### Week 4

#### #13 #14 #15 #16

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-Jun</td>
<td>7-Jun</td>
<td>8-Jun</td>
<td>9-Jun</td>
<td>10-Jun</td>
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</tbody>
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#### A. WARM UP
- **High Knees**: 2x20 yds.  
- **Butt Kicks**: 2x20 yds.  
- **Prancer**: 2x30 yds.  
- **Side Lunge**: 2x20 yds.  
- **High Knee 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 yds.  
- **Tall and Fall**: 5x10 yds.  
- **Position Starts**: 5x10 yds.  
- **Buildups**: 2x30 yds.  
- **Flying 10's**: 2 reps

#### D. PLYOMETRICS
- **Jump Tucks**: 2x10  
- **1 leg Hop**: 2x10 reps  
- **Power Skipping**: 2x20 yds.

#### E. CORE TRAINING
- **Crunch**: 3x25  
- **Bicycle Crunch**: 1x25  
- **Push Up Superman**: 1x10  
- **1 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
- **V Sprint x6**  
- **Gasser x3**

#### G. STRETCH
- See Flexibility Section