

~ January 2015 ~						
◀ December						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fitness Warm up: 35-45min run	2 Weights. Fitness Warm Up. Workout: 10x100m every 60 secs.(run barefoot on the football field if possible) mile pace. Fitness Cool down.	3 35-45 min run
4	5 Weights. Fitness Warm Up. Workout: 2x500m, 2x400m, 2x300m @ 2 mile pace with equal recovery. Fitness Cool down with 6 stadium lunges.	6 Speed Warm Up. Workout: 2(4x40m) Hill Sprints with 3 min walk back recovery and 10 mins rest between sets. Speed Cool down.	7 Weights. Tempo Warm Up. Workout: 2(3x200m) (Paseo Grande Rd) @800m pace with walk back rest and 10min walk between sets. Tempo Cool down with 6-8 stadium lunges.	8 Fitness Warm up. 35-45 min run.	9 Weights. Fitness Warm Up. Workout: 10x100m every 60 secs.(run barefoot on the football field if possible) mile pace. Fitness Cool down with 4x15m forward lunges on Track or turf	10 Fitness Warm up. 35-45 min run.
11	12 Weights. Tempo Warm up Workout: 6-8x 400m at 2 mile pace with equal time recovery. Tempo Cool down with 6 stadium lunges.	13 Speed Warm Up Workout: 2(4x40m) Hill Sprints with 3 min walk back recovery and 6 mins between sets. Speed cool down.	14 Weights. Tempo Warm Up. Workout: 2(3x200m) (Paseo Grande Rd) @800m pace with walk back rest and 10min walk between sets. Tempo Cool down with 6-8 stadium lunges	15 Fitness Warm Up. 35-45 min run	16 Weights. Fitness Warm Up. Workout: 10x100m every 60 secs.(run barefoot on the football field if possible) mile pace. Fitness Cool down with 4x15m forward lunges on Track or turf.	17 Fitness Warm Up. 35-45 min run
18	19 Weights. Tempo Warm up. Workout: 6-8 500m @ 2mile pace with 100m walk back recovery. Tempo cool down with 6 stadium lunges.	20 Speed Warm Up. Workout: 2(4x40m) Hill Sprints with 3 min walk back recovery and 6 mins rest between sets. 4x30m sprints on the Track with 3 min walk back recovery. Speed Cool down.	21 Weights. Tempo Warm Up. Workout: 2(3x200m) (Paseo Grande Rd) @800m pace with walk back rest and 10min walk between sets. Tempo Cool down with 6-8 stadium lunges	22 Fitness Warm Up. 35-45 min run.	23 Weights. Fitness Warm Up. Workout: 10x100m every 60 secs.(run barefoot on the football field if possible) mile pace. Fitness Cool down with 4x15m forward lunges on Track or turf.	24 Fitness Warm Up. 35-45 min run.
25	26 Weights. Fitness Warm Up. Workout: 600m, 500m, 400m, 400m, 500m, 600m. @ 2 mile pace with equal time recovery. Fitness Cool down with 6 stadium lunges.	27 Tempo Warm Up. Workout: 2(3x200m) (Paseo Grande Rd) @800m pace with walk back rest and 10min walk between sets. Tempo Cool down	28 Weights. Speed Warm Up. Workout: 2(4x40m) Hill Sprints with 3 min walk back recovery and 6 mins rest between sets. 4x30m sprints on the Track with 3 min walk back recovery. Speed Cool down.	29 Fitness Warm up 35-45 min run	30 Weights. Fitness Warm Up. Workout: 10x100m every 60 secs.(run barefoot on the football field if possible) mile pace. Fitness Cool down with 4x15m forward lunges on Track or turf.	31 Fitness Warm up 35-45 min run

More Calendars: [February](#), [March](#), [April](#)

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