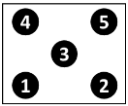


Monday, 5/18	Tuesday, 5/19	Wednesday, 5/20	Thursday, 5/21	Friday, 5/22	Saturday, 5/23	Sunday, 5/24
Long-Distance Running	Sprint and Body Weight Workout	Stickwork and Fitness Combined	Footwork and Recovery	Interval Training	Cross-Training	Rest
<p>Workout: -Sprint ¼ of a mile -Jog ¼ of a mile -Run ¼ of a mile -Sprint ¼ of a mile Repeat x 3</p> <p>Wall-Ball: -1H Flick Right x10 -1H Flick Left x10 -1H ATB Right x10 -1H ATB Left x10 -1H TTL Right x10 -1H TTL Left x10 Repeat x 3</p>	<p>Sprint Workout: Place cones 25 yards apart. (100 yards is 4 lengths of sprint between cones)</p> <p>SET: -100 yd sprint, rest :30 -250 yd sprint, rest :45 -500 yd sprint, rest :90 -1000 yd sprint</p> <p>Body Weight: 50 reps of each ab exercise: -Toe touches -Straight leg crunches -Russian twists -Bicycle crunches Repeat x 2</p>	<p>Workout: Individual waterfall; The waterfall has 3 sets; once all 3 sets have been completed, rest for 2:00. Repeat 3 times. Click here to view a demo of the workout.</p> <p>SET 1: -Mtn climbers x :15 -D Slide Shuffles x :15 -CSP Stickwork x :15 -Sprint return to start</p> <p>SET 2: -Walking Lunges x :15 -Sprint/back run x :15 -Alternating QS x :15 -Sprint return to start</p> <p>SET 3: -Burpee/brd. jump x :15 -Hi Knee/butt kicks x :15 -Front-to-back QS x :15 -Sprint return to start Repeat x 3</p>	<p>Footwork: Agility Dot Drills: Use a piece of chalk or a piece of tape to mark your five dots; get in rhythm, and then pick up tempo</p>  <p>One leg: -Z pattern (4-5-3-1-2) -M pattern (1-4-3-5-2) -Figure 8 (1-3-5-4-3-2-1) Repeat x 2 on each leg</p> <p>Two legs: -Box pattern (1-4-5-2) - X Drill (1/2-3-4/5 forward; 4/5-3-1/2 backward) -X Drill Turnaround (1/2-3-4/5 forward; jump turn, 4/5-3-1/2) Repeat x 3</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Sprint Interval: -Run x :30 -Jog x :30 -Sprint x :30 -Walk x :30 Repeat x 8 OR Bike Interval: -Hard tension, :30 -Moderate tension, :30 -Hill tension, :30 -Easy tension, :30 Repeat x 8</p> <p>Wall-Ball: -1H Right QS x10 -1H Left QS x10 -1H BOS Right QS x10 -1H BOS Left QS x10 Repeat x 3</p>	<p>Cross-Train 30:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day!</p> <p>Be kind. Show someone a random act of kindness. "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."</p>

Fitness Key:
 Rest :05 = Rest for 5 seconds; 15:00 = 15 minutes
 Back run = running backwards, with hips, shoulders and head facing forward
 Hill tension = stand-up pedaling

Stickwork Key:
 1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks; BOS = Back-of-stick
 CSP = Catch, Switch, Pass; BTB = Behind-The-Back; ATB = Around-the-back
 TTL = Through-the-legs
 Alternating QS = Switch when you don't have the ball (Catch, throw, switch)
 Front-to-back QS = Quicksticks, alternating catches with the pocket and back-of-the-stick strings