SPORT	Demo Running Day
PHASE	Acceleration

NAME

#	Exercise	Wk 1 /	Wk 2 /	Wk 3 /	Wk 4
	Dynamic Warm Up				
	Prep Work				
	Mini Band Standing Single Leg Hold	1x30s ea			
	Mini Band Standing Hip Flexor Hold	1x30s ea			
	30-50s rest between sets				
A!	Single Leg Line hops FWD/BWD	1x10s ea			
A2	Single Leg Line hops Lateral/Medial	1x10ea			
A3	Single Leg Line hops TRIANGLE	1x10ea			
B1	Broad Jump with 3 second pause	1x4			
B2	Broad Jump 3 Consecutive	1x			
C1	Marching	1x15yds			
C2	A Skip	1x15yds			
C3	Boom Boom Stick (3 count)	1x15yds			
C4	A Run Series	1x15yds			
D1	**Hill Sprint (10-20yds)** **1-2 minute recovery, run as fast as you can!!!**	4x			
	Conditioning				
	10yd Sprints+ 10yd Walk (Recovery)	x10			

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	Supplemental Work/Finisher				

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