**Fitness Training #5 – 2/27/17 (Outside)**

1. Warm-up (10 minutes)
	1. Slow jog for several laps
	2. Mix in dynamic stretching for a couple of laps
2. Comprehensive stretch (5-10 minutes)
	1. Quads/Thigh, Hamstring, Groin, Hips, Calf/Heel
3. Interval Training – Speed Endurance (see back for details)
	1. 5 minutes work – rest 2 minutes
	2. 5 minutes work – rest 2 minutes
	3. 5 minutes work – rest 2 minutes
4. Shuttles – Speed Endurance (12-15 minutes)

**1**

**2**

|  |  |
| --- | --- |
| **Jog** | **Sprint** |
| **4**  | **0** |
| **3**  | **1**  |
| **2**  | **2**  |
| **1**  | **3**  |
| **0**  | **4**  |

1. Cool down

**Jog / Walk Run**

**¾ Run / Sprint**

**Jog / Walk Run**

**¾ Run / Sprint**