

SUGGESTED PRE-SEASON WORKOUTS

Day #1, Monday.....2-3 mile run, 50 sit-ups, 30 supermans, Stretch hamstring, quads, calves, side, shoulders, back.

Day #2, Tuesday..... Run, bike, or swim 5 x 6min @ 65% speed/effort, 2 minute active rest. Weights: with 20-40lbs bar - 3(3 x 12) Bent Over Rows, Militaries, Squats, Hi-Pulls, Deadlifts. Stretch.

Day #3, Wednesday.....Run 20 min high intensity. 50 sit-ups, 30 supermans, 50 sit-ups, 30 supermans, 50 sit-ups

Day #4, Thursday....45 min run/bike to steady state 65% speed/effort. 4 x 25 sit-ups, 4 x 10 push-ups. Stretch.

Day #5, Friday.....Run for 20 min/Rest 5min/Run 20min. 4 x 20 jumpies. 50 sit-ups. 3 x 10 push-ups.

Day #6, Saturday..... 30min Run, Bike, or Swim @ low intensity but best form possible. 5 x 20 jumpies. 5 x 20 sit-ups. 3 x 10 push-ups. Stretch.