

SUMMER SPRINT WORKOUT #1

4 WEEKS

WARM-UP

- 1. 1 LAP WARM-UP**
- 2. DUCK WALKS** Flex toes, Lock knees- walk for 20yds
- 3. LUNGE WALKS** Big step, push up off of heels- walk for 20yds
- 4. SIDE LUNGE WALKS** Big lateral step, change lead leg- 20yds
- 5. STEP PULLS** Step, reach back, pull- change lead leg- 20yds
- 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM)** 20yds up and back
- 7. CARIOCA (EASY, MEDIUM)** 20yds up and back
- 8. BULLDOG-MARCH HIGH LEG KICK-** 20yds
- 9. HIGH KNEES/BUTT KICKERS** 20 yds up and back
- 10. HIGH KNEES + STRIDE** High knees 10yds, stride 20yds- up and back
- 11. HIGH KNEES + SPRINT** High knees 10yds, sprint 10yds- up and back
- 12. SKIPS/BIG BACK PEDAL** 20yds up and back
- 13. SKIPS + KICKS /BIG BACK PEDAL** 20yds up and back
- 14. STRIDE/SPRINT** 20yds up and back

WORKOUT # 1

- 1. ARM DRILLS 2x15 (arm drive from eyes to hips)**
- 2. FAST CLAW 2x10 (lift leg to hip level and attack the ground)**
- 3. 20-20-20 x4-6 (Build-up 20, sprint 20, decelerate 20)**
- 4. FALLING STARTS x4-10 (stand straight, fall forward and sprint)**
- 5. LONG LADDERS x4-6 (Place a cone at 5yds, 10yds, 15yds, and 20yds)**

Workout # 2

- 1. 20-20-20 x4-6**
- 2. Falling Starts x4-10**
- 3 Lying Starts (pop-ups) x4-6 (Start on stomach, on command pop-up and sprint)**
- 4. Fartleks Stride 110 yds, walk the endzone. 8 – 10 reps**

COOL DOWN

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