

THE WORKOUT

SPRINTS

Monday – Weeks 1-8 *

Station A	Sets	Reps	Station B	Sets	Reps
Dips	1	20	Crunches	1	20
Pull-ups	1	20	Supermans	1	20
Push-ups	1	20	X-back Lifts	1	20
Leg Raises	1	20	Lunges	1	20
Burpees	1	20	Full Sit-ups	1	20

Perform a 40- to 60-meter run, then begin next station

Rest 6 minutes; repeat circuit. Perform 3 times

Tuesday – Weeks 1-8 **

Exercise	Sets	Reps
Stadium Stairs	6	70 rows
Crunches (at bottom)	6	25
Toe Raises (at top)	6	25

Thursday – Weeks 1-8 *

Exercise	Sets	Reps	Rest
240- to 300-meter Figure Eights on grass field	3	5	2 minutes between reps, 8 to 10 minutes between sets

Friday – Weeks 1-8

Exercise	Duration	Goal
Bike or Swim	20-30 minutes	Getting heart rate 30 to 40 percent above resting rate

Saturday – Weeks 1-8 **

Exercise	Reps	Pace	Rest
250- to 350-meter Hill Runs	6-10	70 percent of what your time would be for that distance on the track	Jog down

* Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

** Perform a 15-minute run at a decent pace to warm up

YOUR WORKOUT

Week 1, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 2, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week3, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 4, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 5, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 6, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 7, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up

YOUR WORKOUT

Week 8, Monday / /08

Station A			
Exercise	Set 1	Set 2	Set 3
Dips	20/	20/	20/
Pull-ups	20/	20/	20/
Push-ups	20/	20/	20/
Leg Raises	20/	20/	20/
Burpees	20/	20/	20/

Perform a 40- to 60-meter run, then begin next station

Station B			
Exercise	Set 1	Set 2	Set 3
Crunches	20/	20/	20/
Supermans	20/	20/	20/
X-back Lifts	20/	20/	20/
Lunges	20/	20/	20/
Full Sit-ups	20/	20/	20/

Rest 6 minutes: repeat circuit. Perform 3 times.

Tuesday** / /08

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Stadium Stairs	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/	70 rows/
Crunches [at bottom]	25/	25/	25/	25/	25/	25/
Toe Raises [at top]	25/	25/	25/	25/	25/	25/

Thursday* / /08

Exercise	Set 1	Set 2	Set 3	Rest
240- to 300-meter Figure Eights on grass field	5/	5/	5/	2 minutes between reps, 8 to 10 minutes between sets

Friday / /08

Exercise	Duration	Goal
Bike or Swim	20-30 minutes/	Getting heart rate 30 to 40 percent above resting heart rate

Saturday** / /08

Exercise	Reps	Rest	Pace
250- to 350-meter Hill Runs	6-10/	Jog down	70 percent of what your time would be for that distance on the track

*Incorporate a warm-up, including hurdle drills, sprint drills, active warm-up exercises and biking

**Perform a 15-minute run at a decent pace to warm-up