

SENIOR TEAM COVID-19 DRYLAND
WEEK 4 / Day 3 (Lateral movements)

Pre-Stretch & Activation

1. Prep

Prone T Iso Hold x 30 sec ea (x3 ea side)

2. Activation

- a. Side-lying leg raise x 12ea
- b. Bear crawl- 15 yds each way
- c. Pogo jumps 2 x 12 (small 2 inch jumps as fast as you can)

3. Movement Prep

- a. Lateral shuffle x 15 yds ea
- b. Alt. Lateral lunge 10 yd ea (or 5 on ea leg)
- c. Alt. straight leg kicks (zombie walk) 10 yds
- d. Lateral A-Skip x 20 yds

4. Lateral Plyos

- a. Alt. Skater jumps 4 ea side (large SL jumps side to side)
- b. Lateral bounding 2 x 20 yds (or 10 movements each side)

5. Speed: Week 4 -Conditioning

Tempo runs @ 70% 8 x 100 yd runs (walk 20 yds rest)

6. Bodyweight Options (3 sets total):

- a. Jump rope x 50 (fake it if you don't have a rope)
- b. Front plank x 30 sec
- c. Overhead staggered squat x 6 ea side
- d. Squat jump (max height!) x 8
- e. Push ups ISO HOLD! x 3-8
- f. Lateral lunge x 6 ea
- g. Lateral squat (monster) walk (20 x ea side)
- h. YOGA push ups x5
- i. Pull ups x 3-6