

SUMMER SPRINT WORKOUT #1

(2x/week June 6 – June 17)

WARM-UP

1. 1 LAP WARM-UP
2. DUCK WALKS Flex toes, Lock knees- walk for 20yds
3. LUNGE WALKS Big step, push up off of heels- walk for 20yds
4. SIDE LUNGE WALKS Big lateral step, change lead leg- 20yds
5. STEP PULLS Step, reach back, pull- change lead leg- 20yds
6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) 20yds up and back
7. CARIOCA (EASY, MEDIUM) 20yds up and back
8. A-MARCH Walking sprint form- 20yds
9. HIGH KNEES/BUTT KICKERS 20 yds up and back
10. HIGH KNEES + STRIDE High knees 10yds, stride 20yds- up and back
11. HIGH KNEES + SPRINT High knees 10yds, sprint 10yds- up and back
12. SKIPS/BIG BACK PEDAL 20yds up and back
13. SKIPS + KICKS/BIG BACK PEDAL 20yds up and back
14. STRIDE/SPRINT 20yds up and back

WORKOUT # 1

1. ARM DRILLS 2x15 (arm drive from eyes to hips)
2. FAST CLAW 2x10 (lift leg to hip level and attack the ground)
3. 20-20-20 x4-6 (Build-up 20, sprint 20, decelerate 20)
4. FALLING STARTS x4-10 (stand straight, fall forward and sprint)
5. LONG LADDERS x4-6 (Place a cone at 5yds, 10yds, 15yds, and 20yds)

Workout # 2

1. 20-20-20 x4-6
2. Falling Starts x4-10
3. Lying Starts (pop-ups) x4-6 (Start on stomach, on command pop-up and sprint)
4. Fartleks Stride 110 yds, walk the endzone. 8 – 10 reps

COOL DOWN

1. 1 LAP
2. STATIC STRETCH
3. PNF STRETCH