

This is an at-home workout that can be done on off days as well as days practice is cancelled due to inclement weather. Please note; this is a circuit workout meant to work many muscle areas as a traditional practice at the track would. If done properly, this workout will take between 45 min to 1.5 hours to complete and will help strengthen your legs and core. I would recommend doing this workout when you cannot attend practice to maintain and improve conditioning levels throughout the outdoor season. Video tutorials of all these exercises can be found on YouTube and can also be demonstrated at practice upon request.

Complete full circuit 2 times

25 reps of each (10 reps each for 11 and under)

No rest until full circuit is completed

5-10 mins rest in between circuits

Warm up with a light 10-15 min jog that should be at least 1 - 1.5 miles

Jumping Jacks

Scissor Kicks

Mountain Climbers

Planks

High Knees

Push Ups

Squat Jumps

Sumo Squats

A-Skips (in place)

Burpees

Russian Twists

Alternating Side Lunges

Plank Crawls

Wall Sit (35 secs)

Cool Down with All Stretches

