

LIFTING DAYS DAYS DYNAMIC WARM-UP

| | | | | |
|-------------|-----------------------|---|---|-----------|
| FORM RUNS | 20 YARDS | X | 2 | |
| LOOSE SKIPS | 20 YARDS | X | 4 | |
| | ARM CIRCLES FRONT | | | |
| | ARM CIRCLES BACKWARDS | | | |
| | CROSS ARMS | | | |
| | SHOULDER RAISES | | | |
| LINE HOPS | 10 YARDS | X | 2 | SKI JUMPS |
| | 10 YARDS | X | 2 | LATERALS |

SPARQ DAYS DYNAMIC WARM-UP

| | | | | |
|---------------------|---------------------------------------|---|-------------|--|
| FORM RUNS | 20 YARDS | X | 2 | |
| LOOSE SKIPS | 20 YARDS | X | 4 | |
| | ARM CIRCLES FRONT | | | |
| | ARM CIRCLES BACKWARDS | | | |
| | CROSS ARMS | | | |
| | SHOULDER RAISES | | | |
| LOW SHUFFLE | 20 YARDS TOUCH EVERY TWO | | | |
| HIGH KNEES | 20 YARDS (10 REPS)/FORM RUNS | | | |
| BUTT KICKS | 20 YARDS (10 REPS)/FORM RUNS | | | |
| A-SKIPS | 20 YARDS | | | |
| REVERSE HIP THRUSTS | 20 YARDS | | | |
| KNEE HUGS | 10 YARDS WALKING INTO TEMPO/FORM RUNS | | | |
| TOE TOUCHES | 10 YARDS WALKING INTO TEMPO/FORM RUNS | | | |
| LUNGE | 4 REPS | X | 2/FORM RUNS | |
| SIDE LUNGE | 10 YARDS | X | 2/FORM RUNS | |
| STARTS | 10 YARDS | X | 2/DECEL | |

POST WORK-OUT STRETCH

| | | | | | | | | | | |
|------------------|----------------|-----------------------------------|------|------|------|-------|-------|-------|---------------|-------|
| CONDITION WEEK 1 | 2/3 | 3/4 | 5/6 | 7/8 | 8/9 | 10/11 | 12/13 | 14/15 | 16/17 | |
| M/W/F | 2/40 | 4/40 | 6/40 | 8/40 | 2/80 | 4/80 | 6/80 | 8/80 | 300/1 | 300/1 |
| | | | | | | | | | 8X25 AND BACK | |
| AFTER LIFT | ½ PROGRESSIONS | SPRINT FIRST HALF/JOG SECOND HALF | | | | | | | | |

HAMSTRING STRETCH
SIDE LUNGES
DOWN MIDDLE
SUMO SQUATS
PRETTY BOY
BUTTERFLY
HIP PULLS