

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1.) 5 Jingle Jangles.....45 sec rest
 5 JJ.....45 sec rest
 8 JJ.....60 sec rest
 10 JJ.....60 sec rest
 10 JJ.....Finish

2.) 5 Jingle Jangles.....45 sec rest
 5 JJ.....45 sec rest
 8 JJ.....60 sec rest
 10 JJ.....60 sec rest
 10 JJ.....Finish

3.) Sprint Straight Away/Jog Ends
 4 Laps = 8 Sprints

4.) 2.5 mile run
 Record Time:

5.) 45 min run
 No set time. Run continuous 45 min.

6.) Rest Day

7.) Rest Day

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- 1.) 5 Jingle Jangles.....45 sec rest
- 5 JJ.....45 sec rest
- 8 JJ.....45 sec rest
- 10 JJ.....60 sec rest
- 10 JJ.....Finish

- 2.) 5 Jingle Jangles.....45 sec rest
- 5 JJ.....45 sec rest
- 8 JJ.....45 sec rest
- 10 JJ.....60 sec rest
- 10 JJ.....Finish

- 3.) Sprint Straight Away/Jog Ends
- 6 Laps = 12 Sprints

- 4.) 2.5 mile run
- Beat Week 1 time. Record Time:

- 5.) 45 min run
- No set time. Run continuous 45 min.

- 6.) Rest Day

- 7.) Rest Day

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....45 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

2.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....45 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

3.) Sprint Straight Away/Jog Ends
 8 Laps = 16 Sprints

4.) 2.5 mile run
 Beat Week 2 time. Record Time:

5.) 45 min run
 No set time. Run continuous 45 min.

6.) Rest Day

7.) Rest Day

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....45 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

2.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....45 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

3.) Sprint Straight Away/Jog Ends
 10 Laps = 20 Sprints

4.) 2.5 mile run
 Beat Week 3 time. Record Time:

5.) 45 min run
 No set time. Run continuous 45 min.

6.) Rest Day

7.) Rest Day

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....30 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

2.) 5 Jingle Jangles.....30 sec rest
 8 JJ.....30 sec rest
 8 JJ.....45 sec rest
 10 JJ.....60 sec rest
 15 JJ.....Finish

3.) Sprint Straight Away/Jog Ends
 12 Laps = 24 Sprints

4.) 2.5 mile run
 Beat Week 4 time. Record Time:

5.) 45 min run
 No set time. Run continuous 45 min.

6.) Rest Day

7.) Rest Day