

SENIOR TEAM COVID-19 DRYLAND
WEEK 3 / Day 5 (Linear Speed Endurance)

Pre-Stretch & Activation

1. Prep

Prone W Iso Hold x 30 sec

2. Activation

- a. SL Glute Bridge x 5ea
- b. Supine Snow Angel Press x 10 SL
- c. Reach RDL x 5 ea
- d. Pogo jumps 2 x 12

3. Movement Prep

- a. FWD & BKWD Skip x 15 yd ea
- b. Rev. lunge walk 10 yd ea (or 5 on ea leg)
- c. Inchworm x 10 yd
- d. A-Skip x 20 yds

4. Plyos

- a. Alt. Split Squat jumps 4 ea side
- b. Alt. bounding 2 x 20 yds (single leg jumps)

5. Threshold running

Run as fast as possible for 10 min

6. Bodyweight Options (3 sets total):

- a. Jump rope x 60 (fake it if you don't have a rope)
- b. Suitcase crunches x 25
- c. Step-ups x 10 (ea leg)
- d. Squat jump (max height!) x 8
- e. 1- leg Push ups x 4 ea leg
- f. OH Lunge walk x 6 ea leg
- g. Lateral squat (monster) walk (20 x ea side)
- h. Plyo push ups x4
- i. Pull ups x 3-6