

# The One Sheet

Dates	Week	Day	Distance Running			Juggle for 5 minutes	Push-ups			Sit-Ups			Squat-Thrusts		Sprints (Grass)	
5.30-6.5	1	Day 1	1 mile	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 1	Done? <input type="checkbox"/>	25 X 1	Done? <input type="checkbox"/>	25 X 1	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
		Day 2	1 mile	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 2	Done? <input type="checkbox"/>	25 X 2	Done? <input type="checkbox"/>	25 X 2	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
		Day 3	2 mile	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 2	Done? <input type="checkbox"/>	25 X 2	Done? <input type="checkbox"/>	25 X 2	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
6.6-6.12	2	Day 4	1 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 1	Done? <input type="checkbox"/>	30 X 1	Done? <input type="checkbox"/>	30 X 1	Done? <input type="checkbox"/>	5 X 40 BWD	Done? <input type="checkbox"/>		
		Day 5	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	5 X 30 BWD	Done? <input type="checkbox"/>		
		Day 6	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	5 X 30 BWD	Done? <input type="checkbox"/>		
6.13-6.19	3	Day 7	1 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	30 X 2	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
		Day 8	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
		Day 9	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
6.20-6.26	4	Day 10	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	5 X 40 BWD	Done? <input type="checkbox"/>		
		Day 11	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	5 X 40 BWD	Done? <input type="checkbox"/>		
		Day 12	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	5 X 40 BWD	Done? <input type="checkbox"/>		
6.27-7.3	5	Day 13	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	5 x 40 yards	Done? <input type="checkbox"/>		
		Day 14	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
		Day 15	4 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 1	Done? <input type="checkbox"/>	15 X 1	Done? <input type="checkbox"/>	15 X 1	Done? <input type="checkbox"/>	5 x 30 yards	Done? <input type="checkbox"/>		
7.4-7.10	6	Day 16	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	3 X 30 BWD	Done? <input type="checkbox"/>		
		Day 17	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	20 X 2	Done? <input type="checkbox"/>	3 X 30 BWD	Done? <input type="checkbox"/>		
		Day 18	4 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	15 X 2	Done? <input type="checkbox"/>	3 X 30 BWD	Done? <input type="checkbox"/>		
7.11-7.17	7	Day 19	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	5 X 50 yards	Done? <input type="checkbox"/>		
		Day 20	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	5 X 40 yards	Done? <input type="checkbox"/>		
		Day 21	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	5 X 40 yards	Done? <input type="checkbox"/>		
7.18-7.24	8	Day 22	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	5 X 50 BWD	Done? <input type="checkbox"/>		
		Day 23	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	5 X 50 BWD	Done? <input type="checkbox"/>		
		Day 24	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	30 X 3	Done? <input type="checkbox"/>	5 X 50 BWD	Done? <input type="checkbox"/>		
7.25-7.31	9	Day 25	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 4	Done? <input type="checkbox"/>	15 X 4	Done? <input type="checkbox"/>	15 X 4	Done? <input type="checkbox"/>	3 X 30 yards	Done? <input type="checkbox"/>		
		Day 26	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 4	Done? <input type="checkbox"/>	15 X 4	Done? <input type="checkbox"/>	15 X 4	Done? <input type="checkbox"/>	3 X 30 yards	Done? <input type="checkbox"/>		
		Day 27	4 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	15 X 3	Done? <input type="checkbox"/>	3 X 30 yards	Done? <input type="checkbox"/>		
8.1-8.7	10	Day 28	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	10 X 50 BWD	Done? <input type="checkbox"/>		
		Day 29	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	20 X 3	Done? <input type="checkbox"/>	10 X 30 BWD	Done? <input type="checkbox"/>		
		Day 30	2 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	25 X 3	Done? <input type="checkbox"/>	10 X 50 BWD	Done? <input type="checkbox"/>		
8.8-8.11	11	Day 31	3 miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 4	Done? <input type="checkbox"/>	25 X 4	Done? <input type="checkbox"/>	25 X 4	Done? <input type="checkbox"/>	5 X 50 yards	Done? <input type="checkbox"/>		
		Day 32	2 Miles	Done? <input type="checkbox"/>	Time:	Max Touches:	25 X 4	Done? <input type="checkbox"/>	25 X 4	Done? <input type="checkbox"/>	25 X 4	Done? <input type="checkbox"/>	5 X 50 yards	Done? <input type="checkbox"/>		