

Warm Up

1. Walk 400m Jog/ Skip 800m
2. Stretch (circles 10 ea. way- ankle circles, knee circles, hip circles, trunk circles, arm circles fwd/bk, neck circles, performance, quads, hams, calves...)
3. 20m- forward skip w/ forward arm circles
4. 20m- backward skip w/ backward arm circles
5. 20m- side shuffle with scoop, Rt. & Lf. (keep chest up)
6. 20m- carioca w/ knee drive, Rt. & Lf.
7. 20m- four way walking lunges (forward, forward, side, side)
8. 20m- straight leg bound (pull the foot under you, using your glute and hamstring)
9. 30m- 20m dribble over ankle into 10m high knee run (keep the knees up while you jog, making sure you are dorsiflex striking the ground and striking the ground directly under your hips)
10. 40m- 20m high knee march into 20m high knee run
11. 40m- 20m A- Skip into 20m high knee run
12. 40m- 20m front side butt kick into 20m high knee run
13. 40m- 20m ankle pop into 20m high knee run
14. 40m- 20m high knees into 20m high knee run
15. 10x leg swings, front to back and side to side
16. 50m- 3x accelerations (80%, 90%, 100%) ** focus on 3 Phases, 1. drive out (acceleration phase), 2. transition, 3. stand up tall**

General Strength: Plank Circuit

1. Elbows Prone Single Leg Raise Elbows Supine Single Leg Raise Hands Prone Single Leg Raise Hands Supine Single Leg Raise Elbows Lateral Single Leg Raise Hands Lateral Single Leg Raise Elbows Prone Marching Knees Knees Supine Marching Knees Hands Prone Marching Knees Hands Supine Marching Knees
2. General Strength: Glute Circuit
3. Fire Hydrant Forward Knee Circles Backwards Knee Circles
4. Scorpion (on all fours, push heel to sky)
5. Mountain Climbers Lateral Leg Wipers (on all fours, swing leg side to side, parallel to ground)
6. Clamshells (lay on side, keep feet together, open top knee)
7. Burpies

General Strength: Hip Flexor Circuit

1. Seated Lead Leg Pickup (sit on ground, feet out in front, keep foot dorsal flexed, raise leg 1 foot off the ground using hip flexor)
2. Seated Lateral Straight Leg (sit on ground, feet out in front, keep foot dorsal flexed, move leg laterally)

3. Seated Hip Flexor Raise (sit on ground, feet out in front spread apart, lift legs off ground)
4. Supine Leg Raise (lay flat and raise leg perpendicular to ground)
5. Adductor Raise (lay on side, keep hips stacked, raise leg)
6. Inside Straight Leg Raise (lay on side, cross over top leg, raise inside leg.. leg that's on the floor)
7. Fire Hydrant
8. Lateral Leg Wipers (on all fours, swing leg side to side, parallel to ground)
9. Single Leg Glute Bridge (lay on back, heels on ground, raise one leg in the air and press hips up to the sky making sure you are pushing through the heel on the ground)

General Strength: Push-Up Series

1. Wide Hands
2. Staggered Left
3. Staggered Right
4. Narrow Hands
5. Finger Tip
6. Clapping

Plyometrics: Bound Series

1. Bunny Hop (feet together easy hops)
2. Broad Jump For Distance (jump as far as you can landing flat, take your time)
3. Broad Jump For Speed (try and speed less time on the ground like a rebound)
4. Single Leg Hop Right (keep jump leg straight)
5. Single Leg Hop Left (keep jump leg straight)
6. Single Leg Bound Right (try and cover distance by picking jump leg up and cycling it under the butt)
7. Single Leg Bound Left (same as above)
8. Straight Leg Bound (go for distance, strike the ground underneath hips, keep shoulders over hips)
9. Bound (hold knee in the air for as long as you can)

Core

1. Crunches Dead Bug (keep back pressed against ground)
2. Toe Touches (shoulders come off ground)
3. Supermans
4. Wipers
5. Heel Taps (keep back flat on ground, low reach)
6. Russian Twist (don't cross ankles)
7. Reverse Crunch Flutters (don't put hands under butt) Bicycle (Extend leg all the way out)
8. Rows

9. V-Ups
10. Scissors
11. Side Crunch

Balance

1. Stand on one leg and kick free leg- Forward, Forward 45 Degrees, Lateral, Back 45 degrees, backwards- do with both legs
2. Stand on one leg and hold up other leg at 90 degrees for 30 seconds- do both legs
 - a. Repeat exercise and hold for 30 seconds with eyes closed- do with both legs
 - b. Repeat exercise and now cycle the leg instead of holding it- do with both legs
 - c. Repeat exercise with eyes closed- do with both legs