

### SOS 15-Minute Footwork

Insidess Toe-Taps Flicks	Inside-Stop Inside-Settle Chops	Roll-Stop Roll-Settle Triples	Push-Stop V's Hop Chops	Stilettoes Push-Push-Cross Scissors-Push
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### SOS 15-Minute Core

#### **Holdes & Burpees**

- V holds/regular burpees
- up-down holds/right leg burpees
- open-close holds/left leg burpees

#### **Planks & Squats**

- prone planks/regular squats
- right hand planks/goblet squats
- left hand planks/drop-down squats

#### **Push-Ups & Lunges**

- push-ups/forward lunges
- push-ups/side lunges
- push-ups/jumping lunges

### Running Pyramids :

Day 1: 1 miles

Day 2: 1.5 miles

Day 3: 2 miles

Day 4: Optional Rest Day

Day 5: 1.5 miles

Day 6: 1 miles

Day 7: Optional Rest Day

## Sample Weekly Workout Assignments –

<b>Monday</b>	
SOS 1-Mile Run	Time
SOS 15-Minute Footwork/Core	
<b>Tuesday</b>	
SOS 15-Minute Footwork	
SOS 1.5-Mile Run	Time
<b>Wednesday</b>	
SOS 2-Mile Run	Time
SOS 15-Minute Footwork	
<b>Thursday</b>	
SOS 15-Minute Footwork	
SOS 15-Minute Core	
<b>Friday</b>	
SOS 15-Minute Footwork	
SOS 1.5-Mile Run	Time
<b>Saturday</b>	
SOS 15-Minute Footwork	
SOS 1-Mile Run	Time
<b>Sunday</b>	
SOS 15-Minute Footwork	
SOS 15-Minute Core	

