

Be sure to properly warm up and cool down every time you workout. Drink plenty of water before, during and after.

### **Monday July 24th**

A) 1 to 1.5 mile at steady pace

B) Shuttle Run 22

Place two markers 22 yards apart from one another.

Execution

Sprint 22 yards and back to the start 3 times (6 sprints total) goal is to do this in 30 seconds.

Up/back/Up/back/Up/back x 3

You then have 30 seconds to rest.

There and back 3 times is one Rep, 5 Reps makes 1 Set.

Try and complete 3 Sets. 3 minute break between sets.

0-:30 sec RUN, :30- 1 min REST, 1min – 1:30 RUN, 1:30 – 2 REST, 2-2:30 RUN, 2:30-3 REST, 3-3:30 RUN, 3:30-4 REST, 4-4:30 RUN, 4:30-7 End of Set REST

\*\*\*Workout will take 21 minutes to complete start to finish if you do 3 sets

C) 3 sets of 10 burpees

### **Wednesday July 26th**

A) 1 to 1.5 mile at steady pace

B) Sprint straightaways/jog curves (4 laps)

If you are not on a track try to use a field. Sprint sideline and jog endline.

C) 3 sets of 10 burpees

### **Friday July 28th**

A) 8 Minute Cooper Test (Best done on track)

See how many laps you can run in 8 minutes

B) 25's

1. Place a marker to indicate your starting point

2. Set a marker 25 yards away

3. Run out and back six times (300 yards total)

4. Rest 45 seconds

5. Repeat 3 times

C) 3 sets of 10 burpees