

WEEKLY WORKOUT (3/29 – 4/6/24)

FRIDAY – 3/29/24

2 Laps
EDD's
Jump Rope 4x 30
10x 110M 70%
400 Full Out
4x10 Sprints
4x10 Lunges

SATURDAY 3/30/24

2 Laps
EDD's
Jump Rope 4x 30
8x Fly 30 100%
Arm Drills
High Knee Drill
4x 10 Bench

MONDAY – 4/1/24

2 laps
EDD's
Jump Rope 4x 30
10x Flying 60
Block Work off curve
800M
4x10 Squats
4x10 Lunges

TUESDAY – 4/2/24

2 laps
EDD's
Jump Rope 5x 30
6x Sled 40M
200 Full Out
4x10 Curls

WEDNESDAY – 4/3/24

2 laps
EDD's
Jump Rope 5x 30
3x 200 60%
2x 110 80%
400 Full Out
Leg

THURSDAY – 4/4/24

2 laps
EDD's
Jump Rope 5x 30
2x 300 70%
2x 150 100%
200 Full Out
Back Arms

FRIDAY – 4/5/24

2 Laps
EDD's
Jump Rope 6x 30
10 Flying 20's Full
Block work
Push-Ups 100

SATURDAY – 4/6/24

2 Laps
EDD's
Jump Rope 6x 30
2x 300 70%
2x 150 100%
200 Full Out
Back Arms