



**Day 1 Training**

DAY 1	SPEED, STRENGTH, CONDITION	TIME	REPS
<b>AMRAP</b> 12 minutes	10 Tricep Dips	<i>AFAP*</i>	<input type="checkbox"/>
	10 Air squats		<input type="checkbox"/>
	<i>AFAP</i> 5 Yard Sprint X4 - Jog Start		<input type="checkbox"/>
Rest 1 minute			
<b>AMRAP</b> 12 minutes	10 Tricep Dips	<i>AFAP*</i>	<input type="checkbox"/>
	10 Air squat jumps		<input type="checkbox"/>
	<i>AFAP</i> 5 Yard Sprint X4 - Backwards Jog Start		<input type="checkbox"/>
Rest 1 minute			
<b>AMRAP</b> 12 minutes	10 Burpees	<i>AFAP*</i>	<input type="checkbox"/>
	10 Sit ups		<input type="checkbox"/>
	<i>AFAP</i> 5 Yard Sprint X4 - Stomach Start		<input type="checkbox"/>
Rest 1 minute			
<b>Juggling</b>	Juggling 15 minutes	15 min	<input type="checkbox"/>

**Day 1 Clusters** = Rest for 1 minute between clusters

**AMRAP** = As many repetitions as possible

*AFAP* = As fast as possible

**Day 2 Training**

DAY 2	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
SSC	10 Burpees, 10 Air Squats, 10 Sit Ups	NA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Run	<ol style="list-style-type: none"> <li>Run for 6 minutes easy pace</li> <li>Sprint 5 secs, Jog 5 secs, Walk 5 secs and repeat for 8 minutes</li> <li>Run as hard as you can for 6 minutes</li> </ol> <p><i>Note: During Fartlek intervals you can sprint from mailbox to mailbox or light pole to light pole... but sprint, jog, walk for intervals.</i></p>	24 min	<input type="checkbox"/>

**Day 3 Training**

DAY 2	NAME	TIME	REPS
Warmup	Stretching with light jog	6 min	<input type="checkbox"/>
SSC	10 Push-Ups, 10 Air Squat Jumps, 10 Sit Ups	NA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Skills	<i>Mommertz Training - As many moves as possible</i>	60 min	<input type="checkbox"/>

**Please note teams doing Zoom Training Sessions.** Try to work those into this schedule as well! Work to get 4 sessions in this week: these 3 + a Zoom session!

**Remember:** do what you can and don't stress if you can't get it all done... try and have fun with the sessions and your development!