

WORK-OUT PLAN

Run three miles in an area that you are comfortable with. Be able to finish the run without stopping. Begin speeding up after being able to run the entire three miles.

Once a week perform wind sprints for 200 meters. Do this four times in the session.

Perform three sets of push-ups. Be able to complete 20 to 25 in the sets. Also perform three sets of sit-ups. Complete 20 to 30 reps per set. Do the sit-ups unassisted. In other words, do not have someone hold the feet and do not hook the feet under anything that will hold them down. This will improve sit-ups much more.

Stretch on a consistent basis.

Perform a basic weight lifting program twice a week.