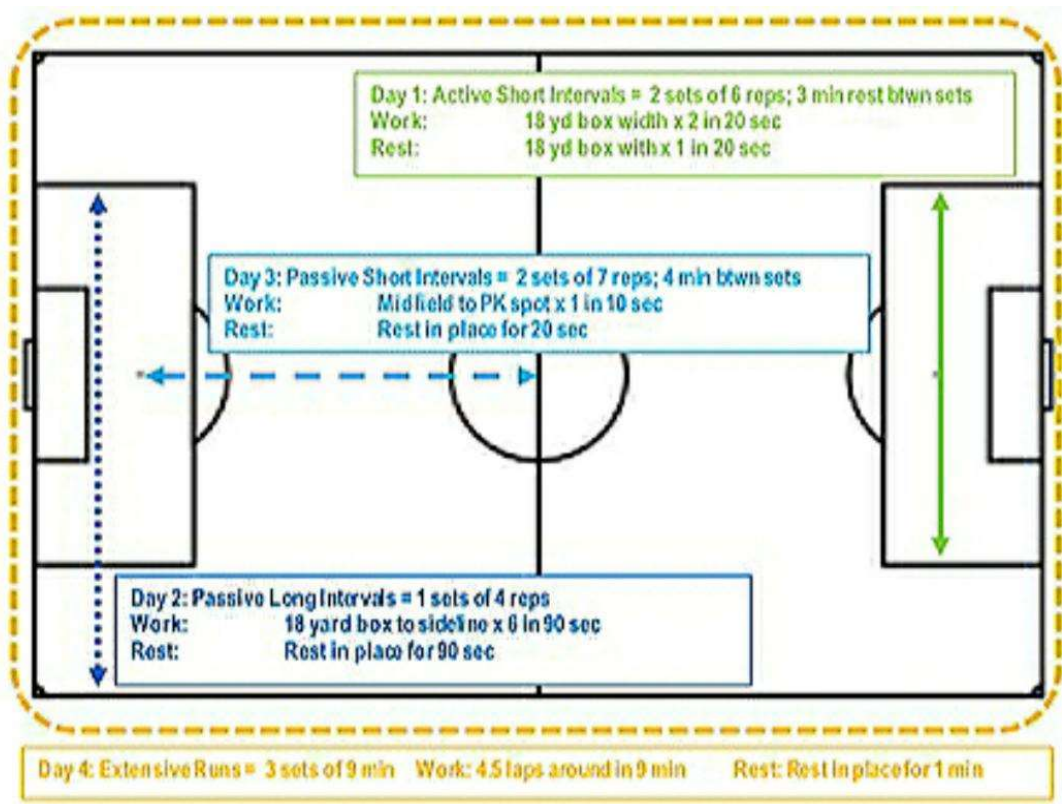


Date	Day	Type	Work Interval	Rest Interval	# of Shuttles	Amt of work	Rest Between Sets	Work distance (meters)
5-Jul	1	Active Short Intervals	20 sec	20 sec	2	2 sets of 6 reps	3 min	40
6-Jul	2	Passive Long Intervals	90 sec	90 sec	6	1 set of 4 reps	n/a	54
7-Jul	3	Passive Short Intervals	10 sec	20 sec	1	2 sets of 7 reps	3 min	45
8-Jul	4	Extensive Runs	9 min	n/a	n/a	3 sets	1 min	4.5 laps
9-Jul	5	Endurance	Report	n/a	n/a	1 set	n/a	2 miles



Day 1: Put two cones 40 meters apart. Sprint down and back in 20 sec. Jog to other side in 20 sec. Repeat 6 times. Rest for 3 minutes. REPEAT

Day 2: Put two cones 54 meters apart. Sprint down and back 6 times in 90 sec. Rest for 90 sec Repeat 4 times

Day 3: Put 2 cones 45 meters apart. Sprint to second cone in 10 sec. Rest for 20 sec. Repeat 7 times.

Repeat for second set

Day 4: Find a soccer field. Complete 4.5 laps around in 9 min. Rest or 1 min. Repeat 3 times.

Day 5: Send me your 2 mile time.