

Monday, 5/25	Tuesday, 5/26	Wednesday, 5/27	Thursday, 5/28	Friday, 5/29	Saturday, 5/30	Sunday, 5/31
<p><b>Long-Distance Running</b></p> <p><b>Memorial Day Family Workout Challenge:</b> Together with your families, divide and conquer! -5 Mile Run -250 Push Ups -250 Partner Passes -500 Squats -500 Burpees -1000 Crunches</p> <p>Each individual does not have to complete all reps for all exercises. Reach the rep totals by splitting up reps and exercises. Reps do not have to be divided evenly.</p> <p>Good luck!!</p>	<p><b>Sprint and Body Weight Workout</b></p> <p><b>Sprint Workout:</b> Place cones 25 yards apart. Complete “7 Up” – distances specified below</p> <p><b>SET:</b> -25 yd sprint, rest :15 -50 yd sprint, rest :15 -75 yd sprint, rest :15 -100 yd sprint, rest :25 -125 yd sprint, rest :25 -150 yd sprint, rest :25 -175 yd sprint, rest :90 -175 yd sprint, rest :25 -150 yd sprint, rest :25 -125 yd sprint, rest :25 -100 yd sprint, rest :15 -75 yd sprint, rest :15 -50 yd sprint, rest :15 -25 yd sprint, rest :15</p> <p><b>Body Weight:</b> :30 of each exercise: -Mountain Climbers -Plank jacks -Burpees -Hi Knees in place <b>Repeat x 2</b></p>	<p><b>Stickwork and Fitness Combined</b></p> <p><b>Workout:</b> “Deck of Cards” – With a 52-card deck, complete each stickwork and fitness exercise that corresponds to the card drawn. Finish all 52 cards!</p> <p>Cards 2 – 9: i.e. 5 of Hearts = 5 Burpees + 5 2H QS Right + 2H QS Left</p> <p>-Spade: Push-ups, 1H QS -Heart: Burpees, 2H QS -Diamond: Plank Jacks, 1H Offside QS -Club: Squat Jumps, 2H Offside QS</p> <p>Face Cards: Complete the fitness exercises for 1:00 and 50 reps of stickwork</p> <p>-Ace: Plank hold, 1H CSP -Jack: Hi Knee/Butt Kicks, 2H CSP -Queen: D Slides/ Carioca, BTB -King: Hi Skips, Jumping Jacks, 2H Alternating QS</p>	<p><b>Footwork and Recovery</b></p> <p><b>Footwork:</b> Jump rope – 5 sets below, 1:00 each set; rest :30 between sets</p> <p>-Alternating 1 Foot Hop (:15 each foot, switch feet 8 times) -Skipping (either in place or on move) -Cross-overs and double-unders -Recovery jump -Fast as you can (as many jumps as you can)</p> <p><b>Recovery Suggestions:</b> -Meditation -Foam rolling/ stretching</p>	<p><b>Interval Training</b></p> <p><b>Sprint Interval:</b> SET 1 -Jog x :10 -Run x :10 -Sprint x :10 <b>Repeat x 10</b> SET 2 -Jog x :20 -Run x :20 -Sprint x :20 <b>Repeat x 5</b> SET 3 -Jog x :30 -Run x :30 -Sprint x :30 <b>Repeat x 4</b> OR <b>Bike Interval:</b> SET 1 -Easy tension, :10 -Moderate tension, :10 -Hard tension, :10 <b>Repeat x10</b> SET 2 -Easy tension, :20 -Moderate tension, :20 -Hard tension, :20 <b>Repeat x5</b> SET 3 -Easy tension, :30 -Moderate tension, :30 -Hard tension, :30 <b>Repeat x4</b></p>	<p><b>Cross-Training</b></p> <p><b>Cross-Train</b> 30:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p> <p><b>Wall-Ball Routine:</b> -1H Flick Right x25 -1H Flick Left x25 -1H Right QS x25 -1H Left QS x25 -1H Offside Right QS x25 -1H Offside Left QSx25</p>	<p><b>Rest</b></p> <p>Off-day! As school winds down, use your extra time for additional training. “Don’t put off for tomorrow what you can get done today.”</p>

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

**Stickwork Key:**  
1H = 1 Hand, 2H = 2 Hands, QS = Quicksticks; BOS = Back-of-stick  
BTB = Behind-The-Back; ATB = Around-the-back