

Warm-up. (10)

Slow run three laps

Walk one lap

Medium run three laps

Walk one lap

Fast run three laps

3 minute break (3)(13)

Scissor runs long court – face south

Scissor runs long court- face north

Backward run long court

Forward run long court

Skip run long court

Skip run long court arms circle forward

Skip run long court arms circle backwards

(20)(33)

2 minute break (2)(35)

Groups of two – ball (10)(45)

On one leg

Toss ball back and forth 5 minutes

Switch other leg

Toss ball back and forth 5 minutes

3 minute break (3)(48)

Three laps sprint long, jog short.

(10)(58)

2 minute break (2)(60)

Five cone exercises -3- 5 minute runs

(15)(75)

Suicide Runs

(10)(85)

5 minute break (5)(90)

Three laps sprint long, jog short. (10)(100)

Death Runs (10)(110)

Cool Down (10)(120)

Fast run three laps

Walk one lap

Medium run three laps

Walk one lap

Slow Fast run three laps