

Monday, 4/13	Tuesday, 4/14	Wednesday, 4/15	Thursday, 4/16	Friday, 4/17	Saturday, 4/18	Sunday, 4/19
<p><b>Long-Distance Running</b></p> <p><b>Workout:</b> -Run 1 mile (under 7:00); rest 3:00 -Run 1 mile (under 8:00); rest 2:00 -Run 1 mile (under 9:00)</p> <p><b>Wall-Ball Routine:</b> -2H Right QS x25 -2H Left QS x25 -1H Right QS x25 -1H Left QS x25 -2H Catch Right, Switch Throw Left; Catch Left, Switch Throw Right x20 <b>Repeat x3</b></p>	<p><b>Sprint and Body Weight Workout</b></p> <p><b>Sprint workout:</b> Place cones 10 yards apart. Always sprint to the cone and back (it equals 20 yards); when sprinting 40 yards, go to the cone and back twice, etc.:</p> <p>-20 yd sprint, rest :05 -40 yd sprint, rest :10 -60 yd sprint, rest :15 -80 yd sprint, rest :30 -100 yd sprint Repeat x5; rest 2:30 between each set</p> <p><b>Body Weight:</b> -Walking Lunge x10 -Single leg deadlift x10 -Squat touches x10 -Side lunges x10 <b>Repeat x3</b></p> <p><b>Clean a room in your house that is not your own! Organize, dust, vacuum!</b></p>	<p><b>Stickwork and Fitness Combined</b></p> <p><b>5x5x5 Workout:</b> 5 exercises x 5 reps of each exercises x 5 sets of each workout Use a wall, punchback or partner for stickwork; rest after 5<sup>th</sup> set before starting next workout</p> <p><b>Workout #1</b> -2H Right QS -Burpees -2H Left QS -Jump Rope -2H CSP</p> <p><b>Workout #2</b> -Push ups -1H Right QS -Supermen -1H Left QS -Sit Ups</p> <p><b>Workout #3</b> -2H Offside Right QS -20 yd sprint -2H Offside Left QS -Walking lunge -20 yd slide shuffle</p> <p><b>Core Workout:</b> -Front plank leg lift, :15 -Side plank leg lift, :15 -Side plank leg lift, :15 -Back plank march, :15 -Right side plank, :30 -Left side plank, :30 -Front plank, 1:00 <b>Repeat x2</b></p>	<p><b>Footwork and Recovery</b></p> <p><b>Footwork:</b> Star Drill (cones 7 yards apart; always start at center cone and return to center cone before moving to next number)</p> <p>1 slide shuffle out and in 2 print out, backpedal in 3 slide shuffle out and in 4 bck pedal out, sprint in 5 bck pedal out, sprint in <b>Repeat x3</b></p> <p>1 slide shuf out, sprint in 2 sprint out and in 3 slide shuf out, sprint in 4 bck run out, sprint in 5 bck run out, sprint in <b>Repeat x3</b></p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p><b>Interval Training</b></p> <p><b>Sprint Interval:</b> -Run, :15 -Sprint, :15 -Jog, :15 -Sprint, :15 Repeat x12</p> <p>OR</p> <p><b>Bike Interval:</b> -Moderate tension, :15 -Easy tension, :15 -Hard tension, :15 -Easy tension, :15 Repeat x12</p> <p><b>Wall-Ball Routine:</b> -2H Right QS x10 -2H Left QS x10 -2H Catch Strong, Throw Offside Right x10 -2H Catch Strong, Throw Offside Left x10 -2H Catch Offside, Throw Strong Right x10 -2H Catch Offside, Throw Strong Left x10 <b>Repeat x3</b></p>	<p><b>Cross-Training</b></p> <p><b>Cross-Train</b> 40:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p> <p><b>Prepare a meal or bake a treat for your family!</b></p>	<p><b>Rest</b></p> <p>Off-day!</p>

**Fitness Key:**  
Rest :05 = Rest for 5 seconds; 15:00 = 15 minutes

**Stickwork Key:**  
1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks  
CSP = Catch, Switch, Pass