

MONDAY-WEDNESDAY-FRIDAY

Warm-Up Lap-Full D Rom Routine

2-50's

2-60's

2-70's

2-100's

- If you are at Home-Get a workout at West- Call a friend
- If you are on a Family Vacation-Run at your cousins High School!!!
- If you are on a Beach-Run on the Sand
- Find a Hill to Train on-Don't SLEEP ALL DAY

TUESDAY -THURSDAY-SATURDAY

Warm-up Lap-Full D Rom Routine

6-20 second sprints

Full Recovery

Kinetic Band Cool Down-check out with Commish



ACTIVE REST SUGGESTIONS

- *Make sure you get some type of activity at least 4 days over Break- Stretch Daily at Night*
- *Basketball-Navy Ball-etc. "Be CAREFUL"*
- *DON'T TAKE A WEEK OFF-THIS YEAR CAN BE SPECIAL-Enjoy your time off but sneak in the above workout*
- *Find a Weight Room-Take a picture of our Phase 3 Weight Sheets*