

WEEK 3

	WEEK 2 DAY 1	WEEK 2 DAY 2	WEEK 2 DAY 3
WARM-UP:	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds 	<ul style="list-style-type: none"> • 400m easy jog • 2x10 yards - focus on form <ul style="list-style-type: none"> - <u>High knees</u> - <u>Butt kicks</u> - <u>A-skip</u> - High skip - Lateral lunge - <u>Spiderman lunge</u> - <u>Inchworm</u> • <u>2 to 1 leg step and hold</u> x20 each; speed skaters x20 each - hold all landings 5 seconds
WORK:	<p>Every 4 minutes for 6 rounds:</p> <ul style="list-style-type: none"> • 10 lateral burpees over an object (R/L = 2) • 20 <u>single leg deadlifts</u> (R/L = 2) • 10 lateral squat jumps (R/L = 2) • 20 single leg squats to bench ((R/L = 2) 	<p>FOR TIME:</p> <ul style="list-style-type: none"> • 400m run • 60 mountain climbers • 50 Russian twists • 50 squat jumps • 60 lunges with heel raise • 400m run 	<p>4 ROUNDS, FOR TIME:</p> <ul style="list-style-type: none"> • 20 single arm overhead lunge (hold any object, focus on keeping balance with good shoulder and trunk control) • 20 single leg lateral jumps (stick landing 5 seconds) • 200 meter run, or run up/down a set of stairs 2x • 40 RDL's (hold a bag full of heavy books or any object) • 25 air squats
ACCESSORY:	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Bulgarian split squat</u> 4x12 each side (hold weight if able) • Max reps hip hikes off step x2 sets • <u>Plank with hip extension</u> 3 x 12 each side • <u>Figure 4 bridge</u> 2x30 each side 	<ul style="list-style-type: none"> • <u>Slow bear crawl</u> x15 each side • <u>Plank to side plank</u> x7 each side • <u>Max reps abduction in side plank</u> x2 sets each • <u>Max reps advanced clamshell</u> x2 sets (modification: traditional clamshell) 	<ul style="list-style-type: none"> • Max reps single leg calf raises x2 sets • <u>Runner press</u> 2x12 each side (hold any heavy object) • <u>Single leg squat to bench</u> 3x8 each side • <u>Plank row</u> (renegade row) 3x7 each side (no weight or any available object) • <u>Figure 4 bridge</u> 2x30 each side

DAY 1 notes:

- Goal is to have 30-60 seconds of rest between rounds. If needed, scale the time up or down (ex: every 3 min or every 5 min)
- All movements are total for R and L. For deadlifts and squats, complete 10 on the right leg before moving to the left

DAY 2 notes:

- All movements are total for R and L.
- If needed, perform two rounds of all exercises.

DAY 3 notes:

- All reps are total for R and L legs (ie, 10 total lunges, jumps, etc)
- Focus on form during all movements, especially when fatigue sets in
- Jump up as high as you can successfully/safely stick the landing with
 - Hold landing 5 seconds; knee should be slightly bent and in line with the laces of your shoes.
 - Goal is to work on power for the jump, stability/balance upon landing