

SUMMER SPRINT WORKOUT #3
(2x/week July 5 – August 5)

WARM-UP

1. 1 LAP WARM-UP
2. DUCK WALKS
3. LUNGE WALKS
4. SIDE LUNGE WALKS
5. STEP PULLS
6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM)
7. CARIOCA (EASY, MEDIUM)
8. A-MARCH
9. HIGH KNEES (EASY, MEDIUM)
10. BUTT KICKERS
11. HIGH KNEES + STRIDE
12. HIGH KNEES + SPRINT
13. BIG BACK PEDAL
14. SKIPS
15. SKIPS + KICKS

WORKOUT (Tuesday)

1. ARM DRILLS
2. FAST CLAW
3. 20-20-20 (2-3)
4. FALLING STARTS (2-3)
5. Short LADDER (4-8)
6. BACK PEDAL LADDER (2-4)
7. FIGURE 8 (2-4)
8. NEBRASKA (2) each side
9. Box Pursuit (2)
10. CAT AND MOUSE (2-4)

WORKOUT (Thursday)

1. ARM DRILLS
2. FAST CLAW
3. 20-20-20 (3-5) (build-up, stride, decelerate)
4. 20-20-20 (3-5) (SPRINT)
5. 20-10-10-10 (3-5) (build-up, sprint, decelerate, sp.)
6. FALLING START (3-5)
7. LYING START (3-5)
8. BACK START (4-6)
9. STEEPLE START (4-6)(falling St. out of steeple pit)
10. HILL or Bleacher CHARGE (4-6)

ADD REPS AND DRILLS AS NEEDED

Nebraska (make a box with 4 cones placed 5 yds. Apart, sprint an “N” around cones)

Box Pursuit (make a box with cones 10 yds. Apart, sprint different patterns around the box)

Cat & Mouse (make a big triangle with the cones, race to the top of the triangle)

CONDITIONING – FARTLEKS (SPRINT) X 8-12

COOL DOWN

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

