

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

TUESDAY

SPEED TRAINING OPTION

WARM-UP

50 JUMPING JACKS (3 SETS)

25 PUSH-UPS

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, T H E N 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)

CARDIO OPTION

3 ROUNDS

50 JUMP ROPES

40 MOUNTAIN CLIMBERS

30 STANDING ELBOW TO KNEE CRUNCH

20 SINGLE LEG FRONT TO BACK LINE JUMPS (10 PER LEG)

10 WALK OUT PUSH-UPS