Warm-Up

Go Clockwise during preseason, Counter Clockwise (standard) during season!!

1st lap: shuffling on stretches, jog/run on curves

2nd lap: grapevines/karaokes on stretches, mini skip on first half and bottom kickers on second half (both curves)

3rd part: A&B skips (50m out and back each), C skips (30m out and back), D skips (50m out and back), [Occasionally] : 50m high skips (out and back)

4th part (3rd lap): up-downs for 70-80m of stretch, mini skip until halfway through curve, and bottom-kick rest of curve. Frankenstein kicks for 70-80m of stretch and repeat curve^

Final portion: 15x side-side leg swings each leg, 15x front-back leg swings each leg. [closer to season] 2x 100m strides, 2x 100m accelerations (accels.)

[Occasional additions]: Hurdle walks, side A-skips, over-unders.

Get water before starting the workout!

Agility Day:

1 of Set A includes:

* Agility ladder- high knees 2x through
* 20 speed skaters (10 each leg)
* Agility ladder football/soccer drills (idk the actual term) 1x through
* Zig-zag frog jumps (10x total, not as far as an actual frog jump)

1 of Set B includes:

* 15m,30m,45m,60m suicides
* 15-20 pushups

Typical workout will consist of 4x100m strides (part of the warmup), 3 Set A’s and 3 Set B’s.

Don’t forget to warm-up, cool down, and core (10min typically).

Plyo Day:

1 Circuit includes:

* 4-6x high-knees up bleacher stairs (or any set of stairs roughly equivalent)
* 200m jog, 200m stride/sprint (70-85% effort)

Typical workout will consist of: 3 Circuits [4 closer to season], 5x\* bunny hops, 5x\* single leg bunny hops (switch leg halfway up), 5x\* frog- (sometimes will change to squat-) jumps, 3x20 step-ups (10 each leg).

\*These must be done all the way up the stair set (number refers to how many times you’ll repeat the stair set)