

Do This Every Other Day Example sat., mon., wed., Fri.

Vacation SPRINT WORK OUT

Drink a glass of water 10 minutes before work out

1. Five minutes - Jog (about 1/2 mile)

2. Ten minutes stretching ()

3. Five minutes "T" and "E" AS follows:

A. 30 yds. High Knee walk forward

B. " " " " backward

C. " heel flicks forward

D. " " " " backward

E. " High Knee skip forward

F. " " " " backward

4. Jog for 5 minutes - Go into a sprint for 30 seconds (about 200 yds) go back to a Jog for 5 minutes, Repeat The Jog 5 minutes, sprint 30 seconds for a total of 5 sets with out Resting in between. (Total Time: 27 min 30 sec.)

5. get a drink of water and stretch for a total of 5 minutes (including water).

6. DO 3, 50 yds sprints with one minute rest between each.

7. Easy Jog for five minutes

8. 10 minutes stretching.