

OFF week: Monday July 30 - Friday August 3

Monday 7/30

. 2 mile run

. Agility
workout

. Strength
workout

. Foot to
Foot

Tuesday 7/31

. 2 mile run

. Interval
workout

. KO
workout

. Dribbling
Drills

Wednesday 8/1

. 2 mile run

. Agility
workout

. Strength
workout

. Foot to
Foot

Thursday 8/2

. 2 mile run

. Interval
workout

. KO
workout

. Dribbling
Drills

Friday 8/3

. 2 mile run

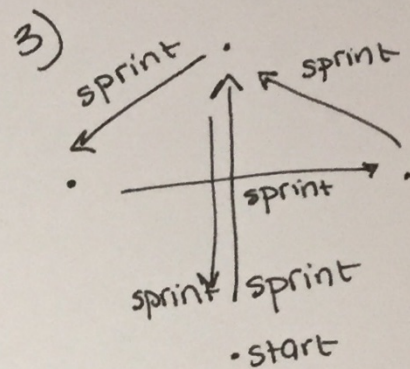
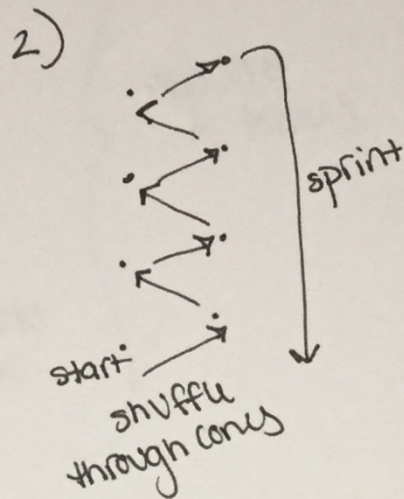
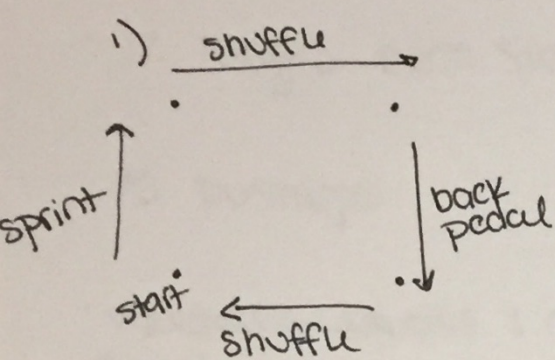
. Interval
workout

. Strength
workout

. Foot to
Foot

Agility workout

- Repeat exercise for 3 minutes straight for 1 full circuit
- Repeat circuit 3 times



Interval workout

- Power walk 15 seconds
 - jog 30 seconds
 - sprint 15 seconds
- } repeat 5 times

- powerwalk 15 seconds
 - jog 15 seconds
 - sprint 30 seconds
- } repeat 5 times

- Powerwalk 15 seconds
 - jog 45 seconds
 - sprint 15 seconds
- } repeat 5 times

Strength workout

- 15 squats
- 30 second plank
- 12 lunges each side
- 15 pushups
- ~~45 squats~~ 1 minute
Squat hold with stick
raised above head

repeat
4 times

Ab workout

- 20 leg lifts
- 25 bicycles on each side
- 20 toe touches
- plank with 10 knee to
elbow each side
- 20 situps

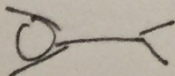
repeat
3 times

↳ lay down flat w/ hands/arms stretched out

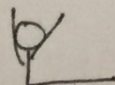
↳ roll up keeping arms outstretched

↳ touch fingertips to toes

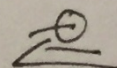
1)



2)

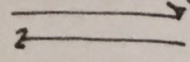


3)



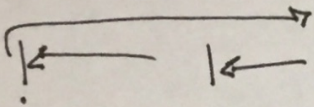
Foot to Foots

- 1) . right to left
 . left to right



. time 1 minute

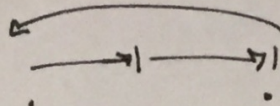
2)



- . right to left → two pulls
 . left to right → one pull

. time 1 minute

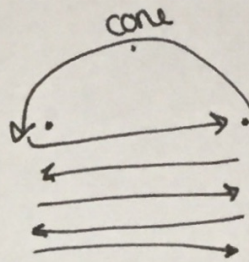
3)



- . left to right → two pulls
 . right to left → one pull

. time 1 minute

3)



- . right to left
 . left to right
 . right to left
 . left to right
 . around the cone to left, back to right

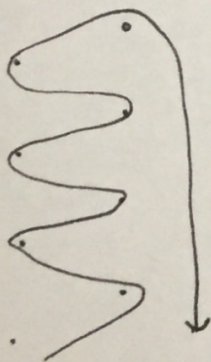
. time 1 minute

- Complete each drill for 3 minutes

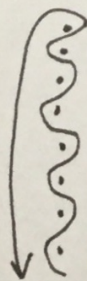
Dribbling Drills

. repeat 3 times

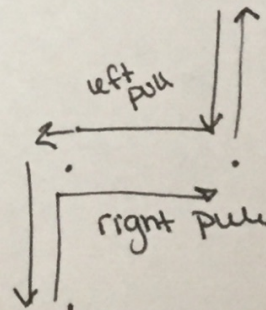
1)



2)



3)



repeat 3 times