

# PURPLE RAIN

**THURSDAY, APRIL 30th**

\* Warm Up\* 5 minute & dynamic Stretching\*

\*Activity\* Double Doggies:

Set a start cone, then a cone at 6 yards, 12 yards and 18 yards (will look like shuttles).

You will sprint from the start to the 6 and back, 12 and back, 18 and back and immediately repeat to the 6 and back, 12 and back, 18 and back (hence: "double" doggie). THIS IS ONE. Take a 1 minute break.

On the second set, instead of a sprint back to the start cone, you will jog backwards each time back to the start cone. Sprint forwards, back pedal back. THIS IS TWO. Take a 2 minute break.

Repeat 3x and then cool down stretch.

*Fitness  
Conditioning  
Movement*

