



Weekly Training Regimen

Monday – All distances must be timed

500 jump rope
100 push ups
200 sit-ups
2 - 400 meters
1 Hill

Tuesday - Time

500 jump rope
100 push ups
200 sit-ups
2 - 800 meters

Wednesday - Time

500 jump ropes
100 push ups
200 sit-ups
8 - 100 meters

Thursday - Time

100 stair jumps
200 Bosu push-ups
1 mile run

Friday

Stretching

Saturday

Tournament