Do this workout at least three times over the break.

Warm up with 10 to 15 minutes of easy jogging, swimming or cycling and then perform the following exercises in order. Move quickly from exercise to exercise, but don't perform the exercises themselves too quickly (don't sacrifice good form just to get them done in a hurry).

1. Run 400 meters (.25 miles = track lap) in 1:20 seconds
2. Complete 36 sit ups
3. Perform 15 squat thrusts with jumps (burpees)
4. Do 10 push ups
5. Complete 50 body-weight squats (fast)
6. Run 400 meters (.25 miles = one track lap) in 1:25 seconds
7. Do 50 body squats
8. Run 400 meters (.25 miles = one track lap) in 1:30 seconds
9. Perform 36 sit ups.
10. Do 15 push ups
11. Complete 15 lunges with each leg
12. Stretch…stretch…stretch

**Distance runners** – add at least 3 days of long running, a minimum of 40 minutes at a “breathless” pace. Go to the beach and run in the sand if you can

**Sprinters** - add at least 25 minutes of a distance run. Go to the beach and run in the sand if you can.

**Jumpers -** work on your power moves, skipping, and broad jump.