Week 4 -Home Workouts GFC T&F 2020

	Monday 3/16/2020	Tuesday 3/17/2020	Wednesday 3/18/2020	Thursday 3/19/2020	Friday 3/20/2020	Saturday 3/21/2020	Sunday 3/22/2020
Team info	**Daily workouts**						
Distance		1 mile up/down	**6 x 30 min sprints**	1 up/down			
	Aerobic Run	3 x (3, 2, 1 min runs)	**Aerobic Run**	Tempo Run	**Aerobic Run**	**Long Run**	**Aerobic Run**
	Push up/bouncers/Pillars	Push up/bouncers/Pillars	Push up/bouncers/Pillars	Push up/bouncers/Pillars	Push up/bouncers/Pillars	Push up/bouncers/Pillars	Push up/bouncers/Pillars
		Bands/Ropes/Ice					
Sprinters	**Long Intervals**	**Plyometric/Jumps Day**	**Aerobic Day**	**Short Intervals**	**Plyometric/Jumps Day**		Off
	45 sec on - 30 sec off (10-12 min)	Stair Runs/Jumps -DL, SL	Bike, Elliptical, Swim	Max Effort Short Sprints (full rest)	Stair Runs/Jumps -DL, SL		
	5-6 Strides (80% effort)	Single Leg foward/side hops: 4x8 each leg	20-30 minutes moderate effort	6 x 10 sec, 4 x 15 sec, 2 x 20 sec.	Single Leg foward/side hops: 4x8 each leg		
	Bouncers/Push-Ups/Abs/Planks	Double leg forward/side hops: 4x10	Bouncers/Push-Ups/Abs/Planks	3-4 Strides (80% effort)	Double leg forward/side hops: 4x10		
		30 min WEIGHTS (little rest)		**30 min WEIGHTS (little rest)**	Bouncers/Push-Ups/Abs/Planks		
Hurdles	Posture Drills	Warm-up	Warm-up	Posture Drills	Warm-up	Rest	Rest
	Squat jumps: 4x5 (powerful)	6x30 second runs	Aerobic run	Squat Jumps: 4x5	6x30 second runs		
	Single Leg foward hops: 4x5 each leg	80-85% effort	15 minutes: moderate effort	Single Leg jumps: 4x5 each	80-85% effort		
	Double leg forward hops: 4x5	4 minutes rest		Depth Jump (step off an elevated	4 minutes rest		
				surface then quickly jump) 4x5			