

## IMPACT SPRINT JUMP WORKOUT

Do every other day for 20-40 minutes



### WARM UP (pick one)

- Warm up sprints – five at  $\frac{1}{2}$  speed sprints and five at  $\frac{3}{4}$  speed
- Jump Rope for 5-10 minutes
- Jog 1/2 mile
- 20 Burpies

### SPRINTS (pick one) – every sprint is done at maximum effort

- Straight Sprints  
10 yards x 3 rest 30 seconds in between (Rest 2 minutes after all 3 sets)  
20 yards x 3 rest 60 seconds in between (Rest 2 minutes after all 3 sets)  
30 yards x 3 rest 60 seconds in between (Rest 2 minutes after all 3 sets)  
40 yards x 3 rest 60 seconds in between (Rest 2 minutes after all 3 sets)
- Hill Sprints (any incline is good)  
10 yards x 3 rest 30 seconds in between (Rest 2 minutes after all 3 sets)  
20 yards x 3 rest 60 seconds in between (Rest 2 minutes after all 3 sets)  
30 yards x 3 rest 60 seconds in between (Rest 2 minutes after all 3 sets)
- Cone Sprints (15-20 total yards each, do 10-12 sprints total)  
3 cones in shape of "L" Start at one end point and work on sprinting and cutting  
5 cones in Shape of "D" Start at one end point and work on sprinting and cutting/cornering  
5 cones in shape of "X" Start at one end point and work on sprinting and cutting/starts and stops  
5 cones in shape of "W" start on top always face same way to work on stops/starts/transitions

### JUMPS (pick one or two) - every jump is done at maximum effort

- Box Jumps  
2 footed jump onto a box or bench or stairs or any elevated platform  
10 reps x 3 sets  
rest at least one minute between each set
- Frog Jumps (2 feet)  
Standing long jump, pause at full stop and repeat  
10 reps x 3 sets  
rest at least one minute between each set
- Frog Jumps (1 foot)  
Standing long jump, pause at full stop and repeat  
10 reps for each leg x 3 sets  
rest at least one minute between each set
- Skater Jumps (1 foot)  
Side-to-Side 1 foot jumps in same area or moving forward slightly on each jump  
6 reps on each leg x 4 sets  
Rest at least one minute between each set