

Summer Fitness

Thursday 7/14/2011

Warm-up:

- ❖ 2 Laps
- ❖ Dynamic Stretch
- Team Plank (1 Min)

Conditioning & Strength:

- ❖ Course(x3)
 - 1 Set (60 secs)
 - Sprint 10 Meters & Back
 - Sprint 20 Meters & Back to 10 Meter
 - Sprint 40 Meters & Back
 - Jog a Lap (quick lap or slow half lap)
 - Sprint 20 Meters & Back – 10 Pushups
 - Sprint 10 Meters & Back – 10 Sit-ups
 - Sprint 40 Meters & Back – 8 Burpees
 - Jog a Lap (quick lap or slow half lap)
 - Repeat

- ❖ Reaction Drill (either one and you'll need a 2nd person)
 - Tennis Ball
 - Bounce in several directions, react toss back
 - 5 Cone Star Drill
 - 1 person points and directs
 - Person in square reacts

Cool Down:

1 Lap
Static Stretch