

Day	Workout
Monday	<p>22 Yard Shuttle Runs</p> <p>Set up two cones 22 yards apart. Aim to run to the far cone and back three times in 30 seconds. Take a 30 second break and repeat three times. Perform three sets in total. Take a three minute break between sets.</p> <p>Note: Increase the spacing between the cones to make the exercise more difficult.</p>
Tuesday	<p>Wind Sprints</p> <p>Start on the baseline of the soccer field. Run to the first line on the field and run back to the baseline. Run to the second line and repeat until you've reached every line on the field.</p> <p>Take a five minute break and repeat.</p> <p>Note: Try to improve your time each workout.</p>
Wednesday	Rest
Thursday	<p>30 Minute Run</p> <p>Perform a 30-minute run at an easy pace. After the run, stretch for about 20 minutes.</p> <p>Also complete the following circuit three times with two minutes between sets:</p> <p>Sit-Ups x 20 Wall Sit x 30 seconds Plank x 20 seconds Push-Ups x 20</p>
Friday	<p>One Mile Repeats</p> <p>Run a mile on a running track at a pace that challenging for you but that you can recover from in about five minutes.</p> <p>Take a five minute break and run a second mile. Aim for a time that's 15 seconds faster than your first mile.</p>

	Take another five minute rest and run a third mile that's 15 seconds faster than your second mile.
Saturday	Rest
Sunday	Rest

References:

http://images.pcmac.org/SiSFiles/Schools/GA/DouglasCounty/LithiaSpringsHigh/Uploads/Forms/Get_ready_and_fit_in_6wks.pdf