

5 Week Rotating Off Season Workout

This schedule rotates back around on the sixth week.

	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Core Work I Jump Set 321 2-Mile Run	Core Work II	Core Work III	Core Work II	Core Work I
Tuesday	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent
Wednesday	Core Work I 1-Mile Run Ankle/Calf Set	Core Work I	Core Work II	Core Work I	Core Work II
Thursday	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent	10k Run YMCA Course Or Equivalent
Friday	Core Work I	Core Work II	Core Work I	Core Work II	Core Work III
Saturday	5k Race or 30 Minute Run	5k Race or 2-Mile Run	5k Race or 30 Minute Run	5k Race or 4-Mile Run	5k Race or 45 Minute Run
Sunday	Stretch/Rest	Stretch/Rest	Stretch/Rest	Stretch/Rest	Stretch/Rest