

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

THURSDAY

SPEED TRAINING OPTION

WARM-UP

50 JUMPING JACKS (3 SETS)

25 PUSH-UPS

200 JUMP ROPES

SPEED WORK

1. 40-YARD SPRINTS (6 SETS)

2. BUZZ FEET (RAPID FIRE) FOR 5 YARDS, THEN 10-YARD SPRINT (4 SETS)

3. LATERAL BUZZ FOR 5 YARDS, THEN 10 YARD SPRINT (3 EACH WAY, 4 SETS)

4. 15-YARD BOUNDING (4 SETS)

5. SINGLE-LEG BOUNDING (2 SETS)

AGILITY WORK

20 SPLIT JUMP LUNGES / 10 WALKOUT PUSH-UPS (3 SETS)

20 SPIDERMAN MOUNTAIN CLIMBERS / 10 SKATER HOPS (3 SETS)

20 SQUATS / 10 PLANK SAWS (3 SETS)

20 DIPS / 10 SINGLE-LEG GLUTE BRIDGE (3 SETS)