Week _____

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up	Sprinters Drills	Walk half mile	Sprinters Drills	Jog half mile Sprinters Drills	Sprinters Drills	Walk half mile
Type	Weight Training: Full body-	Aerobic Training: Jogging	Weight Training: Full body-	Aerobic Training: Jogging	Weight Training: Full body-	Aerobic Training: Jogging
Workout	Deadlift 4x5 Flat Bench 4x5 RDLs 3x8 Bentover Rows 3x8 Push Press 3x6 Shrugs 3x10 Step-ups 3x16	3 Mile jog	Pull -ups 4x10 Power cleans 4x5 Lawn Mowers 3x8 Kettle Bell Swings 3x10 Side raises 3x10 reverse raises 3x10	6x800 repeats	Flat Bench 4x10 Back Squats 4x4 One arm Pulls 3x8 Power Snatch 3x5 Big Box 3x30sec Small box fast feet 3x30sec	3 Mile jog
Cool Down	Jog 5min Stretch 10 min		Jog 5min Stretch 10 min	Jog 5min Stretch 10 min	Weight Training: Full body-	Walk half mile

Week ____

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up Type	Sprinters Drills Weight Training: Full body-	Walk half mile Aerobic Training: Jogging	Sprinters Drills Weight Training: Full body-	Jog half mile Sprinters Drills Aerobic Training: Jogging	Sprinters Drills Weight Training: Full body-	Walk half mile Aerobic Training: Jogging
Workout	Hang Cleans 4x5 Flat Bench 4x5 DB RDLs 3x8 Bentover Rows 3x8 Strict Press 3x6 DB Shrugs 3x10 Lunges 3x16	3 Mile jog	Pull -ups w/lbs 4x5 Deadlift 4x3 Upright rows 3x8 1 arm K.B.S. 3x10 Side raises 3x10 reverse raises 3x10		Flat Bench 4x10 OH Squats 4x4 One arm Pulls 3x8 High pulls 3x5 Big Box squat jump 3x10 Med box 3x30sec	4 mile jog
Cool Down	Jog 5min Stretch 10 min		Jog 5min Stretch 10 min	Jog 5min Stretch 10 min	Weight Training: Full body-	Walk half mile

Week _____

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Jog half mile		
Warm-up	Sprinters Drills	Walk half mile	Sprinters Drills	Sprinters Drills	Sprinters Drills	Walk half mile
	Weight Training:	Aerobic Training:	Weight Training:	Aerobic Training:	Weight Training:	Aerobic Training:
Type	Full body-	Jogging	Full body-	Jogging	Full body-	Jogging
	Deadlift 4x5		Pull -ups 4x10		Flat Bench 4x10	
	Flat Bench 4x5		Power cleans 4x5		Back Squats 4x4	
	RDLs 3x8		Lawn Mowers 3x8		One arm Pulls 3x8	
Workout	Bentover Rows 3x8	3 Mile jog	Kettle Bell Swings	6x800 repeats	Power Snatch 3x5	3 Mile jog
	Push Press 3x6		3x10 Side		Big Box 3x30sec	
	Shrugs 3x10		raises 3x10 reverse		Small box fast feet	
	Step-ups 3x16		raises 3x10		3x30sec	
	Jog 5min		Jog 5min	Jog 5min	Weight Training:	
Cool Down	Stretch 10 min	Walk half mile	Stretch 10 min	Stretch 10 min	Full body-	Walk half mile

Week ____

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Jog half mile		
Warm-up	Sprinters Drills	Walk half mile	Sprinters Drills	Sprinters Drills	Sprinters Drills	Walk half mile
	Weight Training:	Aerobic Training:	Weight Training:	Aerobic Training:	Weight Training:	Aerobic Training:
Type	Full body-	Jogging	Full body-	Jogging	Full body-	Jogging
	Hang Clean 4x5		Pull -ups w/lbs 4x5		Flat Bench 4x10	
	Flat Bench 4x5		Deadlift 4x3		OH Squats 4x4	
	DB RDLs 3x8		Lawn Mowers 3x8		One arm Pulls 3x8	
	Bentover Rows 3x8		1 arm K.B.S. 3x10		Power Snatch 3x5	
	Strict Press 3x6		Side raises 3x10		Big Box Squat	
	DB Shrugs 3x10		reverse raises 3x10		jump 3x10	
Workout	Lunges 3x16		Bench push 3x15		Med box 3x30sec	
	Jog 5min		Jog 5min	Jog 5min	Weight Training:	
Cool Down	Stretch 10 min	Walk half mile	Stretch 10 min	Stretch 10 min	Full body-	Walk half mile