

PURPLE RAIN

THURSDAY, APRIL 23rd

* Warm Up* 5 minute & dynamic Stretching*

* Activity* 300 yard shuttles:

Activity Gassers:

Set cones 30-40 yards apart (depending on your space). Sprint to the far cone, jog back, immediate sprint to the cone again, walk back. That is ONE. When you return to your start cone from your walk, you immediately repeat again.

The KEY: The jog and walk is called active recovery. Use this time to slow your breathing and try to recover before you sprint again.

You will do FIVE in a row, then take a 3 minute break and do FIVE more. 10 in total

Older ages- can you do 3 sets instead of 2 = 15 total?

*Fitness
Conditioning
Movement*

