### A. WARM UP

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>27-Jun</td>
<td>28-Jun</td>
<td>29-Jun</td>
<td>30-Jun</td>
<td>1-Jul</td>
</tr>
</tbody>
</table>

- 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 yds.
- Position Starts: 5 x10 yds.
- Tall and Fall: 5x10 yds.
- Buildups: 2x30 yds.
- Flying 10's: 2 reps
- Prone and Go: 5x10 yds.

### D. LIFT

- 1 leg Hop: 2x10 reps
- Power Skipping: 2x20 yds.

### E. CORE TRAINING

- Crunch: 3x25
- Bicycle Crunch: 1x25
- Superman: 2x10
- Leg Raises: 3x30 sec.
- Hurdles: 3x6 hurdles (Front)
- Hurdles: 3x6 hurdles (Left)
- Hurdles: 3x6 hurdles (Right)
- Hurdles: 3x6 hurdles (Back)

### E. CONDITIONING

- U Sprint x6

### F. STRETCH

- See Flexibility Section