

Monday, 3/23	Tuesday, 3/24	Wednesday, 3/25	Thursday, 3/26	Friday, 3/27	Saturday, 3/28	Sunday, 3/29
<p>Long-Distance Running</p> <p>Workout: -Run 1 mile as fast as you can; rest 1:30 -Jog ½ mile recovery -Run 1 mile as fast as you can; rest 1:30 -Jog ½ mile recovery</p> <p>Wall-Ball Routine: -2H Right QS x25 -2H Left QS x25 -1H Right QS x25 -1H Left QS x25 -2H CSP* x25</p>	<p>Sprint and Body Weight Workout</p> <p>Sprint workout: (Place 4 cones 5 yds apart; start at the first cone)</p> <p>Pattern = first cone and back, second cone and back, third cone and back - 5yd, 10yd, 15 yd shuttle; 4 sets below; each set repeats 5 times; rest 2:00 between sets -Sprint -Slide shuffle -Face forward – sprint forward and back pedal to starting cone -Sprint</p> <p>Body Weight: -Inchworm/push up x10 -Squats x10 -Bridge walks x10 -Push up/plank x10 Repeat x 3</p>	<p>Stickwork and Fitness Combined</p> <p>Fitness Builder: <i>(Complete the first exercise and required amount; the complete the first exercise and then the second exercise; complete the first exercise plus the second plus the third; etc.)</i> -2H Right QS x10 -2H Left QS x10 -10 yd sprint x10 -2H CSP* x10 -Burpees x10 -2H BTB x10 -10 yd agilities x10 Repeat x2</p> <p>Core Workout: -V-Ups x10 -Superman x10 -Suitcase crunch x10 Repeat x5</p>	<p>Footwork and Recovery</p> <p>Footwork: Jump rope – 5 sets below, 2:00 each set; rest 1:00 between sets -Alternating 1 Foot Hop (:15 each foot, switch feet 8 times) -Skipping (either in place or on move) -Cross-overs and double-unders -Recovery jump -Fast as you can (as many jumps as you can)</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Interval Training</p> <p>Hill Interval: Find a hill in your neighborhood or yard -Sprint up hill, :15 -Jog down -Sprint up hill, :15 -Walk down Repeat x10 OR Bike Interval: (Hill tension = stand-up pedaling) -Hill tension, :15 -Easy tension, :15 -Hill tension, :15 -Easy tension, :30 Repeat x10</p> <p>Wall-Ball Routine: -2H Right QS x25 -2H Left QS x25 -2H Catch Strong, Throw Offside Right x25 -2H Catch Strong, Throw Offside Left x25 -2H Catch Offside, Throw Strong Right x25 -2H Catch Offside, Throw Strong Left x25</p>	<p>Cross-Training</p> <p>Cross-Train 30:00-60:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Rest</p> <p>Off-day; drink lots of fluids, eat healthy, focus on school work</p>

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
 CSP = Catch, Switch, Pass (i.e. catch right, switch, throw left)
 BTB = Behind-the-back