

**WEEK 4**

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

DAY 1 notes:

- Goal is to have 30-60 seconds of rest between rounds. If needed, scale the time up or down (ex: every 2 min or every 4 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:

- Note the addition of a 5th round. If this is too taxing do 4 rounds.
- 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.