Anaerobic Workout—50-60 minutes

Warm-up: 10 minutes

* Jog/skip/gallop/side step 2 laps
* Jog 10 meters, do 10 squats
* Jog 10 meters, do 20 alternating lunges
* Jog 10 meters, do 10 inchworms
* Jog 10 meters, open the gate 20 times
* Jog 10 meters, close the gate 20 times
* 10 leg swings each direction and each leg

Workout: 30 minutes

* 5x200 meter sprints, rest is 5 minutes
* 8 minute abs: crunches, side crunches, bum lifts, leg lifts

Cool Down: 10 minutes

* Slow jog 2 laps
* Static stretches, holding 15-20 sec
  + Quads, hamstrings, calves, hip flexors, IT band, back