

WEEK OF JUNE 28, 2009

Focus

Aerobic Endurance (Cardiovascular Endurance)
Warming Up
Make sure to properly warm up and cool down before and after each training session.
Click here for an article about warming up – with some suggestions on the proper way to warm up.

Monday

Steady Jog for 15 minutes (Use the cross country trail if Albertus)
Fartlek Training Session A
Click the above link to see the workout. Realize there are 3 sessions listed. Make sure you are only doing the session listed for that day. Today is Session A.
50 Push Ups/50 Sit Ups

Tuesday

Practice 5:00 – 7:00 at Albertus

Wednesday

Steady Jog for 15 minutes (Use the cross country trail if Albertus)
Fartlek Training Session B
50 Push ups and 50 Sit ups

Thursday

Practice 5:00 – 7:00 at Albertus

Friday

Fartlek Training Session C
50 Push ups and 50 Sit ups