

WEEK OF JUNE 28, 2009

Focus

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| 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. |
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Monday

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| 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 |
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Tuesday

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| Practice 5:00 – 7:00 at Albertus |
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Wednesday

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

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| Practice 5:00 – 7:00 at Albertus |
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Friday

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| Fartlek Training Session C |
| 50 Push ups and 50 Sit ups |
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