**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)