

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	Walk half mile	Jog 5min Stretch 10 min	Jog 5min Stretch 10 min	Weight Training: Full body-	Walk half mile

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Type	Weight Training: Full body-	Aerobic Training: Jogging	Weight Training: Full body-	Aerobic Training: Jogging	Weight Training: Full body-	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	10x400 repeats	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	Walk half mile	Jog 5min Stretch 10 min	Jog 5min Stretch 10 min	Weight Training: Full body-	Walk half mile

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Cool Down	Jog 5min Stretch 10 min	Walk half mile	Jog 5min Stretch 10 min	Jog 5min Stretch 10 min	Weight Training: Full body-	Walk half mile