

Monday, 6/1	Tuesday, 6/2	Wednesday, 6/3	Thursday, 6/4	Friday, 6/5	Saturday, 6/6	Sunday, 6/7
Long-Distance Running	Sprint and Body Weight Workout	Stickwork and Fitness Combined	Footwork and Recovery	Interval Training	Cross-Training	Rest
<p>Workout: -Run 4 miles at a steady pace</p> <p>Wall-Ball: -2H QS Right x25 -2H QS Left x25 -2H BOS QS Right x25 -2H BOS QS Left x25 Repeat x 3</p>	<p>Sprint Workout: Place cones 25 yards apart.</p> <p>SET: -50 yd sprint, rest :15 -100 yd sprint, rest :30 -50 yd sprint, rest :15 -300 yd sprint, rest 2:00 Repeat x 3</p> <p>Body Weight: Complete each group of exercises for 1:00. -Mntn. Climbers x5, High Knees x5 -Superman x5, V-ups x5 -Jumping Jacks x5, Squat Jumps x5 Repeat x 2</p>	<p>Workout: Footwork/Upper Body Ladder Drills – Click here to view a demo.</p> <p>SET 1 -2 Feet Step, Forward -2 Hands Crawl, Forward -1H QS Right/Left x 5</p> <p>SET 2 -2 Feet In/Out Step, Forward -2 Hands In/Out Crawl Forward -2H QS Right/Left x 5</p> <p>SET 3 -2 Feet In/Out Jump, Forward -2 Hands In/Out Jump, Forward -1H BOS QS Right/Left x5</p> <p>SET 4 -2 Feet Step, Lateral -2 Hands Crawl, Lateral -2H BOS QS Right/Left x5</p> <p>SET 5 -2 Feet In/Out Step, Lateral -2 Hands In/Out Crawl Lateral -1H Offside QS Right/Left x 5</p> <p>SET 6 -Carioca Step, Lateral -Carioca Crawl, Lateral -2H Offside QS Right/Left x5 Repeat x 3</p>	<p>Footwork: Footwork (w/stick in hand and ball in stick): Letter & Box Drills – Use cones to create the letters “M” “X” “C” and “O”</p> <p>-Cones 5-7 yd apart, use a combination of sprint, backpedal and slide shuffle to maneuver thru the pattern; each set at 100% Repeat each letter x4</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Sprint Interval: -Run x 1:00 -Sprint x :30 -Jog x :30 Repeat x 10</p> <p>Bike Interval: -Moderate tension, 1:00 -Hard tension, :30 -Easy tension, :30 Repeat x10</p> <p>Wall-Ball Routine: -2H QS Altrnat. QS x10 -2H BTB x10 -2H ATW x10 Repeat x 5</p>	<p>Cross-Train 30:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day! “When you can’t control what’s happening, challenge yourself to control the way you respond to what’s happening. That is where your power is.”</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; ATW = Around-the-world
Altrnt. QS = Alternating Quicksticks – switch hands when you don’t have the ball