

The One Sheet

Dates	Week	Day	Distance Running			Juggle for 5 minutes	Push-ups		Sit-Ups		Squat-Thrusts		Sprints (Grass)		Proverbs
5.29-6.4	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"/>	1
		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"/>	2
		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"/>	3
6.5-6.11	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"/>	4
		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"/>	5
		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
6.12.6.18	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"/>	7
		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"/>	8
		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"/>	9
6.19-6.25	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"/>	10
		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"/>	11
		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"/>	12
6.26-7.2	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"/>	13
		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"/>	14
		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"/>	15
7.3-7.9	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"/>	16
		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"/>	17
		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"/>	18
7.10-7.16	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"/>	19
		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"/>	20
		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"/>	21
7.17-7.23	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"/>	22
		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"/>	23
		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"/>	24
7.24-7.30	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"/>	25
		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"/>	26
		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"/>	27
7.31-8.6	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"/>	28
		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"/>	29
		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"/>	30
8.7-8.10	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"/>	31
		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"/>	