

Monday, 4/27	Tuesday, 4/28	Wednesday, 4/29	Thursday, 4/30	Friday, 5/1	Saturday, 5/2	Sunday, 5/3
Long-Distance Running	Sprint and Body Weight Workout	Stickwork and Fitness Combined	Footwork and Recovery	Interval Training	Cross-Training	Rest
<p>Workout: -Run 1 mile warm up -Run ½ mile as fast as you can; rest 2:30 Repeat x4</p> <p>Wall-Ball Routine: -1H Right BOS QS x20 -1H Right QS x20 -2H Right BOS QS x20 -2H Right QS x20 Repeat x3</p>	<p>Sprint workout: Place cones 25 yards apart. Always sprint to the cone and back (equals 50 yds)</p> <p>SET: -100 yd sprint, rest :30 -200 yd sprint, rest 1:30 -300 yd sprint</p> <p>Repeat x3; rest 3:00 between each set</p> <p>Body Weight: -Plank jump-ins, :30 -Hi Plank shoulder taps, :30 -High knees, :30 -Plank rotations, :30 Repeat x2</p>	<p>54321 Workout: 5 Segments: 1st – 5:00, 2nd – 4:00, 3rd – 3:00, 4th – 2:00, 5th – 1:00 (Stickwork can be done with a partner or on a wall)</p> <p>5:00 Segment: -2H Right QS, :15 -Slide shuffles, :15 -2H Left QS, :15 -Sprint/backpedal, :15 (Repeat x5)</p> <p>4:00 Segment: -Supermen, :20 -2H CSP, :20 -V Ups, :20 (Repeat x4)</p> <p>3:00 Segment: -1H Right Flick, :15 -Burpees, :30 -1H Left Flick, :15 (Repeat x3)</p> <p>2:00 Segment: -Plank, 1:00 -2H Alternating QS, 1:00</p> <p>1:00 Segment: -2H BTB, :30 -Mountain Climbers, :30</p> <p>Repeat 54321 Set x2</p>	<p>Footwork: Quick starts; Each set contains 3 sequences; complete each sequence 3 times before moving on to the next one</p> <p>SET 1 -:05 footfire, 10 yd sprint -:05 footfire, tuck jump, 10 yd sprint -:05 footfire, burpee, 10 yd sprint</p> <p>SET 2 -:05 mt climber, 10 yd sprint -push up, :05 mt climber, 10 yd sprint -sit up, push up, :05 mt climber, 10 yd sprint</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Sprint Interval: -Jog, :30 -Run, :20 -Sprint, :10 Repeat x12</p> <p>OR</p> <p>Bike Interval: -Moderate tension, :30 -Hard tension, :20 -Hill tension, :10 Repeat x12</p> <p>Wall-Ball Routine: -1H Left BOS QS x20 -1H Left QS x20 -2H Left BOS QS x20 -2H Left QS x20 Repeat x3</p>	<p>Cross-Train 35:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day!</p> <p><i>“Tough times never last, but tough people do.”</i></p>

Fitness Key:
 Rest :05 = Rest for 5 seconds; 15:00 = 15 minutes; Hill tension = stand up pedaling
 Plank Jump Ins = In a push up position, jump your feet to your hands (aka do half a burpee)
 Plank rotations = In a high plank, reach your right arm to the sky and then curl it underneath you and touch your left shoulder blade (alternate arms)

Stickwork Key:
 1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks, BOS = Back-of-the-stick
 CSP = Catch, Switch, Pass
 BTB = Behind-the-back
 Alternating QS = Switch when you don't have the ball (Catch, throw, switch)