

LHS Thanksgiving Break WORKOUT
AT HOME WORKOUT
Fall Break 202

Monday 20th	Tuesday 21st	Wednesday 4th	Thursday 5th	Friday 6th
Conditioning	Strength	Stride Strength Agility	Explosion	Rest/Recover
Active Warm Up:10 Min Stretch	Active Warm Up: 10m Stretch	OFF/STRETCH	Active Warm Up:10 Min Stretch	OFF/STRETCH
Run Outside for 10-15 Minutes	200 Abs		Push Ups 4 x 25	
Shoulder Circuit 6s	Push Up Circuit		Sit Ups -200 Abs	
200 Abs	Wide		Run For 10-15 Minutes	
Outside:	Diamond		Outside:	
Speed School	A Frame		Speed School	
Hands	Clap Push		Hands	
Hammer	4 Leg Circuits		Hammer	
Knee	20 Squats		Knee	
Toe	20 Lunges		Toe	
Paw	20 Split Jumps		Paw	
	10 Squat Jumps			
100 Meters (6x)	Outside:			
Under 15 Seconds	Speed School			
	Hands			
	Hammer			
	Knee			
	Toe			
	Paw			
	2 Point Explosions (10x)			
	About 30-40 meters			

