**Fitness Training #2 – 2/6/17**

1. Warm-up (10 minutes)
	1. Slow jog for several laps
	2. Mix in dynamic stretching for a couple of laps
2. Comprehensive stretch (5-10 minutes)
	1. Quads/Thigh
	2. Hamstring
	3. Groin
	4. Hips
	5. Calf/Heel
3. Fartlek (15-18 minutes)
	1. 1 lap slow jog
	2. ¼ lap – cruising/building up to a sprint
	3. ¼ lap hit sprint speed
	4. ½ lap walk
4. Strength Circuit (12-15 minutes)
	1. 5 stations
	2. 2 circuits
	3. 30 seconds work – 20 seconds rest
		1. Lunges
		2. Burpees
		3. Juggling w/ ball or passing
		4. Crunches/sit-ups/boat
		5. Plank
5. Cool down/stretch (10 minutes)