

Eagle Athletics
Progressive Summer Conditioning Program (4-5 days/week)

Each week recommends a daily workout, to be engaged in 4 to 5 times for that week

Week 1

Aerobic training: run 5 min/walk 3 min (repeat 3 times)
Strength training: 1 set pushups (10 reps) + 2 sets crunches (12 reps)
Flexibility: upper and lower body exercises (10 minutes)
Spiritual training: read Mark 12:30

Week 2

Aerobic training: run 5 min/walk 3 min (repeat 3 times)
Strength training: 1 set pushups (12 reps) + 2 sets crunches (15 reps)
Flexibility: upper and lower body exercises (10 minutes)
Spiritual training: read 1 Cor. 9:24-26

Week 3

Aerobic training: run 5 min/walk 3 min (repeat 4 times)
Strength training: 2 sets pushups (15 reps) + 3 sets crunches (15 reps)
Flexibility: upper and lower body exercises (10 minutes)
Spiritual training: read Phil. 3:7-14

Week 4

Aerobic training: run 7 min/walk 2 min (repeat 3 times)
Strength training: 2 sets pushups (15 reps) + 3 sets crunches (20 reps)
Flexibility: upper and lower body exercises (12 minutes)
Spiritual training: read Prov. 10:9

Week 5

Aerobic training: run 8 min/walk 2 min (repeat 3 times)
Strength training: 2 sets pushups (15+ reps) + 4 sets crunches (15 reps)
Flexibility: upper and lower body exercises (12 minutes)
Spiritual training: read 2 Tim. 2:5

Week 6

Aerobic training: run 9 min/walk 2 min (repeat 3 times)
Strength training: 3 sets pushups (12 reps) + 4 sets crunches (15 reps)
Flexibility: upper and lower body exercises (12 minutes)
Spiritual training: read 1 Cor. 12:12-27

Week 7

Aerobic training: run 12 min/walk 2 min (repeat 3 times)
Strength training: 3 sets pushups (12+reps) + 4 sets crunches (15 reps)
Flexibility: upper and lower body exercises (15 minutes)
Spiritual training: read Prov. 4:40-27

Weeks 8 & 9

Aerobic training: run 14 min/walk 90 seconds (repeat 3 times)
Strength training: 3 sets pushups (15 reps) + 4 sets crunches (15+ reps)
Flexibility: upper and lower body exercises (15+ minutes)
Spiritual training: read Psalm 119