

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

TUESDAY

WARM-UP

1-MILE JOG

SPEED WORK OPTION

40-YARD SPRINTS (6 SETS)

BUZZ FEET (RAPID FIRE) FOR 5 YARDS, THEN 10-YARD BURST SPRINT

LATERAL BUZZ FOR 5 YARDS, THEN 10-YARD BURST (6 SETS, 3 EACH SIDE)

15-YARD BOUNDING (4 SETS)

15-YARD SINGLE LEG BOUNDING (2 SETS)

FINISH WITH 3 CONE SHUTTLE W/ CONES 5 YARDS APART (3 SETS)

CARDIO OPTION

50 JUMP ROPES

40 MOUNTAIN CLIMBERS

30 STANDING ELBOW TO KNEE CRUNCH

20 SINGLE LEG, SIDE TO SIDE LINE JUMPS

10 WALKOUT PUSH-UPS