

**TESTING WEEK – Time, count and record each workout. Listed below are target times/number of reps. Make sure to record your scores and times.**

Monday, 5/4	Tuesday, 5/5	Wednesday, 5/6	Thursday, 5/7	Friday, 5/8	Saturday, 5/9	Sunday, 5/10
<b>Long-Distance Running</b>	<b>Sprint and Body Weight Workout</b>	<b>Stickwork and Fitness Combined</b>	<b>Footwork and Recovery</b>	<b>Interval Training</b>	<b>Cross-Training</b>	<b>Rest</b>
<p><b>Workout:</b> Run 2 miles</p> <p>Target time = under 14:00</p> <p><b>Wall-Ball:</b> Stickwork in 1:00</p> <p>1H Right QS 1H Left QS 1H Offside Right QS 1H Offside Left QS</p> <p>Target reps, = Set 1, 2 = 50 catches Set 3, 4 = 45 catches</p>	<p><b>Sprint Workout:</b> 2 x 300-yard shuttles (rest 1:30 in between)</p> <p>Place cones 25 yards apart. Sprint to the cones and back 6 times.</p> <p>Target time = each under 1:05</p> <p><b>Body Weight:</b> TEST: Push-ups in 1:00; sit ups in 1:00</p> <p>Target reps = 50 Push-ups 65 sit ups</p>	<p><b>Workout:</b> 4 stickwork and 4 fitness tests in 1:00 (Rest :30 in between each set); Place cones 25 yards apart.</p> <ol style="list-style-type: none"> <li>Sprint</li> <li>2H Right QS</li> <li>Burpees</li> <li>2H Left QS</li> <li>Sprint</li> <li>2H Offside Right QS</li> <li>Squats</li> <li>2H Offside Left QS</li> </ol> <p>Target distance/reps =</p> <ol style="list-style-type: none"> <li>300 yds</li> <li>75 reps</li> <li>Burpees</li> <li>75 reps</li> <li>275 yards</li> <li>60 reps</li> <li>45 reps</li> <li>60 reps</li> </ol>	<p><b>Footwork:</b> Jump rope, 5 x 1:00 sets; rest 1:00 in between each set</p> <p>Target reps = Set 1, 2 – 85 jumps Set 3, 4 – 65 jumps Set 5 – 80 jumps</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p><b>Sprint Interval:</b> 10 x 50-yard sprint /50-yard jog</p> <p>Place cones 25-yards apart; each set is released on the minute; sprint to the cone and back and then jog to the cone and back; rest the remainder of the 1:00</p> <p>Target time = Each 100 yards (sprint/jog) should be completed in under 1:00; record time each set</p> <p><b>Wall-Ball:</b> Stickwork in 1:00 -1H Alternating QS -1H CSP QS -2H Alternating QS -2H CSP QS</p> <p>Target reps =</p> <ol style="list-style-type: none"> <li>50 reps</li> <li>30 reps</li> <li>60 reps</li> <li>40 reps</li> </ol>	<p><b>Cross-Train</b> 35:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day!</p> <p>Do something to show your appreciation and love for your Mother.</p> <p><i>Happiest of Mother's Day's to all of our wonderful, kind, and supportive moms!</i></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  
 Alternating QS = Switch when you don't have the ball (Catch, throw, switch)