

Week 4 day 4 (Endurance)

Warmup 2 laps 1 walking 1 jogging.
Short water break

Run 2 laps (for time)

Lunges 50 yards
Side shuffle & High Knee on curves
Jog ½ lap
Lunge other 50 yards
Shuffle opposite leg
Jog ½ lap
Back peddle curves (fast as possible)

Lateral Line Jumps 40sec
Front and back line jumps 35sec
Jumping Jacks 30 reps
20sec rest
Lateral Line Jumps 40sec
Front and back line jumps 35sec
Jumping Jacks 30 reps

Lunge 20 yards
Water break

Lunge 20 yards Shuffle curves
Jog straight
Back peddle curve

25sec Running High Knees

2 Laps Jogging (for time)

Water
(Bleacher)

35sec Tricep Dips
20 Jumping Jacks
30sec Russian lunges (high bench)
25reps Tricep Dips
30 Jumping Jacks



1 Lap Jog (for time)

200 Body Weight Squats in variation

- Sumo
- Plie
- Jump
- ½ squat w/ jump
- Squat to Calf Raise
- Lunges (both legs counts as 1)
- Sumo-to-regular Squat Hops
- Step Up Jumps

50 yard Lunges

10 yard Bear Crawls forward and backwards

50 Pushups