

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

TUESDAY

1-MILE JOG (WARM-UP)

200 JUMP ROPES

1. **60-YARD SPRINTS-ACCELERATE TO FULL SPEED, THEN DECELERATE (5 SETS)**
 - A. 20-YARD @ 75%; 20-YARD @ 100%; 20-YARD @ 75 %

2. **60-YARD SPRINTS- FULL SPEED, STRIDE, THEN FULL SPEED (5 SETS)**
 - A. 20-YARD @ 100%; 20-YARD @ 50%; 20-YARD @ 75%

3. **BOUNDING- 15-YARD DOUBLE LEG BOUND FOR DISTANCE (3 SETS)**