

CR Women's Basketball
SUMMER SPRINT WORKOUT #1

WARM-UP

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| 1. 1 LAP WARM-UP | |
| 2. DUCK WALKS | Flex toes, Lock knees- walk for 20yds |
| 3. LUNGE WALKS | Big step, push up off of heels- walk for 20yds |
| 4. SIDE LUNGE WALKS | Big lateral step, change lead leg- 20yds |
| 5. STEP PULLS | Step, reach back, pull- change lead leg- 20yds |
| 6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM) | 20yds up and back |
| 7. CARIOCA (EASY, MEDIUM) | 20yds up and back |
| 8. A-MARCH | Walking sprint form- 20yds |
| 9. HIGH KNEES/BUTT KICKERS | 20 yds up and back |
| 10. HIGH KNEES + STRIDE | High knees 10yds, stride 20yds- up and back |
| 11. HIGH KNEES + SPRINT | High knees 10yds, sprint 10yds- up and back |
| 12. SKIPS/BIG BACK PEDAL | 20yds up and back |
| 13. SKIPS + KICKS/BIG BACK PEDAL | 20yds up and back |
| 14. STRIDE/SPRINT | 20yds up and back |

WORKOUT # 1

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|-------------------|--|
| 1. ARM DRILLS | 2x15 (arm drive from eyes to hips) |
| 2. FAST CLAW | 2x10 (lift leg to hip level and attack the ground) |
| 3. 20-20-20 | x4-6 (Build-up 20, sprint 20, decelerate 20) |
| 4. FALLING STARTS | x4-10 (stand straight, fall forward and sprint) |
| 5. LONG LADDERS | x4-6 (Place a cone at 5yds, 10yds, 15yds, and 20yds) |

Workout # 2

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| 1. 20-20-20 | x4-6 |
| 2. Falling Starts | x4-10 |
| 3. 3 Lying Starts (pop-ups) | x4-6 (Start on stomach, on command pop-up and sprint) |
| 4. Fartleks Stride | 110 yds, walk the endzone. 8 – 10 reps |

COOL DOWN

- 1 LAP
- STATIC STRETCH
- PNF STRETCH