

## WARM UP

- Jogging Warm-Up
  - Gorilla Walk – F, B
  - 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
    - Triceps Stretch – Reach arm over back and put downward pressure on the elbow with the opposite hand. Repeat to the other side.
  - Lunge Walk – F, B
  - Bear crawl
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## LADDER DRILLS

- Quick Feet – F, B, Lateral F/B
  - In/Out – F, B
  - Crossovers
  - Hops – 2 foot (F, B), 1 Foot (F, B), 2 Foot Lateral F/B, 1 Foot Lateral F/B
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## CORE, STRENGTH, BALANCE & AGILITY

- Push ups to Bird Dog x 15
  - Superman & Reverse series
  - Crunch Sequence
    - Normal x20
    - 90 Degrees/Stepped (hips at 90, knees at 90) x20
    - Legs straight up x20
    - 90 Degrees x20
    - Normal x20
    - Windshield Wipers x 20 (10 to each side)
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## COOL DOWN

- Repeat stretch sequence