



LEG CIRCUIT

- Body-weight squat: 20 reps
- Lunge: 10 reps each leg
- Step-up: 10 reps each leg
- Squat Jump: 10 reps

Week 1: 4 circuits w/ 45 seconds rest between exercises and 2 minutes between circuits

Week 2: 5 circuits w/ 30 seconds rest between exercises and 90 seconds between circuits

Week 3: 5 circuits w/ 30 seconds rest between exercises and 60 seconds between circuits

Week 4: 5 circuits w/ 30 seconds rest between exercises and no rest between circuits

Week 5+: 5 circuits w/ no rest between exercises or between circuits

We're here to help!

dave@collegeathleticadvisor.com

phone: 719-248-7994

CHECK OUT OUR WEBSITE!

<https://collegeathleticadvisor.com/>

ARE YOU ON TRACK? OUR COLLEGE SEARCH TIMELINE CAN HELP!

<https://collegeathleticadvisor.com/duatimeline/>

SEPARATE YOURSELF!

Impactful Individual Fitness Training

High Efficiency Training Sequence

1. Skip for distance (30 yards * 3)
2. Skip for height (30 yards * 3)
3. Double footed jumps over ball (30 seconds * 3)
4. Hop over ball, both feet – one at a time (25 seconds *3 for each foot)
5. Split Lunge Jump – 4 sets of 6
6. Leg Circuit (see below)
7. Sprint Box (10 yd square, sprint/slide/backpedal, carioca – 5x right / 5x left)
8. Push-ups 3 sets of 10
**be able to do 3 sets of 15 by August 1
9. Sit ups 3 sets of 30
**be able to do 3 sets of 45 by August 1
10. Choose your own sprint series...
A OR B
(don't do both sequentially in one workout)

Sprint Series A

- 10 yd. box sprints (sprint/slide/backpedal/carioca) 5 right/ 5 left
- 120's: sprint the length of the field 10 times
 - Complete each sprint in 20 seconds or less
 - Take 60 seconds to get back to the starting line and run again

Sprint Series B

- 5-10-15 yd. series (sprint/backpedal, shuffle/carioca, sprint/turn/sprint)
 - 5 series w/ 30 seconds rest between
- 5-10-15 yd. series, full out sprinting each segment
 - 10 series, 18 sec. each, w/ 45 sec. rest