

Monday, 4/6	Tuesday, 4/7	Wednesday, 4/8	Thursday, 4/9	Friday, 4/10	Saturday, 4/11	Sunday, 4/12
<p>Long-Distance Running</p> <p>Workout: -Run as far as you can in 20:00 (try to get close to 3 miles); jog recover for the last 10:00</p> <p>Wall-Ball Routine: -2H Offside Right QS x10 -2H Offside Left QS x10 -1H Offside Right QS x10 -1H Offside Left QS x10 -Twizzler Pass, Over the Shoulder Catch Right x10 -Twizzler Pass, Over the Shoulder Catch Left x10 Repeat x3</p> <p>Get outside today! Rake the yard or plant some flowers!</p>	<p>Sprint and Body Weight Workout</p> <p>Sprint workout: Complete the Beep Test – Click here to access the audio.</p> <p>“The beep test is conducted by continuously running between 2 cones 22 yards apart; successful completion of a shuttle is when you reach the end of the 22 yd shuttle before the sound of the next beep which indicates the start of the next shuttle; repeat until you fail to reach the end of the shuttle before the beep sounds; don’t start a shuttle run until the sound of the beep.” The Beep Test Academy</p> <p>Body Weight: -High knees, :30 -Wall sit, :30 -Tuck jumps, :30 -Plank jacks, :30 Repeat x3</p>	<p>Stickwork and Fitness Combined</p> <p>Countdown Workout: -2H QS Right x10 -Walking lunges x9 -2H QS Left x8 -Mountain climbers x7 -1H QS Right x6 -Burpees x5 -1H QS Left x4 -Push Ups x3 -BTB x2 -1:00 Plank Repeat x3</p> <p>Core Workout: -Sit Ups x10 -V-Ups x10 -Bicycle crunch x10 -Reverse crunch x10 Repeat x3</p> <p>Clean your room! Organize your desk, dresser or closet!</p>	<p>Footwork and Recovery</p> <p>Footwork: 5-10-5 Pro Agility Shuttle (start at center cone; move 5 yards in one direction, change direction and go 10 yards to the far cone, and turn back to the middle cone); Complete the footwork patterns resting in btw ea. pattern</p> <p>-sprint-sprint-sprint -slide shuffle- slide shuffle- slide shuffle -sprint-back pedal-sprint -sprint-slide shuffle-sprint Repeat x3</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Interval Training</p> <p>Tabata: high-intensity training in which very short periods of extremely demanding activity are alternated with shorter periods of rest, typically for 4 minutes.</p> <p>Sprint Tabata: -Sprint, :20 -Walk, :10 Repeat x8 Repeat Tabata x2 OR Bike Tabata: Place bike on moderate tension: -Sprint pedal, :20 -Slow pedal, :10 Repeat x8 Repeat bike Tabata x2</p> <p>Wall-Ball Routine: -1H QS Altrnat. QS x10 -1H BTB x10 -1H ATW x10 Repeat x3</p> <p>Help around the house! Do the dishes or a load of laundry!</p>	<p>Cross-Training</p> <p>Cross-Train 30:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Rest</p> <p>Off-day!</p> <p>For those who celebrate, Happy Easter! Remember to drink lots of fluids, relax, enjoy time with your family.</p> <p>Read a book to a younger sibling, go for a walk with a parent, or play cards!</p>

Fitness Key:
Rest :05 = Rest for 5 seconds; 15:00 = 15 minutes
Plank jack: in a plank position, similar to the motion of a jumping jack, jump your feet wide and then feet back together.

Stickwork Key:
1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks
Altrnat. = Switching hands when you don’t have the ball
BTB = Behind-the-back
ATW = Around-the-world