

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Running							
Run (write minutes or miles)							
Plyometric Drills (pick at least 6)							
Skip							
Skip High							
Skip Long							
High March							
Fast Shuffles							
Bounding							
Butt Kicks							
High Knees							
Carioca							
Backwards Running							
Squat Jumps (frog jumps)							
Strength Circuit (2-3 sets of 15 each)							
Pushups							
Pullups							
Walking Lunges							
Dips							
Thrusters w/ dumbbells							
Ab Curl							
Single Leg Squats							
Toe (Calf) Raises							

Do plyometric drills twice and strength circuit twice per week.

Plyometric drills: do drill 25-30 yards on soft surface; walk back to start; then do acceleration for 40 yards; walk back to start. Do each drill twice.

See video for drills: <http://runningtimes.com/Article.aspx?ArticleID=17578>

Strength circuit: do 15 reps of each exercise and do 2-3 sets of all exercises.

Walking Lunges - hands on hips, 15 each leg

Dips - can use 2 chairs

Thrusters - standing position, dumbbells by shoulders; do squat and extend weights at top to full extension overhead; return weights to shoulders

Alternate exercise: Squat Thrusts - standing position; hands by feet; kick legs back to pushup position; then back to standing position

Ab Curl - can do crunches or sit-ups

Single Leg Squats (15 each leg)

Toe (Calf) Raises - on a step or stair, rise with both feet and lower one; alternate (15 each leg)

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