

# Preseason Training Regimen

The following program will ensure you show up with great endurance and a strong core.

	Week 1	Week 2	Week 3	Week 4
Mon	<b>morning:</b> Light jog/walk: 30-40 minutes.  <b>afternoon/evening:</b> Push-ups: 10 x 3,8 x 3,6 x 3 reps Sit-ups: 10 x 3,8 x 3,6 x 3 reps 6 inch leg lifts: 30 seconds x 3 reps	<b>morning:</b> 1 mile run  <b>afternoon/evening:</b> Full body weight training Push-ups: 16 x 3,14 x 3,12 x 3 reps Sit-ups: 16 x 3,14 x 3,12 x 3 reps 6 inch leg lifts: 1:15 x 3 reps	<b>morning:</b> 1.5 mile run < 11:57  <b>afternoon/evening:</b> Full body weight training Push-ups: 22 x 3,20 x 3,18 x 3 reps Sit-ups: 22 x 3,20 x 3,18 x 3 reps 6 inch leg lifts: 2:00 x 3 reps	<b>morning:</b> 2 mile run < 16:45  <b>afternoon/evening:</b> Full body weight training Push-ups: 28 x 3,26 x 3,24 x 3 reps Sit-ups: 28 x 3,26 x 3,24 x 3 reps 6 inch leg lifts: 2:45 x 3 reps
Tue	<b>morning:</b> Swim 300m or Bike 3 miles	<b>morning:</b> Swim 500m or Bike 5 miles	<b>morning:</b> Swim 700m or Bike 7 miles	<b>morning:</b> Swim 900m or Bike 9 miles
Wed	<b>morning:</b> 1 mile run  <b>afternoon/evening:</b> Push-ups: 12 x 3,10 x 3,8 x 3 reps Sit-ups: 12 x 3,10 x 3,8 x 3 reps 6 inch leg lifts: 45 seconds x 3 reps	<b>morning:</b> 1.5 mile run  <b>afternoon/evening:</b> Full body weight training Push-ups: 18 x 3,16 x 3,14 x 3 reps Sit-ups: 18 x 3,16 x 3,14 x 3 reps 6 inch leg lifts: 1:30 x 3 reps	<b>morning:</b> 1.5 mile run < 8:55  <b>afternoon/evening:</b> Full body weight training Push-ups: 24 x 3,22 x 3,20 x 3 reps Sit-ups: 24 x 3,22 x 3,20 x 3 reps 6 inch leg lifts: 2:15 x 3 reps	<b>morning:</b> 2 mile run < 14:15  <b>afternoon/evening:</b> Full body weight training Push-ups: 30 x 3,28 x 3,26 x 3 reps Sit-ups: 30 x 3,28 x 3,26 x 3 reps 6 inch leg lifts: 3:00 x 3 reps
Thu	<b>morning:</b> Swim 400m or Bike 5 miles	<b>morning:</b> Swim 600m or Bike 6 miles	<b>morning:</b> Swim 800m or Bike 8 miles	<b>morning:</b> Swim 1000m or Bike 10 miles
Fri	<b>morning:</b> 1 mile run  <b>afternoon/evening:</b> Push-ups: 14 x 3,12 x 3,10 x 3 reps Sit-ups: 14 x 3,12 x 3,10 x 3 reps 6 inch leg lifts: 1:00 x 3 reps	<b>morning:</b> 1.5 mile run  <b>afternoon/evening:</b> Full body weight training Push-ups: 20 x 3,18 x 3,16 x 3 reps Sit-ups: 20 x 3,18 x 3,16 x 3 reps 6 inch leg lifts: 1:45 x 3 reps	<b>morning:</b> 1.5 mile run < 8:08  <b>afternoon/evening:</b> Full body weight training Push-ups: 26 x 3,24 x 3,22 x 3 reps Sit-ups: 26 x 3,24 x 3,22 x 3 reps 6 inch leg lifts: 2:30 x 3 reps	<b>morning:</b> 2 mile run < 13:30  <b>afternoon/evening:</b> Full body weight training Push-ups: 32 x 3,30 x 3,28 x 3 reps Sit-ups: 32 x 3,30 x 3,28 x 3 reps 6 inch leg lifts: 3:15 x 3 reps