



# Long Sprints Workout

Tuesday.Friday

## 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

Sprint:

4 x 100 Start of every minute

Find a place that looks like it is 100 meters, and it doesn't matter if you are all that accurate just figure it out. At the start of every minute sprint a 100. At approximately 4 minutes of work you are done sprinting.

Abs:

2 x 25 V ups

## 3. Cool Down

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.

Leg day 2 x 10

Lunge Ups

Side Lunges

Single Leg Hip Ups

Single Leg RDLs