

**MONDAY - JAN. 2, 2023**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Sprint Context Warm Up</b>	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)											
<b>EXP 30 meters</b> 3 x 6		6		6		6						
	- Rest 180 secs. between sets Sprint 30 meters											
<b>Altis Torso Activation</b>	6x each movement x2 (six reps of each movement twice)  1. Foam Roller Back Ext Stretch x6 (00:24) 2. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33) 3. Cat - Camel x6 (00:50) 4. Chin to Knees x6 (1:19) 5. Tall Kneel Lean Back x6 (1:55) 6. Low Plank to Down Down x6 (2:23) 7. Cobra to Down Dog x6 (2:38) 8. Quadruped Rotations x6 (3:04) 9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)											



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<p><b>HIR 20 Sec</b> <i>2 x 20</i></p>		20		20							
<p><b>Altis Torso Activation</b></p>	<p>6x each movement x2 (six reps of each movement twice)</p> <ol style="list-style-type: none"> <li>1. Foam Roller Back Ext Stretch x6 (00:24)</li> <li>2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33)</li> <li>3. Cat - Camel x6 (00:50)</li> <li>4. Chin to Knees x6 (1:19)</li> <li>5. Tall Kneel Lean Back x6 (1:55)</li> <li>6. Low Plank to Down Down x6 (2:23)</li> <li>7. Cobra to Down Dog x6 (2:38)</li> <li>8. Quadruped Rotations x6 (3:04)</li> <li>9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)</li> </ol> <p>Repeat</p>										
<p><b>A Single Leg Jump Double Leg Landing</b></p>		4 (ea.)		4 (ea.)		4 (ea.)					
<p><b>B Split Stance Jump w/ Switch</b></p>		5		5		5					

<b>C Lateral Jump and Stick</b>		4 (ea.)		4 (ea.)		4 (ea.)			
<b>D Front Squat to Box</b>		5		5		5		5	5
Can use dumbbells if you want									
<b>E Reverse Fly</b>		8		8		8			
<b>E Dumbbell Fly</b>		8		8		8			
<b>F Front Raise</b>		8		8		8			
<b>F Lateral Raise</b>		8		8		8			
<b>G DB Side Bends</b>		20 (ea.)		20 (ea.)		20 (ea.)			
<b>G Mountain Climbers</b>		20		20		20			
<b>G Psoas Sit Up</b>		10		10		10			

<b>Cool Down 1</b>	Cat/Camel 15 Reps with Breathing Pigeon - 1 min x 2 each side 90/90 2min each side 1/2 Kneeling Hip Flexor Stretch 1min x 2 each Standing Calf Stretch 30 sec x2each Standing Hamstring Stretch 30sec x2each  Foam Roll
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**THURSDAY - JAN. 5, 2023**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>A FRC 90/90 Stretch</b>		1 (ea.)										
<b>B FRC - PAILS RAILS Bear Sit</b>		1										

**FRIDAY - JAN. 6, 2023**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
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<b>Sprint Context Warm Up</b>	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)											

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<b>AR Drill COD</b>	10m Sprint at the end of the sprint try to change direction 180 degrees as quickly as possible. You do not need more than 3-5 steps out of the turn. The focus is on Changing direction as quickly as possible.  Repeat each direction with 120s Rest in between Reps  1 Sets of 4 each side									
<b>Explosive Push Up Start - 20m</b> 2 x 6		6		6						
	- Rest 120 secs. between sets Start in a Low push up, aggressively push the ground and get up into an acceleration posture as fast as possible									
<b>Exp 60m</b> 1 x 4		4								
	Build up over 40m and hold top speed over 20m									
<b>Altis Torso Activation</b>	6x each movement x2 (six reps of each movement twice)  1. Foam Roller Back Ext Stretch x6 (00:24) 2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33) 3. Cat - Camel x6 (00:50) 4. Chin to Knees x6 (1:19) 5. Tall Kneel Lean Back x6 (1:55) 6. Low Plank to Down Down x6 (2:23) 7. Cobra to Down Dog x6 (2:38) 8. Quadruped Rotations x6 (3:04) 9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)  Repeat									
<b>A Box Jump</b>		4		4		4				
<b>B Lateral Box Drop</b>		4		4		4				
	Own the Landing									
<b>C SL Quick Hops</b>		10		10		10				
<b>D Staggered Stance RDL</b>		5		5		5		5		5
	Alternate Stance per set									
<b>E Reverse Lunge</b>		5		5		5				

<b>E Cross Behind Lunge</b>		8		8		8			
<b>F Alternating Dumbbell Curls</b>		8 (ea.)		8 (ea.)		8 (ea.)			
<b>F Dumbbell Tricep Extension</b>		8 (ea.)		8 (ea.)		8 (ea.)			
<b>F Band 4 Way Hip</b>		10 (ea.)		10 (ea.)		10 (ea.)			
<b>G Tall Plank</b>		45 secs		45 secs		45 secs			
<b>G Press Up - Weighted</b>		20		20		20			
<b>G Bicycles with Weight Resistance</b>		20		20		20			

<b>Cool Down 1</b>	<p>Cat/Camel 15 Reps with Breathing  Pigeon - 1 min x 2 each side  90/90 2min each side  1/2 Kneeling Hip Flexor Stretch 1min x 2 each  Standing Calf Stretch 30 sec x2each  Standing Hamstring Stretch 30sec x2each</p> <p>Foam Roll</p>
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**SATURDAY - JAN. 7, 2023**

<b>Workout</b>	<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>		<b>Set 5</b>		<b>Set 6</b>	
	<b>Result</b>	<b>Reps</b>	<b>Result</b>	<b>Reps</b>	<b>Result</b>	<b>Reps</b>	<b>Result</b>	<b>Reps</b>	<b>Result</b>	<b>Reps</b>	<b>Result</b>	<b>Reps</b>
<b>Sprint Context Warm Up</b>	<p>Sprint Context Warm Up</p> <ol style="list-style-type: none"> <li>1.Knee Every 3 (00:01)</li> <li>2.Heel Every 3 (00:08)</li> <li>3. High Knees (00:15)</li> <li>4. Butt Kicks (00:23)</li> <li>5. Hybrid Knee and Butt (00:31)</li> <li>6. Skip (00:38)</li> <li>7. Backward Skip (00:42)</li> <li>8. Side Shuffle (00:46)</li> <li>9. Carioca (00:54)</li> <li>10. A - March (01:02)</li> <li>11. Backward A-March (01:09)</li> <li>12. Lateral A-March (01:16)</li> <li>13. A-Skip (01:36)</li> <li>14.Backward A-Skip (01:44)</li> <li>15. Lateral A-Skip (01:51)</li> <li>16. Dribble Over Ankle (02:14)</li> <li>17. Dribble Over Calf (02:26)</li> <li>18. Dribble Over Knee (02:35)</li> <li>19. Straight Leg Run Low (02:41)</li> <li>20. Straight Leg Run Med (02:48)</li> </ol>											

	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)							
<b>Tabata (20:10) @120% MAS</b> 4 x 8	8		8		8		8	
	Run xx distance out and back in 20seconds/10s standing recovery - Rest 180 secs. between sets Run at 120% MAS for 20 sec then 10 sec rest and repeat							
<b>Altis Torso Activation</b>	6x each movement x2 (six reps of each movement twice)  1. Foam Roller Back Ext Stretch x6 (00:24) 2.. Foam Roller Back Ext Stretch w/ Arms Crossed x6 (00:33) 3. Cat - Camel x6 (00:50) 4. Chin to Knees x6 (1:19) 5. Tall Kneel Lean Back x6 (1:55) 6. Low Plank to Down Down x6 (2:23) 7. Cobra to Down Dog x6 (2:38) 8. Quadruped Rotations x6 (3:04) 9. Elbow to Instep w/ Rotation both ways x6 each. (3:23)  Repeat							
<b>A Tuck Jumps</b>		4		4		4		
<b>B Double Leg Jump Single Leg Landing</b>		3 (ea.)		3 (ea.)		3 (ea.)		
<b>C Fwd/Bwd - Mini Hop</b>		10		10		10		
<b>D Lateral Band Walk</b>		10 (ea.)		10 (ea.)		10 (ea.)		
<b>D Body Squat</b>		AMAP		AMAP		AMAP		
<b>E Choose a Lift</b>	8		8		8			
	Choose a lift from: Vertical Pull							
<b>E Choose a Lift</b>	8		8		8			
	Choose a lift from: Vertical Press							
<b>F Nordic Hamstring Curl</b>		4		4		4	4	
<b>G V-Up Static Leg Med Ball Pull Over</b>		20		20		20		
<b>G Scissors Weighted</b>		20		20		20		
<b>G Adductor Side Plank Up Downs</b>		10 (ea.)		10 (ea.)		10 (ea.)		
	Band Cool Down (can be done with towel or strap)  Exercise List and Video Time Break Down							

**Band Cool Down**

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)

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