprints-10,20,30 x 5	TIME: TIME:	25 rotational swings full speed
Week 4	Bridges 40 secx3 Lunges 15 steps x 4 Wall sits 40 sec. Wall jumps 15 x 3 Spr-10,20,30,40,50 yrds x 4	Crunches 25 x 3 Leg raises 25sec. x 3 Leg lifts 15 x 2 Push ups 10 x 3 Run 1 ¼ miles under 11 min	Bridges 40 secx3 Lunges 15 steps x 4 Wall sits 40 sec. Wall jumps 15 x 3 Spr-10,20,30,40,50 yrds x 4	Crunches 25 x 3 Leg raises 25sec. x 3 Leg lifts 15 x 2 Push ups 10 x 3 Run 1 ¼ miles under 11 min	TIME: TIME:	Rotational Swings 10 slow 15 full
Week 5	Bridges 50 sec x 3 Lunges 20 steps x 4 Wall sits 60 sec. Wall jumps 20 x 3 Sprints-10,20,30 x 5	Crunches 35 x 3 Leg raises 35sec. x 3 Leg lifts 15 x 3 Push ups 20 x 3 Run-1 ¾ miles under 16 min	Bridges 50 sec x 3 Lunges 20 steps x 4 Wall sits 60 sec. Wall jumps 20 x 3 Sprints-10,20,30 x 5	Crunches 35 x 3 Leg raises 35sec. x 3 Leg lifts 15 x 3 Push ups 20 x 3 Run-1 ¾ miles under 16 min	TIME: TIME:	4 part swings-25 times heal drop/hips arm extention wrist snaps follow through

Week 6	Crunches 40 x 3	Bridges 55 sec x 3	Crunches 40 x 3	Bridges 55 sec x 3	TIME:	25 rotational swings full speed
	Leg raises 40sec. x 3	Lunges 25 steps x 3	Leg raises 40sec. x 3	Lunges 25 steps x 3		
	Leg lifts 20 x 3	Wall sits 45 sec. x 2	Leg lifts 25 x 3	Wall sits 45 sec. x 2		
	Push ups 25 x 3	Wall jumps 20 x 4	Push ups 25 x 2	Wall jumps 20 x 4		
	Run-2 miles under 19 min	Sprints-10,20,30,40 yrds. x 4	Run-2 miles under 19 min	Sprints-10,20,30,40 yrds. x 4	TIME:	
Week 7	Bridges 60 sec x 3	Crunches 30 x 4	Bridges 60 sec x 3	Crunches 30 x 4	TIME:	Rotational Swings 10 slow 15 full
	Lunges 25 steps x 4	Leg raises 45sec. x 3	Lunges 25 steps x 4	Leg raises 45sec. x 3		
	Wall sits 50 sec. x 2	Leg lifts 25 x 3	Wall sits 50 sec. x 2	Leg lifts 25 x 3		
	Wall jumps 25 x 3	Push ups 20 x 4	Wall jumps 25 x 3	Push ups 20 x 4		
	Sprints-10,20,30,40 yrds. X 5	Run-2 miles under 18 min	Sprints-10,20,30,40 yrds. X 5	Run-2 miles under 18 min	TIME:	
Week 8	Crunches 40 secx3	Crunches 25 x 3	Bridges 40 secx3	Crunches 25 x 3	TIME:	4 part swings-25 times heal drop/hips arm extention wrist snaps follow through
	Lunges 15 steps x 4	Leg raises 25sec. x 3	Lunges 15 steps x 4	Leg raises 25sec. x 3		
	Wall sits 40 sec.	Leg lifts 15 x 2	Wall sits 40 sec.	Leg lifts 15 x 2		
	Wall jumps 15 x 3	Push ups 10 x 3	Wall jumps 15 x 3	Push ups 10 x 3		
	Spr-10,20,30,40,50 yrds x 4	Run 1 ¼ miles under 11 min	Spr-10,20,30,40,50 yrds x 4	Run 1 ¼ miles under 11 min	TIME:	
Week 9	Crunches 35 x 4	Bridges 60 sec. x 4	Crunches 35 x 4	Bridges 60 sec. x 4	TIME:	25 rotational swings full speed
	Leg raises 50sec. x 3	Lunges 30 steps x 4	Leg raises 50sec. x 3	Lunges 30 steps x 4		
	Leg lifts 15 x 4	Wall sits 60 sec. x 2	Leg lifts 15 x 4	Wall sits 60 sec. x 2		
	Push ups 20 x 4	Wall jumps 25 x 4	Push ups 20 x 4	Wall jumps 25 x 4		
	Run-2 miles under 18 min	Sprints-10,20,30,40,50 x 6	Run-2 miles under 18 min	Sprints-10,20,30,40,50 x 6	TIME:	
Week 10	Crunches 40 x 4	Crunches 40 x 4	Crunches 40 x 4	Crunches 40 x 4	TIME:	Rotational Swings 10 slow 15 full
	Bridges 60 sec x 5	Leg raises 60sec. x 3	Bridges 60 sec x 5	Leg raises 60sec. x 3		
	Lunges 35 steps x 4	Leg lifts 20 x 4	Lunges 35 steps x 4	Leg lifts 20 x 4		
	Wall sits 60 sec. x 3	Push ups 25 x 4	Wall jumps 25 x 4	Push ups 25 x 4		
	Sprints-10,20,30,40,50 x 6	Run-2 miles under 16 min	Sprints-10,20,30,40,50 x 6	Run-2 miles under 16 min	TIME:	