**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**