

Hi Girls:

This is your Midwinter Break Conditioning Plan. Please follow it closely so that it will be easier to pick up where we left off when you return.

Coach Shabazz



Monday, February 21

1. Dynamic warm-up
2. Linear Sprint runs: 30m X 4-6 reps at 90-100% intensity (walk back and begin after FULL recovery) Do 2 series with a 5 min ball juggling recovery in between.
3. Stinkers: 2 cones spread 60m apart...sprint back and forth 5X in 60 secs = 1 rep (complete 4 with a minute rest between each rep)
4. Core: Abs, plank and bridge exercises
5. Cool down

Tuesday, Feb 22

1. Dynamic warm-up
2. 120s: sprint the length of a whole field in 18-20 secs, jog back in 40 secs and GO AGAIN: complete 7 reps with an additional 30 secs rest after #4
3. Core: abs, planks and bridge exercises
4. Cool down.

Wednesday, Feb 23: Rest... sleep in late (thank you Coaches) and have fun

Thursday, Feb 24: Same as Monday

Friday, Feb 25: Same as Tuesday

**Enjoy your weekend and see you bright and early in the pit on Monday, February 28.**