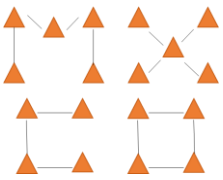


Monday, 3/16	Tuesday, 3/17	Wednesday, 3/18	Thursday, 3/19	Friday, 3/20	Saturday, 3/21	Sunday, 3/22
<b>Long-Distance Running</b>	<b>Sprint and Body Weight Workout</b>	<b>Stickwork and Fitness Combined</b>	<b>Footwork and Recovery</b>	<b>Interval Training</b>	<b>Cross-Training</b>	<b>Rest</b>
-Run 2 Miles as fast as you can (Finish under 15:00)  -Run 1 additional mile as a cool down (Finish under 10:00)	Sprint Workout: (Place cones 25 yards apart); Sprint: -25 yd x 10 (rest :05 between reps) -50 yd x 6 (rest :15 between reps) -100 yd x 3 (rest :45 between reps) -300 yd x 1  Body Weight: -Push Ups x5 -Squats x5 -Burpees x5 -Split-Squat Jumps x5 Repeat x3  Wall-Ball Routine: -1H Right QS x25 -1H Left QS x25 -1H Offside Right x25 -1H Offside Left x25 -1H Flick Right x25 -1H Flick Left x25 Repeat x3	Workout: -1H Right QS x10 -10 yd Sprint x2 -1H Left QS x10 -10 yd agility x2 -1H Offside Right QS x10 -10 yd Sprint x2 -1H Offside Left QS x10 -10 yd agility x2 Repeat Workout x5  Ab Circuit: -Crunches x25 -Sit ups x15 -Toe touches x25 -V-Ups x15 Repeat x3	Footwork (w/stick in hand and ball in stick): Letter & Box Drills – Use cones to create the letters “M” “X” “C” and “O”   -Cones 5-7 yd apart, use a combination of sprint, backpedal and slide shuffle to maneuver thru the pattern; each set at 100% Repeat each letter x3  Recovery Suggestions: -Meditation -Foam rolling/ stretching	Sprint Interval: -Jog, :10 -Sprint, :30 -Walk, :10 -Sprint: 10 Repeat x8 (No rest between sets) <b>OR</b> Bike Interval (Road or stationery): Put bike at medium tension -Sprint, :15 -Recover: 15 -Sprint, :30 -Recover, :30 -Sprint, 1:00 -Recover, 1:00 Repeat x4  Wall-Ball Routine: -2H Right QS x25 -2H Left QS x25 -2H Offside Right x25 -2H Offside Left x25 -BTB x25 Repeat x3	Suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates	Off-day; drink lots of fluids, eat healthy, focus on school work

**Fitness Key:**  
 Rest :05 = Rest for 5 seconds  
 15:00 = 15 minutes  
 Agilities examples: Skipping, High-knees, Butt-kicks, Back-pedal, Carioca, Slide-Shuffle, Drop-stepping

**Stickwork Key:**  
 1H = 1 Hand, 2H = 2 Hands  
 QS = Quicksticks  
 Flick = underhand toss at hip  
 Wall-ball Routine = Can also be done with a sibling or parent