

Sprints/Jumps/Hurdles Workouts – March 23-29

All these workouts are suggestions based on what is close to your home and also the weather. Remember to use physical distancing of at least 6 feet apart. Last week, we posted the dynamic warm up and also examples of plyometric drills. This week we will be doing 8 sets and that is the number you will be doing for the rest of the season. Be safe and healthy.

Monday, March 23:

- Warm up, speed play (fartlek) training. This means vary your speed. Find a trail or park and sprint 30 seconds, walk 90 seconds. Do this 10 times, making sure to work the sprints hard.
- Cool down. 10 burpees, 20 lunges. 8 sets.

Tuesday, March 24:

- Warm up, 20-minute run.
- 10 minutes jump rope: Do 30 seconds each of 2 feet together fast (peppers). Right foot only with hop between. Left foot only with hop between. Lead with right foot stepping over. Lead with left foot stepping over. Do these 5 series of jumps 4 times.
- Arm weights like you did at practice with dumbbells, or anything you can find in your house like soup cans, bags of dog food, flour, etc. Improve!
- Cool down. 15 hydrants and 8 sets.

Wednesday, March 25:

- Warm up.
- Do Circuit Workout – Row #2. OR, if you know of a good high intensity workout (around 30 minutes), feel free to do it instead. There are some great ones on YouTube or workout videos like Beachbody T25 or something similar work too.

Thursday, March 26:

- Warm up.
- Find a soccer field that is near your house. Soccer field is 120 yards. Do 6 x 120 yards fast, walk back recovery. Then do 6 x 80 yards fast, walk back. Then do 6 x 60 yards, walk back.
- Cool down. 10 burpees, 8 sets.

Friday, March 27:

- Warm up.
- On trail, do timed run of 30 second sprint, 30 second jog, 30 second stride, 30 second walk. This is a time of 2 minutes. Do 10 times (20 minutes total).
- Cool down. 15 hydrants. 8 sets. Arm weights.

Saturday, March 29:

- Do an hour long bike ride or a Circuit workout (your choice of any row).