

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

THURSDAY

WARM-UP

50 JUMPING JACKS (3 SETS)

25 BURPEES (3 SETS)

25 PUSH-UPS (3 SETS)

100-YARD SPRINTS @ 75% (2 SETS)

1. **100-YARD SPRINTS** (5 REPS)
2. **50-YARD SPRINTS** (4 REPS)
3. **40-YARD SPRINTS** (3 REPS)
4. **20-YARD SPRINTS** (2 REPS)
5. **100-YARD SHUTTLE** (1 REP) - 100-YARDS THERE AND BACK, 50-YARDS THERE AND BACK, 40-YARDS THERE AND BACK, 20-YARDS THERE AND BACK.