

SUMMER SPRINT WORKOUT #3

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 (2-3)**
- 4. FALLING STARTS (2-3)**
- 5. Short LADDER (4-8)**
- 6. BACK PEDAL LADDER (2-4)**
- 7. FIGURE 8 (2-4)**
- 8. NEBRASKA (2) each side**
- 9. Box Pursuit (2)**
- 10. CAT AND MOUSE (2-4)**

ADD REPS AND DRILLS AS NEEDED

Nebraska (make a box with 4 cones placed 5 yds. Apart, sprint an "N" around cones)

suit (make a box with cones 10 yds. Apart, sprint different patterns around the box)

Box PurCat & Mouse (make a big triangle with the cones, race to the top of the triangle)

1x A WEEK CONDITIONING – FARTLEKS (SPRINT) X 8-12

1X A WEEK CONDITIONING - PATTERN RUNNING SET 1,2,3

COOL DOWN

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

WORKOUT #2

- 1. ARM DRILLS**
- 2. FAST CLAW**
- 3. 20-20-20 (3-5) (build-up, stride, decelerate)**
- 4. 20-20-20 (3-5) (SPRINT)**
- 5. 20-10-10-10 (3-5) (build-up, sprint, decelerate, sp.)**
- 6. FALLING START (3-5)**
- 7. LYING START (3-5)**
- 8. BACK START (4-6)**
- 9. STEEPLE START (4-6)(falling St. out of steeple pit)**
- 10. HILL or Bleacher CHARGE (4-6)**