

MONDAY - FEB. 13, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Sprint Context Warm Up	Sprint Context Warm Up 1.Knee Every 3 (00:01) 2.Heel Every 3 (00:08) 3. High Knees (00:15) 4. Butt Kicks (00:23) 5. Hybrid Knee and Butt (00:31) 6. Skip (00:38) 7. Backward Skip (00:42) 8. Side Shuffle (00:46) 9. Carioca (00:54) 10. A - March (01:02) 11. Backward A-March (01:09) 12. Lateral A-March (01:16) 13. A-Skip (01:36) 14.Backward A-Skip (01:44) 15. Lateral A-Skip (01:51) 16. Dribble Over Ankle (02:14) 17. Dribble Over Calf (02:26) 18. Dribble Over Knee (02:35) 19. Straight Leg Run Low (02:41) 20. Straight Leg Run Med (02:48) 21. Straight Leg Run Large (02:58) 22. Skip into Lunge and Reach (03:03) 23. Shuffle into Lateral Lunge (03:20) 24. Backward Skip into Lunge + reach (03:52) 25. Skip into Lunge and Twist (04:01) 26. Backward skip into lunge and Twist (04:23) 27. B- March (04:34) 28. A- March Aggressive (04:51) 29. B-Skip (04:59) 30. Backwards Run (05:15)					
1/2 Height High Knee Run to Full Height High Knee Run <i>1 x 6</i>		6				
	arms and knees get driven to half the height of a normal high knee run, then transition to the full height, the half reps can be done faster than the full reps					
15m acceleration - 10m deceleration <i>1 x 5</i>		5				
	set up a 15 accel and a 10m decel area. must come to a full stop in 10m !					
Exp 50m <i>1 x 3</i>		3				
	Cover 50m focuses on good form					
A Wall/Door Hamstring Stretch		2 (ea.)				
A Adductor Pails/Rails		2 (ea.)				
A FRC Pigeon		2 (ea.)				
	- Unless otherwise stated each of these should be done for 8-12 passes.					

Foam Rolling Routine	<ul style="list-style-type: none"> - The passes should be controlled and smooth. - If you find a spot that seems to feel uncomfortable continue to roll across that area. <p>Lie across foam roller to open shoulders and chest - 8-10 minutes either at the beginning or end of the session.</p> <ul style="list-style-type: none"> - Hamstring - Piriformis/Glute - IT Band/Glute Medius - Back - Lat - Quads - Hip Flexors
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TUESDAY - FEB. 14, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Running Warm Up- 1	Single Leg Glute Bridge 10 Reps each Fire Hydrants 6 Reps each Hip Circles 3 each way each side Scorpions 6x each side with hold at top 10 Body Weight Squats with hold at the bottom Forward/Backward/Lateral Lunge 6 Reps each Spidermans with Rotation 4 reps each Body Weight Single Leg RDL - 4 each side Single Leg Calf Hops 10x ea High Skips 10m Long Skips 10m Bounds 3 bounds w/ 5m sprint					
MAS RUN 1 x 5		5				
	Int: 90%					
	Run for 3 min @ x:xx pace Recovery jog for 1min@ x:xx pace see note					
PRO Weight Room Warm Up 1	Single Leg RDL Balance Row - 2x6 ea arm Take a #10-#15 KB or DB , get into the bottom of a single leg rdl stance balance and row the KB/DB IN THE OPPOSITE SIDE ARM TO THE LEG YOU ARE BALANCING ON Squat to Horizontal Press 2x8 Take a #10 plate or DB and hold it to your chest, Squat down keeping tension to the bottom of your squat, then press the plate/db out and bring it back into your chest while at the bottom, after you return it to your chest squat back up Single Arm Floor Press with Legs Up flexed at 90 degrees and bent at the hip to the side at a 45 degree angle 2x6 ea Take a #15-#20 DB or KB and lay on the floor as if you were doing a floor press. Take your legs Raise them into the air so that they are at 90 degrees or as close as you can get. THEN Bend them to one side at a 45 degree angle. Press the DB/KB in the arm OPPOSITE to the side that the legs are bent					
A Med						

Ball Slam		4		4		4
B Choose a Lift		6		6		6
	Choose a lift from: Vertical Press					
B Choose a Lift		6		6		6
	Choose a lift from: Vertical Pull					
C Choose a Lift		6		6		6
	Choose a lift from: Horizontal Pull					
C Choose a Lift		6		6		6
	Choose a lift from: Horizontal Press					
D 1/2 Kneeling Pallof Press		6 (ea.)		6 (ea.)		
D Adductor Side Plank		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)
D Band Dead Bug		6 (ea.)		6 (ea.)		6 (ea.)
Band Cool Down	<p>Band Cool Down (can be done with towel or strap)</p> <p>Exercise List and Video Time Break Down</p> <p>Hamstring Full x10ea (00:05)</p> <p>Open Groin , Close Glute x10ea (00:20)</p> <p>Hamstring Lower Leg x10ea (00:33)</p> <p>Internal / External Rotation x10ea view 1 (00:51) view 2 (00:59)</p> <p>Ank Int./ Ext. x10 ea (01:12)</p> <p>Dorsiflexion Hold x30sec ea (01:28)</p> <p>On Belly Quad x10ea (01:44)</p> <p>Set up..... (01:59)</p> <p>Groin Active x10ea (02:17)</p> <p>Groin Passive x10ea (02:25)</p>					
Breathing and Contrast	<p>breathing</p> <p>legs up on wall 3-5 mins</p> <p>contrast shower</p> <p>2mins cool water (not cold)</p> <p>2mins hot water</p> <p>repeat 4-5x</p>					
THURSDAY - FEB. 16, 2023						

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Sprint Context Warm Up	Sprint Context Warm Up 1. Knee Every 3 (00:01) 2. Heel Every 3 (00:08) 3. High Knees (00:15) 4. Butt Kicks (00:23) 5. Hybrid Knee and Butt (00:31) 6. Skip (00:38) 7. Backward Skip (00:42) 8. Side Shuffle (00:46) 9. Carioca (00:54) 10. A - March (01:02) 11. Backward A-March (01:09) 12. Lateral A-March (01:16) 13. A-Skip (01:36) 14. Backward A-Skip (01:44) 15. Lateral A-Skip (01:51) 16. Dribble Over Ankle (02:14) 17. Dribble Over Calf (02:26) 18. Dribble Over Knee (02:35) 19. Straight Leg Run Low (02:41) 20. Straight Leg Run Med (02:48) 21. Straight Leg Run Large (02:58) 22. Skip into Lunge and Reach (03:03) 23. Shuffle into Lateral Lunge (03:20) 24. Backward Skip into Lunge + reach (03:52) 25. Skip into Lunge and Twist (04:01) 26. Backward skip into lunge and Twist (04:23) 27. B- March (04:34) 28. A- March Aggressive (04:51) 29. B-Skip (04:59) 30. Backwards Run (05:15)					
COD Sprint - Sprint 10, Shuffle 10, Shuffle 10 Sprint 20 1 x 5		5				
RS 25m 3 x 6		6		6		6
Cover 25m as quick as possible - Rest 180 secs. between sets						
PRO Weight Room Warm Up	Single Leg RDL Balance Row - 2x6ea arm Take a #10-#15 KB or DB , get into the bottom of a single leg rdl stance balance and row the KB/DB in THE OPPOSITE SIDE ARM TO THE LEG YOU ARE BALANCING ON Squat to Horizontal Press 2x8 Take a #10 plate or DB and hold it to your chest, Squat down keeping tension to the bottom of your squat, then press the plate/db out and bring it back into your chest while at the bottom, after you return it to your chest squat back up					

1	<p>Single Arm Floor Press with Legs Up flexed at 90 degrees and bent at the hip to the side at a 45 degree angle 2x6ea</p> <p>Take a #15-#20 DB or KB and lay on the floor as if you were doing a floor press. Take your legs Raise them into the air so that they are at 90 degrees or as close as you can get. THEN Bend them to one side at a 45 degree angle. Press the DB/KB in the arm OPPOSITE to the side that the legs are bent</p>					
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A Single Leg Box Drops 6"		3 (ea.)		3 (ea.)		3 (ea.)
	Control the landing					
B Goblet Squat		6		6		6
C KB Deadlift		6		6		6
D Lateral Band Walk		10 (ea.)		10 (ea.)		10 (ea.)
D Band Walk Frwd/Bckwrđ		10		10		10
D Calf Raise 2 Up 1 Down		10 (ea.)		10 (ea.)		10 (ea.)
E Plank Toe Taps		20 secs		20 secs		20 secs
E Side Plank with Abduction		30 secs (ea.)		30 secs (ea.)		

Foam Rolling Routine	<p>- Unless otherwise stated each of these should be done for 8-12 passes.</p> <p>- The passes should be controlled and smooth.</p> <p>- If you find a spot that seems to feel uncomfortable continue to roll across that area.</p> <p>Lie across foam roller to open shouders and chest - 8-10 minutes either at the beginning or end of the session.</p> <ul style="list-style-type: none"> - Hamstring - Piriformis/Glute - IT Band/Glute Medius - Back - Lat - Quads - Hip Flexors 					
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FRIDAY - FEB. 17, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
END 45 Mins Steady State <i>1 set</i>	Easy Slow Bike					
A FRC Bear Sit to Straddle		2 (ea.)				
A Knee to Wall Stretch		2 (ea.)				
A Hip Flexor Stretch		2 (ea.)				

SATURDAY - FEB. 18, 2023

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Running Warm Up- 1	Single Leg Glute Bridge 10 Reps each Fire Hydrants 6 Reps each Hip Circles 3 each way each side Scorpions 6x each side with hold at top 10 Body Weight Squats with hold at the bottom Foward/Backward/Lateral Lunge 6 Reps each Spidermans with Rotation 4 reps each Body Weight Single Leg RDL - 4 each side Single Leg Calf Hops 10xea High Skips 10m Long Skips 10m Bounds 3 bounds w/ 5m sprint					
10mins OUT						
8mins BACK <i>1 set</i>	Run for 10m keeping hr below 80% max and get back to where you started in 10min Run 10mins at a steady pace remember the route you run, at 10 mins turn around and make it back to the start in 8mins					
PRO Weight Room Warm Up 1	Single Leg RDL Balance Row - 2x6ea arm Take a #10-#15 KB or DB , get into the bottom of a single leg rdl stance balance and row the KB/DB IN THE OPPOSITE SIDE ARM TO THE LEG YOU ARE BALANCING ON Squat to Horizontal Press 2x8 Take a #10 plate or DB and hold it to your chest, Squat down keeping tension to the bottom of your squat, then press the plate/db out and bring it back into your chest while at the bottom, after you return it to your chest squat back up Single Arm Floor Press with Legs Up flexed at 90 degrees and bent at the hip to the side at a 45 degree angle 2x6ea Take a #15-#20 DB or KB and lay on the floor as if you were doing a floor press. Take your legs Raise them into the air so that they are at 90 degrees or as close as you can get. THEN Bend them to one side at a 45 degree angle. Press the DB/KB in the arm OPPOSITE to the side that the legs are bent					
A Pogo Jumps		6		6		6
B Stability Ball DB Fly		6		6		6
B DB Lateral Lunge		6 (ea.)		6 (ea.)		6 (ea.)
C Reverse Lunge w/ Slider		6 (ea.)		6 (ea.)		6 (ea.)
C						

Reverse Fly		6		6		6
D Single Leg Glute Bridge		6 (ea.)		6 (ea.)		6 (ea.)
D Bird Dog		6 (ea.)		6 (ea.)		6 (ea.)
D Superman		6		6		6
Band Cool Down	<p>Band Cool Down (can be done with towel or strap)</p> <p>Exercise List and Video Time Break Down</p> <p>Hamstring Full x10ea (00:05) Open Groin , Close Glute x10ea (00:20) Hamstring Lower Leg x10ea (00:33) Internal / External Rotation x10ea view 1 (00:51) view 2 (00:59) Ank Int./ Ext. x10 ea (01:12) Dorsiflexion Hold x30sec ea (01:28) On Belly Quad x10ea (01:44) Set up..... (01:59) Groin Active x10ea (02:17) Groin Passive x10ea (02:25)</p>					
Breathing and Contrast	<p>breathing legs up on wall 3-5 mins</p> <p>contrast shower 2mins cool water (not cold) 2mins hot water repeat 4-5x</p>					
www.teambuildr.com						