

Vacation      Distance      WORK OUT

DO EVERY OTHER DAY

Example: Sat, Mon, Wed, Fri

DRINK a glass of water 10 minutes before workout

1. 5 minutes - Jog (about  $\frac{1}{2}$  mile)
2. 10 minutes - stretching
3. 5 minutes - "T" and "E" (do forward and backwards)
  - A. 50 yds High Knee walk (F & B)
  - B. 50 yds heel flicks (F & B)
  - C. 50 yds High Knee Skip (F & B)
4. Jog for 5 minutes (about  $\frac{1}{2}$  mile) - go directly into Race Pace for mile for one minute, go directly (without stopping) into a medium Jog for 5 minutes - go directly into a sprint for 30 seconds - go directly into 5 minute Jog.  
  
Repeat the 5 min Jog  $\rightarrow$  1 minute Race pace (for mile)  $\rightarrow$  5 min. medium Jog  $\rightarrow$  30 second sprint - for a total of 3 times (34 min. 30 sec.) without resting.
5. get a drink of water and stretch for total of five minutes.
6. Do five 50 yd. sprints / one minute rest between each
7. Easy Jog for five minutes
8. 10 minutes stretching.