<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise 1</th>
<th>Exercise 2</th>
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</thead>
</table>

**A. WARM UP**
- High Knees: 2x20 yds.
- Butt Kicks: 2x20 yds.
- Prancer: 2x30 yds.
- Toe Touches: 1x20 yds.
- Skipping Arm Circle: 2x 20 yds.
- Shuffle Arm Swings: 2x 20 yds.
- Parallel Slide: 2x20 yds.
- Forward Lunge Walk: 2x20 yds.
- Reverse Lunge Walk: 2x20 yds.
- Side Lunge: 2x20 yds.
- High Knee Carioca: 2x20 yds.
- Quick Carioca: 2x20 yds.
- Loose Hip Walk: 1x20 yds.
- Lizard: 1x20 yds.
- Leg Swing: 10 per leg

**B. STRETCH**
- See Flexibility Section

**C. SPEED**
- Form Starts: 5x10 reps
- Position Starts: 5x10 reps
- Buildups: 2x 30 yds.
- Flying 10’s: 2 reps
- Tall and Fall: 5x10 reps

**D. LIFT**
- Bound for Height: 2x20 yds.
- Buildups: 2x 30 yds.
- 1 leg Hop: 2x10 reps
- Power Skipping: 2x20 yds.

**E. CORE TRAINING**
- Full Sit Up: 3x25
- Opposite Superman: 1x10
- 2 Knee Up: 1x20
- Hurdles: 3x6 hurdles (Front)
- Hurdles: 3x6 hurdles (Left)
- Hurdles: 3x6 hurdles (Right)
- Hurdles: 3x6 hurdles (Back)
- Wall Sit: 3x30 sec.

**F. CONDITIONING**
- U Sprint x6
- Gasser x3

**G. CONDITIONING**
- U Sprint x6

**H. STRETCH**
- See Flexibility Section