

MAY THE FORCE BE WITH: \_\_\_\_\_

**TUESDAY**

Week 1	<b>Stairs-</b> 2 minute break between sets <ul style="list-style-type: none"> <li>• 5 min run up/down</li> <li>• 2 min two foot hops up/run down</li> <li>• 2 min each foot jumps up/run down</li> </ul>	<ul style="list-style-type: none"> <li>• 3 min two foot hops up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 5 min run up/down</li> </ul>	
Week 2	<b>Run 2 min/walk 30 secs</b> Repeat x 1 <b>Sprint 30 seconds/walk 30 seconds</b> Repeat x 9	<b>Ladder-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Run through</li> <li>• Two foot jumps</li> <li>• Side shuffle</li> <li>• Two jumps forward, one back</li> <li>• One foot jumps</li> <li>• Sideways two feet in/out</li> </ul>	<b>Quick Feet-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Square jumps</li> <li>• Two foot jumps forward/back</li> <li>• One foot square jumps</li> <li>• Two foot sideways jumps</li> <li>• One foot jumps forward/back</li> <li>One foot sideways jumps</li> </ul>
Week 3	<b>Stairs-</b> 2 minute break between sets <ul style="list-style-type: none"> <li>• 5 min run up/down</li> <li>• 2 min two foot hops up/run down</li> <li>• 2 min each foot jumps up/run down</li> </ul>	<ul style="list-style-type: none"> <li>• 3 min two foot hops up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 5 min run up/down</li> </ul>	
Week 4	<b>Run 2 min/walk 30 secs</b> Repeat x 1 <b>Sprint 30 seconds/walk 30 seconds</b> Repeat x 9	<b>Ladder-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Run through</li> <li>• Two foot jumps</li> <li>• Side shuffle</li> <li>• Two jumps forward, one back</li> <li>• One foot jumps</li> <li>• Sideways two feet in/out</li> </ul>	<b>Quick Feet-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Square jumps</li> <li>• Two foot jumps forward/back</li> <li>• One foot square jumps</li> <li>• Two foot sideways jumps</li> <li>• One foot jumps forward/back</li> <li>• One foot sideways jumps</li> </ul>
Week 5	<b>Stairs-</b> 2 minute break between sets <ul style="list-style-type: none"> <li>• 5 min run up/down</li> <li>• 2 min two foot hops up/run down</li> <li>• 2 min each foot jumps up/run down</li> </ul>	<ul style="list-style-type: none"> <li>• 3 min two foot hops up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 2 min sideways up/run down</li> <li>• 5 min run up/down</li> </ul>	
Week 6	<b>Run 2 min/walk 30 secs</b> Repeat x 1 <b>Sprint 30 seconds/walk 30 seconds</b> Repeat x 9	<b>Ladder-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Run through</li> <li>• Two foot jumps</li> <li>• Side shuffle</li> <li>• Two jumps forward, one back</li> <li>• One foot jumps</li> <li>• Sideways two feet in/out</li> </ul>	<b>Quick Feet-</b> 0:30 each, 0:15 break between <ul style="list-style-type: none"> <li>• Square jumps</li> <li>• Two foot jumps forward/back</li> <li>• One foot square jumps</li> <li>• Two foot sideways jumps</li> <li>• One foot jumps forward/back</li> <li>• One foot sideways jumps</li> </ul>

## THURSDAY

Week 1	<b>Volleyball Court Sprints</b> <ul style="list-style-type: none"> <li>• 2 min sprint end line to end line</li> <li>• 2 min break</li> <li>• 2 min sprint to end line/back pedal to end line</li> <li>• 2 min break</li> <li>• 2 min side shuffle 10ft line to 10ft line</li> <li>• 2 min break</li> <li>• 2 min sprint full court</li> </ul>	<b>Track- 0:10 break between</b> <ul style="list-style-type: none"> <li>• 25-meter sprint/walk back</li> <li>• 50-meter sprint/walk back</li> <li>• 75-meter sprint/walk back</li> <li>• 100-meter sprint/walk back</li> <li>• 75-meter sprint/walk back</li> <li>• 50-meter sprint/walk back</li> <li>• 25-meter sprint/walk back</li> <li>• ½ mile run/jog</li> </ul>		
Week 2	<b>Jump Rope- 0:10 break between</b> <ul style="list-style-type: none"> <li>• 5 min warm up</li> <li>• 2 min two feet</li> </ul>	<ul style="list-style-type: none"> <li>• 1 min one foot</li> <li>• 1 min one foot</li> <li>• 2 min backward</li> </ul>	<ul style="list-style-type: none"> <li>• 2 min speed</li> <li>• 2 min running</li> </ul>	<ul style="list-style-type: none"> <li>• 2 min speed</li> <li>• 5 min two feet</li> </ul>
Week 3	<b>Volleyball Court Sprints</b> <ul style="list-style-type: none"> <li>• 2 min sprint end line to end line</li> <li>• 2 min break</li> <li>• 2 min sprint to end line/back pedal to end line</li> <li>• 2 min break</li> <li>• 2 min side shuffle 10ft line to 10ft line</li> <li>• 2 min break</li> <li>• 2 min sprint full court</li> </ul>	<b>Track- 0:10 break between</b> <ul style="list-style-type: none"> <li>• 25-meter sprint/walk back</li> <li>• 50-meter sprint/walk back</li> <li>• 75-meter sprint/walk back</li> <li>• 100-meter sprint/walk back</li> <li>• 75-meter sprint/walk back</li> <li>• 50-meter sprint/walk back</li> <li>• 25-meter sprint/walk back</li> <li>• ½ mile run/jog</li> </ul>		
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