



Long Sprints Workout

Monday.Thursday

1. Warm Up

Dynamic Warm-up

- Deep Squats (x10)
- Sumo Squats (x10)
- Lunge Squats (x10/leg, 20 total)
- Hip Ups feet in/knees out (x10)
- Hip Ups feet out knees in (x10)
- Back Crunches (x10/side)
- Scorpions (x10/let)
- Iron Crosses (x10/leg)
- Sweepers (x10/leg)
- Hip Flexor Leg Circles (x10/direction/leg)
- Standing Forward Hurdlers (x10/leg)
- Heel Raises
- Mini Pogos (x10)
- High Pogos (x10)
- Standing Arm Circles (x10/direction)
- Standing Arm Swings (2x10)
- Single Leg Drive Command
- Switches by Command
- Straight Leg March
- Straight Leg Run Low Leg Lift
- Straight Leg Run High Leg Lift
- Low Knee Quicks
- High Knee Quicks
- B March/CycleWalk
- Rhythm Skips
- A Skip Run/Carry Yo
- Backward Run/Do Both Power Skips/Accelerators x2

2. Work Out

Agility Ladder Drills Find a Line for this

- 1 step/square forward
- 2 steps/square forward
- Switches
- Skiers; back and forth (Lead R and L)
- Side Straddle hop; both out, both in
- Carioca (lead R and L)
- Lateral Snake; 2 in, 2 out (Lead both R and L)
- Double Trouble (out, out, in, in)
- Icky Shuffle
- River Dance (in, behind, and out)

Sprint:

2 x 30sec + 30sec

Find anywhere that you can run, sprint as fast as you can for 30 seconds. You are probably going to be able to sprint around 200 meters or so. Stay there for 30 seconds, and sprint back. Wait as long as you want to completely catch your breath, so like 5-10 minutes. Repeat.

3. Cool Down

10 pushups and 20 situps. REPEAT 3 TIMES.

Cool Down:

Find a place to jog for 5 minutes. This will replace our mile the easy way, or the four inner laps on grass.

2 x BUDS. Build Ups Downs! Build up to top speed and down. Don't accelerate to fast and don't hit the brakes either.