

Monday, 4/20	Tuesday, 4/21	Wednesday, 4/22	Thursday, 4/23	Friday, 4/24	Saturday, 4/25	Sunday, 4/26
Long-Distance Running	Sprint and Body Weight Workout	Stickwork and Fitness Combined	Footwork and Recovery	Interval Training	Cross-Training	Rest
<p>Workout: -In honor of what should be Marathon Monday, run 2.6 miles as fast as you can <i>(or run 26.2 miles if you have trained properly...JK!)</i></p> <p>Wall-Ball Routine: -1H Right QS x15 -2H Right QS x15 -1H Offside Right QS x15 -2H Offside Right QS x15 -1H Around-the-Back Right x15 -2H BTB Right x15 Repeat x3</p>	<p>Sprint workout: Place cones 15 yards apart. Always sprint to the cone and back (equals 30 yards); when completing the 150, sprint to the cones and back 5 times</p> <p>SET: -150 yd sprint, rest :30 -150 yd sprint</p> <p>Repeat x4; rest 2:00 between each set</p> <p>Body Weight: -Bridges x10 -Superman x10 -Decline push-ups x10 -Donkey kicks x10 Repeat x3</p>	<p>Pyramid Workout: Add 1 (or 10) of each exercise until you reach 10 (or 100) of each exercise. Use a wall, punchback or partner for stickwork (i.e. 1 burpee, 1 CSP, 1 sprint, 1 BTB, 1 squat; 2 burpees, 2 CSP, 2 sprints, 2 BTB, 2 squats, etc.)</p> <p>Workout #1 (by 1) -Burpee -Catch, switch, pass -10 yd sprint -Behind-the-back -Squat Rest 3:00, Repeat x2</p> <p>Workout #2 (by 10) -Jump rope -2H Right QS -Mountain climbers -2H Left QS -Jumping jacks Rest 3:00, Repeat x2</p> <p>Core Workout: -Leg Lift x10 -Toe touch x10 -Roll ups x10 Repeat x4</p>	<p>Footwork: Line Hops</p> <p>:20 of each variation -lateral=side-to-side -vertical=front-to-back -2 step over-and-back Repeat x3</p> <p>:20 of each variation -1 foot lateral -1 foot vertical -scissors Repeat x3</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Sprint Interval: -Walk, 1:00 -Jog, 1:00 -Run, 1:00 -Sprint, 1:00 Repeat x3</p> <p>OR</p> <p>Bike Interval: -Easy tension, 1:00 -Moderate tension, 1:00 -Hard tension, 1:00 -Hill tension, 1:00 Repeat x3</p> <p>Wall-Ball Routine: -1H Left QS x15 -2H Left QS x15 -1H Offside Left QS x15 -2H Offside Left QS x15 -1H Around-the-Back Left x15 -2H BTB Left x15 Repeat x3</p>	<p>Cross-Train 30:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day!</p> <p><i>If the weather permits, make sure to get outside, clear your mind and prepare to start the week with a positive attitude and renewed focus!</i></p>

Fitness Key:
Rest :05 = Rest for 5 seconds; 15:00 = 15 minutes; Hill tension = stand up pedaling
Decline push-ups = hands on the floor, legs elevated (on a box, stair, etc.) so your body is at a downward angle
Donkey kicks = Start on all fours, bracing your core; begin to lift one leg backwards, knee staying bent, hinging at the hip; press your foot directly toward the ceiling

Stickwork Key:
1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks
CSP = Catch, Switch, Pass
BTB = Behind-the-back