

**WEEKLY WORKOUT (2/21 – 2/24/24)**

**WEDNESDAY – 2/21/24**

2 Laps  
EDD's  
3x 350M  
3x 150M  
4x 20M – starts standing  
Upper Body  
Warm Down Lap

**THURSDAY – 2/22/24**

2 laps  
EDD's  
(Hill Work)  
4x Sled Pull  
Lower Body  
Warm Down Lap

**FRIDAY – 2/23/24**

2 Laps  
EDD's  
Ladder – 150, 250, 350, 450, 550  
Upper Body  
Warm Down Lap

**SATURDAY – 2/24/24**

2 Laps  
EDD's  
6x 60M Wickets  
6x Block Work  
Lower Body  
Warm Down Lap