



Run and Pray Skip Workout Planner

A jump rope does not let you coast; every session is self-control in practice (1 Corinthians 9:25 to 27).

This week's purpose (why I'm training): _____

Tracks: Foundation / Building Endurance / Conditioning Circuit

Day	Track & Duration	Prayer Focus	Done	Notes
Mon			☐	
Tue			☐	
Wed			☐	
Thu			☐	
Fri			☐	
Sat			☐	
Sun			☐	

End-of-week reflection

- What did I offer up this week, and for whom?

- Where did I want to skip a session, and what did I do instead?

- One thing to carry into next week:

Example week: every track at its shortest (10-minute) length

Same tracker as the page before it, filled in as a worked example, not a week to copy exactly.

Day	Track & Duration	Prayer Focus	Done	Notes
Mon	Foundation: warm-up 2 min, jump 20 sec / rest 40 sec x5 (5 min), cooldown 3 min	A Hail Mary during each rest interval	☒	First time in years; kept catching the rope on interval 2
Tue	Rest		☐	
Wed	Building Endurance: warm-up 2 min, jump 30 sec / rest 30 sec x6 (6 min), cooldown 2 min	A decade spread across the rest intervals	☒	Could string together more consecutive jumps than expected
Thu	Rest		☐	
Fri	Conditioning Circuit: warm-up 2 min, circuit 2 rounds (6 min), cooldown 2 min	Offered round 1 for my wife, round 2 for a decision I'm wrestling with	☒	Push-ups were the hardest part, not the rope
Sat	Rest		☐	
Sun	Rest		☐	

Shortest-session numbers for Foundation, Building Endurance, and Conditioning Circuit drawn directly from the Jump Rope Starting Programs page's 10-minute column. The Conditioning Circuit's two rounds are rope 40 sec, squats 40 sec, rope 40 sec, push-ups 40 sec, rest 20 sec, per round.