

Christmas Break Workouts
(Sprinters/Jumpers)

Day 1

Dynamic Warm-up

Strength – Tabata Circuit (20 sec. on, 10 sec. off x 2)

- *Standard Pushup*
- *Wall Sits*
- *Military Pushups*
- *Speed Skaters*
- *Inch Worms*
- *Plank Jacks*
- *Burpees*
- *Bulldogs*
- *Cross Body Mountain Climber*
- *Cross Over Jacks*

Day 2

Cardio – Jump Rope (40 on, 20 off x 2)

- *Single Step*
- *High Knees*
- *Side to Side*
- *Butt Kicks*
- *Scissors*

Flexibility/Speed Work (x2)

- *Lunges (15 per leg)*
- *Reverse Lunges (15 per leg)*
- *Leg Raises (10 per leg)*
- *Trail Leg Drills (10 per leg)*
- *Leg Cycling (15 per leg)*
- *Arm Swings (30 sec. slow, 30 med, 30 fast)*
- *Clamshells*

Day 3

Dynamic Warm-up

Strength – Tabata Circuit (20 sec. on, 10 sec. off x 2)

- *Wide Pushups*
- *1 leg Squat*
- *ABC's w/Med Ball*
- *Donkey Kicks*
- *Caterpillar Circle*
- *Standing Supermans*
- *Dive Bombers*
- *Jump Squats*
- *Mountain Climbers*
- *Diamond Pushups*

* If we have a nice day get outside for a run(jog). 12-15 minutes.
You can alternate between walking and running if needed.