

YOUR WORKOUT

Weeks 1-4 - 2 times per week

Exercise	Sets	Reps	Target	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	3:00	N/A
300-Yard Shuttle** (50-yard intervals)	1	4	1:00	2:30	N/A
120-Yard Sprint	2	5	:20	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	Jog Back	2:00

Week 5-8 - 3 times per week

Exercise	Sets	Reps	Target	Recovery	Break Between Sets
500-Yard Run	1	5	1:45-1:50	3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle (50-yard intervals)	1	6	:55	2:30	N/A
120-Yard Sprint	3	5	:18	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

YOUR WORKOUT

Week 1, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 1, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 2, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 2, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 3, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 3, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 4, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 4, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	4	1:45-1:50	: / : / : / :		3:00	N/A
300-Yard Shuttle** [50-yard intervals]	1	4	1:00	: / : / : / :		2:30	N/A
120-Yard Sprint	2	5	:20	: / : / : / : / :	: / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	2	6	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 5, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 5, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

Week 5, Day 3 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 6, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 6, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

Week 6, Day 3 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 7, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 7, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

Week 7, Day 3 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

YOUR WORKOUT

Week 8, Day 1 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

*Run to 25 and back, 50 and back, 75 and back, 100 and back

**Run to 50 and back 3 times

NOTE: Target times are for men. Women's target times are within 10% of the men's times.

Week 8, Day 2 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00

Week 8, Day 3 / /08

Exercise	Sets	Reps	Target	Set 1 Actual Time	Set 2 Actual Time	Set 3 Actual Time	Recovery	Break Between Sets
500-Yard Run*	1	5	1:45-1:50	: / : / : / : / :			3:00, extra 2:00 after 3rd rep	N/A
300-Yard Shuttle** [50-yard intervals]	1	6	:55	: / : / : / : / : / :			2:30	N/A
120-Yard Sprint	3	5	:18	: / : / : / : / : / :	: / : / : / : / : / :	: / : / : / : / : / :	:55	1:15
Sprint 18 to 18 With Jog Back	3	6	N/A	N/A	N/A	N/A	Jog Back	2:00