

CR Women's Basketball  
**SUMMER SPRINT WORKOUT #2**

**WARM-UP**

1. 1 LAP WARM-UP
2. DUCK WALKS
3. LUNGE WALKS
4. SIDE LUNGE WALKS
5. STEP PULLS
6. SIDE TO SIDE SHUFFLE (EASY, MEDIUM)
7. CARIOCA (EASY, MEDIUM)
8. A-MARCH
9. HIGH KNEES (EASY, MEDIUM)
10. BUTT KICKERS
11. HIGH KNEES + STRIDE
12. HIGH KNEES + SPRINT
13. BIG BACK PEDAL
14. SKIPS
15. SKIPS + KICKS

**WORKOUT #1**

1. ARM DRILLS
2. FAST CLAW
3. 20-20-20 (2-5)
4. FALLING STARTS (2-5)
5. LONG LADDERS (1-3)
6. SHORT LADDER (2-4) (place a cone at 5, 10 and 15 yards)
7. Short ladder (2-4) (place a cone at 5, and 10 yards)
8. BACK- PEDAL LADDER (2-4) (sprint 5, back-pedal back, sprint 10, back-pedal)
9. FIGURE 8 (2-4) (cone at 0, 5, and 10yds. Figure 8 the cones)

**Workout # 2**

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

**COOL DOWN**

1. 1 LAP
2. STATIC STRETCH
3. PNF STRETCH