Sprint Squad,

Another week provides the opportunity to get more fit and be prepared for whatever is next. The old saying is "I stay ready so I don't gotta get ready." It can be hard to stay motivated with a lot of the uncertainties that lie ahead but the funny thing is that nothing is or has ever been promised. Today is a gift and I hope that we each try and take advantage of whatever is put in front of us this week.

This time can give you great insight if this is something you really want to do, if this is something you really like. This week, my challenge to you is to try and <u>enjoy</u> the workouts given. Try to appreciate the fact that with everything that has been taken away, postponed, or cancelled, you are still healthy enough to get up and move and exercise!

I wish you a great week of training and I am itching to get on the grind with you guys!

Best,

Coach Fiore

Monday 3/30

Get out and move!

Warm up: [Leg Swings](#)

Workout:

20 minutes running!

*Find a pace that is comfortable and try and enjoy being outside.

*If you have trouble running for that long, switch it up and jog 1 minute walk 1 minute.

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

Tuesday 3/31

Speed Development

- 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.

Workout

3x35 seconds @85%   3x20 seconds @90%   3 minutes rest in between everything

*Find a safe straight away road or a track and complete the workout. Focus on running fast but not all out keep it in control. Run up tall, good effort. This workout will be tiring, stay honest with the rest if you can.

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 4/1

Strength Day

<u>Warm up:</u>

- 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.

<u>Work Out:</u>

Reverse Lunges x20

Body Weight Squat x20

Push ups x20

Lateral Lunge x20

High Plank Hold x30 seconds

Broad Jumps x 10

Bounds x10

Hip Lifts x20

<u>Cool Down:</u>

Run 5 minutes

4x 15 second strides

Thursday 4/2

Max Velocity 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.

- 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

Friday 4/3

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:

Warm up:

Leg Swings

Workout:

Walk/jog for 30 minutes

Core:

High Plank Hold (30 seconds)

Front Plank Saws (30 seconds)

Side Plank (both sides) (30 seconds each)

Back Plank (30 seconds)

20 Pushups

20 Sit Ups

20 Bodyweight Squats

Repeat 2-3x