Week 4

#13 MONDAY 8-Jun	#14 TUESDAY 9-Jun	WEDNESDAY 10-Jun	#15 THURSDAY 11-Jun	#16 FRIDAY 12-Jun
A. WARM UP	**A. WARM UP**	OFF	**A. WARM UP**	**A. WARM UP**
High Knees: 2x20 yds.	High Knees: 2x20 yds.	I	High Knees: 2x20 yds.	High Knees: 2x20 yds.
Butt Kicks: 2x20 yds.	Butt Kicks: 2x20 yds.	I	Butt Kicks: 2x20 yds.	Butt Kicks: 2x20 yds.
Prancer: 2x30 yds.	Prancer: 2x30 yds.	V	Prancer: 2x30 yds.	Prancer: 2x30 yds.
Toe Touches: 1x20 yds.	Toe Touches: 1x20 yds.	I	Toe Touches: 1x20 yds.	Toe Touches: 1x20 yds.
Skipping Arm Circle: 2x 20 yds.	Skipping Arm Circle: 2x 20 yds.	I	Skipping Arm Circle: 2x 20 yds.	Skipping Arm Circle: 2x 20 yds.
Shuffle Arm Swings: 2x 20 yds.	Shuffle Arm Swings: 2x 20 yds.	V	Shuffle Arm Swings: 2x 20 yds.	Shuffle Arm Swings: 2x 20 yds.
Parallel Slide: 2x20 yds.	Parallel Slide: 2x20 yds.	I	Parallel Slide: 2x20 yds.	Parallel Slide: 2x20 yds.
Forward Lunge Walk: 2x20 yds.	Forward Lunge Walk: 2x20 yds.	I	Forward Lunge Walk: 2x20 yds.	Forward Lunge Walk: 2x20 yds.
Reverse Lunge Walk: 2x20 yds.	Reverse Lunge Walk: 2x20 yds.	V	Reverse Lunge Walk: 2x20 yds.	Reverse Lunge Walk: 2x20 yds.
Side Lunge: 2x20 yds.	Side Lunge: 2x20 yds.	I	Side Lunge: 2x20 yds.	Side Lunge: 2x20 yds.
High Knee Carioca: 2x20 yds.	High Knee Carioca: 2x20 yds.	I	High Knee Carioca: 2x20 yds.	High Knee Carioca: 2x20 yds.
Quick Carioca: 2x20 yds.	Quick Carioca: 2x20 yds.	V	Quick Carioca: 2x20 yds.	Quick Carioca: 2x20 yds.
Lose Hip Walk: 1x20 yds.	Lose Hip Walk: 1x20 yds.	I	Lose Hip Walk: 1x20 yds.	Lose Hip Walk: 1x20 yds.
Lizard: 1x20 yds.	Lizard: 1x20 yds.	I	Lizard: 1x20 yds.	Lizard: 1x20 yds.
Leg Swing: 10 per leg	Leg Swing: 10 per leg	V	Leg Swing: 10 per leg	Leg Swing: 10 per leg
		I		
B. STRETCH	**B. STRETCH**	I	**B. STRETCH**	**B. STRETCH**
See Flexibility Section	See Flexibility Section	V	See Flexibility Section	See Flexibility Section
		I		
C. Speed	**C. AGILITY**	I	**C. SPEED**	**C. AGILITY**
Form Starts: 5x10 yds.	Pro Agility: 2 reps	V	Form Starts: 5x10 yds.	4 Corner Drill: 2 reps
Tall and Fall: 5x10 yds.	30 Yard Shuffle Ladder: 2 reps	I	Tall and Fall: 5x10 yds.	Lines: 2 reps
Position Starts: 5x10 yds.	40 Yard Ladder: 2 reps	I	Position Starts: 5x10 yds.	Zig Zag Run: 4 reps
Buildups: 2x30 yds.		V	Buildups: 2x30 yds.	
Flying 10's: 2 reps	**D. PLYOMETRICS**	I	Flying 10's: 2 reps	**D. PLYOMETRICS**
	Jump Tucks: 2x10	I		Jump Tucks: 2x10
D. LIFT	Bound for Height: 2x20 yds.	V	**D. LIFT**	Bound for Height: 2x20 yds.
See Strength Section	Bound for Distance: 2x20 yds.	I	See Strength Section	Bound for Distance: 2x20 yds.
	1 leg Hop: 2x10 reps	I		1 leg Hop: 2x10 reps
E. CORE TRAINING	Power Skipping: 2x20 yds.	V	**E. CORE TRAINING**	Power Skipping: 2x20 yds.
Crunch: 3x25		I	Full Sit Up: 3x25	
Bicycle Crunch: 1x25	**E. LIFT**	I	Half Twist: 1x25	**E. LIFT**
Push Up Superman: 1x10	See Strength Section	V	Superman: 1x10	See Strength Section
1 Knee Up: 1x20		I	Leg Raises: 3x30 sec	
Hurdles: 3x6 hurdles (Front)	**F. CORE TRAINING**	I	Hurdles: 3x6 hurdles (Front)	**F. CORE TRAINING**
Hurdles: 3x6 hurdles (Left)	Full/Up/Half/Up: 1x25	V	Hurdles: 3x6 hurdles (Left)	Heel Twist: 1x25
Hurdles: 3x6 hurdles (Right)	Side Crunch: 2x25	I	Hurdles: 3x6 hurdles (Right)	Rope Climb: 1x25
Hurdles: 3x6 hurdles (Back)	Push Up: 1x10	I	Hurdles: 3x6 hurdles (Back)	Clap Push Up: 1x7
	Wall Sit: 3x30 sec	V		Leg Over: 1x15
F. CONDITIONING		I	**F. CONDITIONING**	
V Sprint x6	**F. CONDITIONING**	I	V Sprint x6	**G. CONDITIONING**
	Gasser x3	V		350
G. STRETCH		I	**G. STRETCH**	
See Flexibility Section	**G. STRETCH**	I	See Flexibility Section	**H. STRETCH**
	See Flexibility Section	V		See Flexibility Section