

ERIN SIMMONS FITNESS

WEEKLY WORKOUT PLAN #1

<u>Day</u>	<u>Cardio</u>	<u>Workout</u>
Monday	15-30 minute warm up on gym cardio equipment (i.e. bike, elliptical, treadmill)	<p>LEGS</p> <ol style="list-style-type: none"> 1. Leg Press 2. Single Leg Squats 3. Calf Raises on Military Press 4. Leg Extension 5. Hamstring Curl 6. Prisoner Squats with Kettle Bell <p>ABS</p> <ol style="list-style-type: none"> 1. Russian Twists 2. Leg Raises 3. V-Ups 4. Flutter Kicks 5. Toe Touches (with weight)
Tuesday	<p>Long Run (3+ miles)</p> <p>-or-</p> <p>Sprint Workout</p> <p>-Ladders (50m, 100m, 150m, 200m, 250m x 2, 200m, 150m, 100m, 50m)</p>	<p>ABS</p> <ol style="list-style-type: none"> 1. Plank (60 seconds) 2. Side Plank (30 seconds each side) 3. Sit Ups 4. Oblique Crunch
Wednesday	Long Swim (500 + yards)	Whole Body Resistance or Suspension Training (use resistance bands or TRX and pick one of their workouts to follow)
Thursday	<p>Long Run (3+ miles)</p> <p>-or-</p> <p>Long Bike (13+ miles)</p> <p>-or-</p> <p>Sprint Workout</p> <p>- 2 laps (on 400m track) of run 100m, walk or jog back 50m (1 lap is equal to</p>	<p>ABS</p> <ol style="list-style-type: none"> 1. Bicycle 2. Double Crunch 3. Oblique Ankle Touches 4. Bent Leg V-Ups 5. Frog Leg Sit-Ups

7 x 100m sprints)

Friday

15-30 minute warm up on gym cardio equipment (i.e. bike, elliptical, treadmill)

Lift

1. Upright Seated Dumbbell Press
2. Dumbbell or Barbell Curls
3. Shoulder Flies - side
4. Shoulder Flies - forward
5. Seated Row
6. Lat Pulldowns
7. Bench Press or Push Press

ABS - Stability Ball

1. Push Up Hold
2. Super Crunch
3. Alternate Leg Sit Ups
4. V-Ups
5. Dead Bugs
6. Knee Tucks
7. Hamstring Curls
8. Oblique Crunch

Saturday

Short Run (1.5+ miles)

Body Weight Workout

1. Pullups
2. Pushups
3. Dips
4. Squats

Sunday

Short Run or Walk

Active Recovery

-Your choice of abs, resistance bands, and/or stretching