

# 8 Week Workout Plan

## Day 1 JOG

Week 1: 15 minutes  
 Week 2: 20 minutes  
 Week 3: 25 minutes  
 Week 4: 30 minutes  
 Week 5: 35 minutes  
 Week 6: 40 minutes  
 Week 7: 45 minutes  
 Week 8: 50 minutes

## Day 2 & 4 STRENGTH (see below)

## Day 3 SPRINTS

find area about 20 ft. long  
 do five sprints at full speed with 30 second rest in between each one  
 add on one sprint a week

## Day 5 DISTANCE RUN

Week 1: 1/4 mile  
 Week 2: 1/2 mile  
 Week 3: 12 minute distance run  
 Week 4: 1 mile and *log time*  
 Week 5: 1 mile  
 Week 6: 12 minute distance run  
 Week 7: 1.5 mile  
 Week 8: 1 mile and *log time*

## STRENGTH

WEEK 1	<b>Bridge</b> 2 sets 15 rep <b>Push Up</b> 2 sets 10 rep	<b>Squat</b> 2 sets 10 rep <b>Side Plank</b> 5 rep 10 sec hold	<b>Front Plank</b> 5 reps 10 sec hold <b>Superman</b> 2 set 10 rep
WEEK 2	<b>Bridge</b> 3 sets 15 rep <b>Push Up</b> 3 sets 10 rep	<b>Squat</b> 3 sets 10 rep <b>Side Plank</b> 5 rep 15 sec hold	<b>Front Plank</b> 5 reps 15 sec hold <b>Superman</b> 3 set 10 rep
WEEK 3	<b>Bridge</b> 3 sets 20 rep <b>Push Up</b> 3 sets 15 rep	<b>Squat</b> 3 sets 20 rep <b>Side Plank</b> 5 rep 20 sec hold	<b>Front Plank</b> 5 reps 20 sec hold <b>Superman</b> 3 set 15 rep
WEEK 4	<b>Bridge</b> 3 sets 25 rep <b>Plank to Push Up</b> 2 sets 10 rep	<b>Side Squat</b> 2 sets 10 rep <b>Bicycle Crunch</b> 2 rep 15 sec hold	<b>Full Arm Plank</b> 5 reps 20 sec hold <b>Crunch</b> 2 set 15 rep
WEEK 5	<b>Bridge</b> 3 sets 25 rep <b>Plank to Push Up</b> 3 sets 10 rep	<b>Side Squat</b> 3 sets 10 rep <b>Bicycle Crunch</b> 3 rep 15 sec hold	<b>Full Arm Plank</b> 3 reps 20 sec hold <b>Crunch</b> 3 set 15 rep
WEEK 6	<b>Bridge</b> 3 sets 30 rep <b>Plank to Push Up</b> 3 sets 15 rep	<b>Side Squat</b> 3 sets 15 rep <b>Bicycle Crunch</b> 3 rep 20 sec hold	<b>Full Arm Plank</b> 4 reps 20 sec hold <b>Crunch</b> 3 set 20 rep
WEEK 7	<b>Lunge</b> 3 sets 10 rep <b>Push Up</b> 2 sets 10 rep	<b>Jump Squat</b> 2 sets 10 rep <b>Side Plank</b> 5 rep 30 sec hold	<b>Front Plank</b> 5 reps 30 sec hold <b>Superman</b> 2 set 10 rep
WEEK 8	<b>Lunge</b> 3 sets 15 rep <b>Push Up</b> 2 sets 10 rep	<b>Jump Squat</b> 3 sets 10 rep <b>Side Plank</b> 5 rep 30 sec hold	<b>Front Plank</b> 5 reps 30 sec hold <b>Bicycle Crunch</b> 3 set 15 sec hold