

Monday, 5/11	Tuesday, 5/12	Wednesday, 5/13	Thursday, 5/14	Friday, 5/15	Saturday, 5/16	Sunday, 5/17
Long-Distance Running	Sprint and Body Weight Workout	Stickwork and Fitness Combined	Footwork and Recovery	Interval Training	Cross-Training	Rest
<p>Workout: -Run ½ mile as fast as you can -Jog ½ mile recovery Repeat x 3</p> <p>Wall-Ball: -1H CSP x20 -2H CSP x20 -1H BTB Right x20 -2H BTB Right x20 -1H BTB Left x20 -1H BTB Left x20 Repeat x 3</p>	<p>Sprint Workout: Place cones 20 yards apart. (100 yards is 5 lengths of sprint between cones); Complete the set twice (rest 3:00 between sets)</p> <p>SET: -100 yd sprint x 10, rest :30 btw each sprint -80 yd sprint x 8, rest :20 btw each sprint -60 yd sprint x 6, rest :15 btw each sprint -40 yd sprint x 4, rest :10 btw each sprint -20 yd sprint x 2, rest :05 btw each sprint</p> <p>Body Weight: Find a box, curb, or bottom stair; complete each exercise for 1:00</p> <p>-Elevated back leg lunge (alternate legs) -Squat touch, 2 foot jump up to stair and down -Elevated push ups Repeat x 3</p>	<p>Workout: 2:00ON; 2:00OFF; ON = Fitness, OFF = Stickwork; the set has 2 ON segments and 2 OFF segments; Repeat set three times (rest 2:00 between sets)</p> <p>2:00 ON -high knees x :30 -slide shuffle x :30 -back pedal x :30 - carioca x :30</p> <p>2:00 OFF -1H Right QS x :30 -2H Right QS x :30 -1H Left QS x :30 -2H Left QS x :30</p> <p>2:00 ON -mnt. climbers x :30 -split squats x :30 -burpees x :30 -plank jumps x :30</p> <p>2:00 OFF -BOS 1H Right QS x :30 -BOS 2H Right QS x :30 -BOS 1H Left QS x :30 -BOS 2H Left QS x :30</p>	<p>Footwork: Change of direction; Place four cones 10 yards apart in a line. The set has four sequences; complete each sequence 3 times; rest 1:00 between each sequence</p> <p>▲ 10 ▲ 10 ▲ 10 ▲ 10 ▲</p> <p>Every 10 yards, change your direction /footwork</p> <p>1.Sprint, slide shuffle, back pedal, slide shuffle 3.Back pedal, slide shuffle, back pedal, slide 2.Sprint, back pedal, sprint, back pedal shuffle 4.Back pedal, carioca, back pedal, carioca</p> <p>Recovery Suggestions: -Meditation -Foam rolling/ stretching</p>	<p>Hill Interval: Find a hill in your neighborhood or yard -Jog up hill, :10 -Sprint up hill, :10 -Walk down -Jog up hill, :10 -Sprint up hill, :10 -Jog down Repeat x10 OR</p> <p>Bike Interval: (Hill tension = stand-up pedaling) -Hill tension, :20 -Easy tension, :30 -Hill tension, :20 -Moderate tension, :10 Repeat x10</p> <p>Wall-Ball: -1H Catch Strong, Throw Offside Right x25 -1H Catch Strong, Throw Offside Left x25 -2H Catch Offside, Throw Strong Right x25 -2H Catch Offside, Throw Strong Left x25 Repeat x 3</p>	<p>Cross-Train 35:00 suggestions include: -Hiking -Bike riding -Roller blading -Yoga/Pilates -Walking -Elliptical</p>	<p>Off-day!</p> <p>Do something for someone else. Help someone around your house, call a relative, or find a way to support your community. Be grateful for good health!</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
 CSP = Catch, Switch, Pass; BTB = Behind-The-Back
 Alternating QS = Switch when you don't have the ball (Catch, throw, switch)