

WORKOUT 1**DYNAMIC WARM-UP:**

JUMP ROPE

SPRINT LADDER ON BASKETBALL COURT

REPS	TIME	REST
1	4	5
2	11	15
3	17	20
4	23	30
5	33	40
4	25	30
3	17	20
2	12	15
1	5	FINISH

1 REP = 1 LENGTH OF BASKETBALL COURT OR

1 REP = 30 YARDS

WORKOUT 3**DYNAMIC WARM-UP:**

JUMP ROPE

TRACK RUN:

	<u>TIME</u>	<u>REST</u>
400 X 1	72s	2:00
300 X 1	52s	1:45
200 X 6	36s	1:30
100 X 4	16s	1:00
20 X 8	max effort	own time

WORKOUT 2**WARM UP**

3/4 SPRINTS X 6 (40-50 YDS.)

CONES:

	<u>REPS</u>	<u>REST</u>
HOPS SIDE/SIDE	3 X 15s	15s
HOPS FRONT/BACK	3 X 15s	15s
SHUFFLE (LINE)	4 REPS	20s
FRONT BACK (LINE)	4 REPS	20s
SIDE HOPS (RT & LFT)	2 REPS	20s

TEMPO RUN:

50 * 50 x 3 ea. (1 set)

SPRINT 50 YDS. FAST WALK 50 YDS., ETC.

(TOTAL OF 3 SPRINTS AND 3 WALKS = 1 SET)

TIME=1:35s for each set

REPEAT 5 TIMES AND REST 1 MINUTE BETWEEN SETS

WORKOUT 4**DYNAMIC WARM-UP:**

Treadmill Intervals

Sprint As Fast As you Can 1min at 5% Incline!

Jump Off Rest 1min

Jump On Sprint 1min

Jump Off Rest 1min

Complete A Total of 10-15 Sprints

When you max out the speed, Increase the % Grade!

WORKOUT 1**DYNAMIC WARM-UP:****Choice Workout**

* do something besides running or jogging
 (ex.) swimming, raquetball, basketball, etc.

WORKOUT 3**DYNAMIC WARM-UP:**

JUMP ROPE

TRACK RUN:**TIME****REST**

300 X 1	52s	1:30
200 X 6	36s	1:15
100 X 4	15s	:45-1:00
20 X 4	max effort	15s
30 X 4	max effort	20s
40 X 4	max effort	own time

WORKOUT 2**WARM UP**

3/4 SPRINTS X 6 (40-50 YDS.)

CONES:**REPS****REST**

HOPS SIDE/SIDE	3 X 15s	15s
HOPS FRONT/BACK	3 X 15s	15s
SHUFFLE (LINE)	4 REPS	20s
FRONT BACK (LINE)	4 REPS	20s
SIDE HOPS (RT & LFT)	2 REPS	20s

TEMPO RUN:

50 * 50 * 50

SPRINT 50 YDS. FAST WALK 50 YDS., ETC.

(TOTAL OF 3 SPRINTS AND 3 WALKS = 1 SET)

TIME=1:35

REPEAT 3 TIMES AND REST 2 MINUTES BETWEEN SETS

WORKOUT 4**DYNAMIC WARM-UP:**

JUMP ROPE

100 Yd Intervals

Sprint 100yds

Jog Back to start within 45sec

Repeat 10 sprints

WORKOUT 1**DYNAMIC WARM-UP:****SPRINT LADDER ON BASKETBALL COURT**

REPS	TIME	REST
suicide	32s	40s
1	5	5
2	11	15
3	17	20
4	25	30
5	35	40
4	26	30
3	18	20
2	12	15
1	5	5
suicide	32	Finished

1 REP = 1 LENGTH OF BASKETBALL COURT OR
1 REP = 30 YARDS

WORKOUT 2**WARM UP**

3/4 SPRINTS X 6 (40-50 YDS.)

CONES:

	<u>REPS</u>	<u>REST</u>
HOPS SIDE/SIDE	3 X 15s	15s
HOPS FRONT/BACK	3 X 15s	15s
SHUFFLE (LINE)	4 REPS	20s
FRONT BACK (LINE)	4 REPS	20s
SIDE HOPS (RT & LFT)	2 REPS	20s

TEMPO RUN:

300 YD SHUTTLE X 1	TIME 60s
300 YD SHUTTLE X 1	TIME 64s
300 YD SHUTTLE X 1	TIME 64s

WORKOUT 3**DYNAMIC WARM-UP:**

JUMP ROPE

TRACK RUN:

	<u>TIME</u>	<u>REST</u>
440 X 1	82s	1:45
330 X 1	57s	1:30
220 X 6	39s	1:15
110 X 4	18s	:45-1:00
20 X 6	max effort	own time
30 X 6	max effort	25s

WORKOUT 4**DYNAMIC WARM-UP:****Choice Workout**

* do something besides running or jogging
(ex.) swimming, raquetball, basketball, etc.