**SPRING BREAK WORKOUT!!!!**

**Every day complete 50 Rowboats & pick 5 or more ABS along with your run.**

* Monday
  + 200m
  + 400m
  + 800m
  + 1200m
  + 1600m
  + 1200m
  + 800m
  + 400m
  + 200m
    - 2-3 minutes of rest between
* Tuesday
  + Run 10 minutes to get warmed up
  + 50 meters of each (or 5 houses) five times.
    - 50% Effort
    - 60% Effort
    - 70% Effort
    - 80% Effort
    - 90% Effort
    - 100% SPRINT
* Wednesday
  + Run two miles at a 80% pace
* Thursday
  + 10 Hills
  + Run 4 800’s
    - Full rest in between
* Friday
  + 3 Hornet Loops or Run for 20 minutes without stopping.

ABS

* 25 Crunches
* 25 Sit-ups
* 25 Squeezes
* 50 Russian Twists (L/R=1)
* 30 Plank Walk Ups
* 40 Shoulder Taps
* 24 Jacknives (R/L=2)
* 20 Banana Rolls
* 15 Right Hip Dips
* 15 Left Hip Dips
* 45 Second Lower Plank
* 40 Bicycle Crunches
* 35 90\* Crunches
* 20 Leg Drops
* 20 Side Leg Drops (R/L=2)