

## **SUMMER SPRINT WORKOUT #2 4 WEEKS**

### **WARM-UP**

- 1. 1 LAP WARM-UP**
- 2. DUCK WALKS**
- 3. LUNGE WALKS**
- 4. SIDE LUNGE WALKS**
- 5. STEP PULLS**
- 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM)**
- 7. CARIOCA (EASY, MEDIUM)**
- 8. BULLDOG-MARCH**
- 9. HIGH KNEES (EASY, MEDIUM)**
- 10. BUTT KICKERS**
- 11. HIGH KNEES + STRIDE**
- 12. HIGH KNEES + SPRINT**
- 13. BIG BACK PEDAL**
- 14. SKIPS**
- 15. SKIPS + KICKS**

### **WORKOUT #1**

- 1. ARM DRILLS**
- 2. FAST CLAW**
- 3. 20-20-20 (2-5)**
- 4. FALLING STARTS (2-5)**
- 5. LONG LADDERS (1-3)**
- 6. SHORT LADDER (2-4) (place a cone at 5, 10 and 15 yards)**
- 7. Short ladder (2-4) (place a cone at 5, and 10 yards)**
- 8. BACK- PEDAL LADDER (2-4) (sprint 5, back-pedal back, sprint 10, back-pedal)**
- 9. FIGURE 8 (2-4) (cone at 0, 5, and 10yds. Figure 8 the cones)**

### **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. Lying Starts (pop-ups) x4-6 (Start on back, on command pop-up and sprint)**
- 5. Fartleks Stride 110 yds, walk the endzone. 8 – 10 reps**
- 6. Skilled Pattern Running Set 1,2**

### **COOL DOWN**

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