

Deer Park men,

The theme of my intro here will be consistent with the ones in weeks past and that is to try to enjoy this week of workouts. I can tell you that the best athletes and the most successful people I have ever coached and worked with, were not necessarily the ones with the most talent but the ones who feel in love with the process and were excited to do the work. A great quip I heard is to change your language from “I *have* to work out today” to, “I **GET** to work out today”. Now ore than ever is it important to look on the bright side of things and operate from a perspective of gratitude. How lucky most of us are that we have functioning healthy bodies that can move and have the ability to exercise. Whatever level you are getting it done is great as long as you are giving it your best shot, enjoying the process, and seeking ways to get better.

Have fun this week. Not coaching is really bumming me out. I have to say that I was really forward to working with you guys this season and trying to better the DP sprint program. I was excited to work with you to try and help you understand the importance of becoming better men, being grateful, and falling in love with the process of being a beast! I am still hopeful that we will be able to work together soon and I am definitely grateful for all those who are helping during this time whether it be directly on the front lines of the battle or behind the scenes by staying home and such.

Best,

Coach Fiore

Monday 4/13

It is supposed to rain and be like 30-60 mph winds so I am gonna recommend that you crush this workout inside.

**Mobility Circuit:**

[Lateral Hip Opener](#) 10x each side

[Shoulder Gators](#) 20x total

[Dynamic Chest Stretch](#) 10x total

Butterfly Stretch 30 seconds

[Four Figure Stretch](#) (both legs) 30 seconds

[Single Leg Raises](#) 10x each leg

[Cat Cow](#) 30 seconds

[Clams](#) 12x each side

**Workout Circuit: rest for 20 seconds in between each exercise...complete 2-3 sets**

- Run in place (max intensity) 30 seconds
- 15x pushups
- 20x Jumping Jacks
- 20x Air Squats
- Front Plank 30 seconds
- Side Plank (both sides) 30 seconds
- Run in place (max intensity) 30 seconds
- 10x [Bird Dogs](#)

Tuesday 4/14

## Speed Development

### **Warm up:**

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

**Work Out:** 2-3 sets of 1x35 seconds (2min rest) 1x25 seconds (2 min rest) 2x15 seconds

Run the 35 seconds quick and controlled (80%)

Run the 25 seconds a little faster (85%)

Run the 15 seconds fast but not all out (90%)

Rest for 5 minutes in between sets

**Cool Down** 5 minute run, [Leg Swings](#), Rope Stretch

### **Core:**

Repeat 2 rounds (Do not rest between exercises/ Rest between sets)

[Bicycle Crunches](#) 30 seconds

[Reverse Crunch w leg extension](#) 30 seconds

[Dead Bug](#) 30 seconds

[Boat to Low Boat](#) 30 seconds

[Heel Touches](#) 30 seconds

Front Plank 30 seconds

Side Plank (both sides) 30 seconds each

Wednesday 4/15

Max Velocity (Run as fast as you can)

Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.
- 20 jumping jacks, [20 lateral jumps](#), 20 jump rope jumps

Workout:

4x 5 second all out sprint ([30 meter flys](#))

(build up to top speed, hold top speed for 4-5 seconds, decelerate slowly)

Rest 5 minutes between each sprint

Cool Down:

Run 5 minutes

[Leg Swings](#)

Core:

[CannonBall Routine](#)

Thursday 4/16

Easy Day

**Warmup:** [Leg Swings](#)

**Workout:** Run/walk for 15-30 minutes at a nice comfortable pace

**Cool Down:**

Skip forward 15 sec

Skip Backward 15 sec

[Lateral Hip Opener](#) 10x each side

[Shoulder Gators](#) 20x total

[Dynamic Chest Stretch](#) 10x total

Butterfly Stretch 30 seconds

Friday 4/17

## Acceleration Drills

### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

Acceleration: Below are the starting positions. Assume the starting position, get up as fast as you can and sprint for about 20-30 meters (4-5 seconds).

- Lying on your stomach x2
- Lying on your back x2
- High Push up Position x2
- Criss Cross Apple Sauce x2
- Kneeling on both knees x2

### Cool Down:

Run 10 minutes

[Leg Swings](#)

Rope stretches

## **Saturday 4/18**

### Strength Day

#### Warm up:

- Run 5 minutes
- Rope stretches
- Drills (20 yds drill 20 yd run out): [High Knees](#), [A skip](#), [Straight leg bound](#), Super Marios, Backward Run, High Knee Carioca.

#### Work Out:

[Reverse Lunges](#) x20

[Body Weight Squat](#) x20

Push ups x20

[Lateral Lunge](#) x20

[High Plank Hold](#) x 30 sec

[Broad Jumps](#) x10

[Bounds](#) x10

[Hip Lifts](#) x20

#### Cool Down:

Run 5 minutes

4x 15 second strides

Sunday 4/19

OFF!