



Day 3

PICK 1 SET OF EXERCISES FROM BELOW

A1) Hill Sprints

Find a hill that is approximately 30-60 yds in length. Use the same distance for each repeat. Increase speed with each repeat.

Time all sprints if possible and try to improve times on each workout.

Date	Week	Sets	Reps	Rest	TIME
	1	5	30-60 yd	1:30	
	2	5	30-60 yd	:60	
	3	8	30-60 yd	1:20	
	4	8	30-60 yd	:60	
	5	10	30-60 yd	1:30	
	6	10	30-60 yd	:60	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

OR

A1) Body Weight Squats

Complete total reps of BW Squats in as few sets and as short of time as possible. Try to improve time each workout.

As the total reps go up, try to improve your time relative to the amount of reps. (if 50 takes you :60, 75 should take less than :90)

Week	Sets	Reps	Rest	TIME
1	AFSAP	50		
2	AFSAP	50		
3	AFSAP	75		
4	AFSAP	75		
5	AFSAP	100		
6	AFSAP	100		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Side Plank w/ Rotation

Side plank then bring non-support hand between ground and side, then rotate it up over your side.

Week	Sets	Reps	Rest	TIME
1	AFSAP	25 ea.		
2	AFSAP	25 ea.		
3	AFSAP	50 ea.		
4	AFSAP	50 ea.		
5	AFSAP	75 ea.		
6	AFSAP	75 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

OR

This circuit is for athletes with access to a dumbbell.

A1) Half-Kneeling Overhead Press

Alternate between A1 & A2 with as little rest as possible until total number of sets are completed.

Record weight, duration of each set, rest after each set, and total time of working sets.

Week	Sets	Reps	Rest	WEIGHT
1	3	10 ea.		
2	4	10 ea.		
3	4	10 ea.		
4	5	10 ea.		
5	5	10 ea.		
6	5	10 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Unilateral Long Lever Glute Bridge

Week	Sets	Reps	Rest	Tempo
1	3	10 ea.		
2	4	10 ea.		
3	4	10 ea.		
4	5	10 ea.		
5	5	10 ea.		
6	5	10 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Repeat Bolded Exercises in Warm Up