
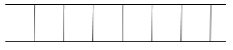


Monday, 3/30	Tuesday, 3/31	Wednesday, 4/1	Thursday, 4/2	Friday, 4/3	Saturday, 4/4	Sunday, 4/5
<b>Long-Distance Running</b>	<b>Sprint and Body Weight Workout</b>	<b>Stickwork and Fitness Combined</b>	<b>Footwork and Recovery</b>	<b>Interval Training</b>	<b>Cross-Training</b>	<b>Rest</b>
<p><b>Workout:</b>                      -Run 2 miles as fast as you can; cool down with 1 mile of jog recovery</p> <p><b>Wall-Ball Routine:</b>                      -2H Right QS x10                      -2H Right BOS* QS x10                      -2H Left QS x10                      -2H Left BOS QS x10                      -2H Alternating QSx10                      -2H Alternating BOS QS x10</p>	<p><b>Sprint workout:</b>                      (Place 2 cones 25 yds apart; a 300 yd shuttle means a sprint to the far cone and back 6 times)</p> <p>-300 yd shuttle x 2                      (Rest 1:30 btw 300s)                      -Front plank, 1:00                      -Right side plank, :30                      -Left side plank, :30                      -Front plank, 1:00                      Repeat x 2</p> <p><b>Body Weight:</b>                      -High Plank Shoulder Taps, :30                      -Walking Lunges, :30                      -Mountain Climbers, :30                      -Broad Jumps, :30</p>	<p><b>Workout:</b>                      (Place 6 cones 5 yards apart on the diagonal)                      Click <a href="#">HERE</a> to view a demo of the workout;                      Rest 2:00 btw sets</p>  <p><b>Set 1: Repeat x3</b>                      -Sprint                      -1H Right Cradle                      -Sprint (w/hand touch)                      -1H Left Cradle</p> <p><b>Set 2: Repeat x3</b>                      -D Slide Shuffle (Left)                      -2H Right Cradle                      -D Slide Shuffle (Right)                      -2H Left Cradle                      Repeat x 3</p> <p><b>Set 3: Repeat x3</b>                      -Sprint/backpedal                      -Split Dodges                      -Drop-step                      -Roll Dodges</p> <p><b>Core Workout:</b>                      -Crunches x50                      -Toe Touches x50                      -Russian Twists x50                      -Crunches x50</p>	<p><b>Footwork:</b>                      Ladder Drills (If you don't have an agility ladder, use chalk on your driveway to draw one)</p>  <p><b>Set 1: Front/Back</b>                      -2 IN Forward                      -2 IN Backward                      -Bunny Hop IN/OUT Forward                      -Bunny Hop IN/OUT Backward                      -Icky Shuffle Forward                      -Icky Shuffle</p> <p><b>Set 2: Lateral</b>                      -2 IN, 2 OUT Step lead right                      -2 IN, 2 OUT Step lead left                      -Scissors lead right                      -Scissors lead left                      -Carioca lead right                      -Carioca lead left</p> <p>Recovery Suggestions:                      -Meditation                      -Foam rolling/                      stretching</p>	<p><b>Sprint Interval:</b>                      -Walk, :15                      -Jog, :15                      -Run, :15                      -Sprint, :15                      Repeat x12</p> <p>OR</p> <p><b>Bike Interval:</b>                      -Easy tension, :15                      -Moderate tension, :15                      -Hard tension, :15                      -Hill tension, :15                      Repeat x12</p> <p><b>Wall-Ball Routine:</b>                      -1H Flick Right x25                      -1H Flick Left x25                      -1H Right QS x25                      -1H Left QS x25                      -1H Offside Right QS x25                      -1H Offside Left QSx25</p>	<p><b>Cross-Train</b>                      30:00-60:00                      suggestions include:                      -Hiking                      -Bike riding                      -Roller blading                      -Yoga/Pilates                      -Walking                      -Elliptical</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  
 High Plank = Push up position  
 Hill tension = stand-up pedaling

**Stickwork Key:**  
 1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks  
 Alternating = Switching hands when you don't have the ball  
 BOS = Back-of-stick