

# PURPLE RAIN

WEDNESDAY, APRIL 15th

\*Warm Up\* Dynamic warm up and stretch

\*Activity\* Shuttle Test:

Place cones: start cones, 5 yards, 10 yards, 15, yards, 20 yards and 25 yards.

Sprint from the start cone to the 5 yard and back, to the 10 yard and back, 15 yards and back, 20 yards and back, lastly to the 25 yards and back. This is ONE.

Try to finish in under 40-45 seconds depending on your fitness level.

1 minute break after each one. 2 minute break after 3 and 7. The goal is 10 sets.

2x: 40 second plank, 10 push ups, 30 full sit ups.

\*Cool Down\* dynamic stretch.

Fitness  
Conditioning  
Movement

