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## WARM UP

- Short jog
- Stretching sequence (10-20 seconds each):
  - Elongation Stretch - Feet together, straight down and try to reach your toes
  - Elongation Stretch - Feet apart, reach to the right and try to reach your toes. Repeat to the other side.
  - Knees, Hips & IT Bands - Right crossed over left, reach for your left foot and push your hip out to the left. Repeat to side (left over right)
  - Quad & Hip Flexor Stretch – lift foot up behind you, hold at the ankle. Repeat to other leg.
  - Glute Stretch – Lift foot in front of your body making a figure 4. Keep back straight and support leg at ankle/shin not at the foot. Repeat with other leg.
  - Calf Stretch – In a push up position, place right foot on top of left heel and push down. Repeat with other leg.
  - Butterfly Stretch – Sit on the ground with bottoms of your feet together. Keep back straight or slightly arched back. Push down on knees (butterfly wings) and/or move feet in closer to your body for a better stretch.
  - Pretzel Stretch – with left leg straight, pull right leg up and over left and twist body over right leg to stretch back and hips. Repeat to other side.
  - Cross Arm Shoulder Stretch – reach one arm across your body and pull it in with the other. Repeat with the opposite side
  - Tricep Stretch – Reach arm over back and put downward pressure on the elbow with the opposite hand. Repeat to the other side.

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## SPRINT INTERVALS (5 Cones)

- Regular interval (out one & back, out to 2 & back...)
  - Forwards x3
  - Backwards x3
  - Transition x3
- Out two, back one (out to 3<sup>rd</sup> cone, back to 1<sup>st</sup>, out to 4<sup>th</sup> cone back to 2<sup>nd</sup>...)
  - Shuffle x3
  - Crossovers x3
- Stepped run (up, across, up across)
  - Forward to shuffle x3
  - Forward to crossovers x3
- Zig Zag - Topside
  - Forward x3

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## CORE, STRENGTH, BALANCE & AGILITY

- Push ups x25
- Slow Ice Skaters (3 sec out, 3 sec in) x20 per leg
- Crunch Sequence
  - Normal x20
  - 90 Degrees/Stepped (hips at 90, knees at 90) x20
  - Legs straight up x20
  - 90 Degrees x20
  - Normal x20
- Squat to Jump – squat, hold for 5 seconds, explode to jump
  - Two foot x15
  - One foot x15 per foot

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## COOL DOWN

- Repeat stretch sequence