

**LHS SPRING BREAK WORKOUT
AT HOME WORKOUT
Spring 2024**

Note: I recommend getting up early in the morning or doing the workout at the normal time (4:00 p.m.) Distance, you can add or modify this as it is relative to your particular event.

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Conditioning	Strength	Stride Strength Agility	Explosion	Rest/Recover
Active Warm Up:10 Min Stretch 20 Squats 20 Lunges 20 Split Jumps 10 Squat Jumps (4 Times) Isometrics Push Up ISO 2minutes Sprints: (80 M) Sprint Speed School Hands- Elbow/Thumb Hammer Knee Toe Paw	Active Warm Up: 10m Stretch 10 Minute Run 200 Abs Stretch for 30 Minutes	OFF/STRETCH	Active Warm Up:10 Min Stretch Bench 10/8/5/5 Hammer Curls 8/8/8/8 Shoulder Circuit 6s Abs Sprints: (80M) Sprints Speed School Hands Hammer Knee Toe Paw Stretch	OFF/STRETCH

On Off Days, make sure you eat right, rest, and recover.