



**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	-
	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) Flying Step Ups**

Alternate between Flying Step Ups & Jackknives until number of sets of each exercise is met.

Week	Sets	Time	Rest	-
1	4	:20	:10	
2	4	:20	:10	
3	6	:20	:10	
4	6	:20	:10	
5	8	:20	:10	
6	8	:20	:10	

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

**A2) Jackknives**

For jackknives and flying step ups, complete as many reps as possible in allotted time.

Week	Sets	Time	Rest	-
1	4	:20	:10	
2	4	:20	:10	
3	6	:20	:10	
4	6	:20	:10	
5	8	:20	:10	
6	8	:20	:10	

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

THEN

**B1) Repeat Bolded Exercises in Warm Up**