

Fitness Check:

Goal by Tryouts- 12 minute run on track 7-8 Laps (90 seconds per lap)

Week 1:

Day 1/Day 3:

30min Jog

3x 10 yard Sprint/10sec Recovery

3x 20 yard Sprint/30sec Recovery

3x 50 yard Sprint/45sec Recovery

Day 2/Day 4:

4x 25 Body Squats

4x 25 Standing Calf Raises (2 sets on each side)

20 Sit Ups

20 Elbow-Knee (opposite) crunches (1 set each side)

30sec Bicycles

30sec Plank

Week 2:

Day 1/Day 3:

40min Jog

5x 10 yard Sprint/10sec Recovery

5x 20 yard Sprint/30sec Recovery

5x 50 yard Sprint/45sec Recovery

1x 100 yard

Day 2/Day 4:

5x 25 Body Squats

4x 25 Standing Calf Raises (2 sets on each side)

25 Sit Ups

25 Elbow-Knee (opposite) crunches (1 set each side)

45sec Bicycles

45sec Russian Twists

45sec 6-inch leg lift

45sec Plank

Week 3:

Day 1/Day 3:

50min Jog

7x 10 yard Sprint/10sec Recovery

7x 20 yard Sprint/30sec Recovery

7x 50 yard Sprint/45sec Recovery

3x 100 yard Sprint/90sec Recovery

Day 2/Day 4:

5x 35 Body Squats

4x 35 Standing Calf Raises (2 sets on each side)

30 Sit Ups

30 Elbow-Knee (opposite) crunches (1 set each side)

1min Bicycles

1min Russian Twists

1min 6-inch leg lift

1min Plank

Week 4:

Day 1/Day 3:

60min Jog

10x 10 yard Sprint/10sec Recovery

10x 20 yard Sprint/30sec Recovery

10x 50 yard Sprint/45sec Recovery

5x 100 yard Sprint/90sec Recovery

Day2/Day4

5x 40 Body Squats

4x 40 Standing Calf Raises (2 sets on each side)

40 Sit Ups

40 Elbow-Knee (opposite) crunches (1 set each side)

1:15min Bicycles

1:15min Russian Twists

1:15min 6-inch leg lift

1:15min Plank

Week 5:

Day 1/Day 3:

70min Jog

12x 10 yard Sprint/10sec Recovery

12x 20 yard Sprint/30sec Recovery

12x 50 yard Sprint/45sec Recovery

7x 100 yard Sprint/90sec Recovery

Day2/Day4

5x 45 Body Squats

4x 45 Standing Calf Raises (2 sets on each side)

45 Sit Ups

45 Elbow-Knee (opposite) crunches (1 set each side)

1:30min Bicycles

1:30min Russian Twists

1:30min 6-inch leg lift
1:30min Plank

Week 6:

Day 1/Day 3:

80min Jog
15x 10 yard Sprint/10sec Recovery
15x 20 yard Sprint/30sec Recovery
15x 50 yard Sprint/45sec Recovery
10x 100 yard Sprint/90sec Recovery

Day2/Day4

5x 50 Body Squats
4x 50 Standing Calf Raises (2 sets on each side)
50 Sit Ups
50 Elbow-Knee (opposite) crunches (1 set each side)
1:45min Bicycles
1:45min Russian Twists
1:45min 6-inch leg lift
1:45min Plank