

Month: **August 2025**

VELOCITY



WARM UP x 3 sets

Raise body temp

1. High Knee March 10 reps/side

2. Cross Arm Swings 10 reps

Activate

3. Wall Slide 5 reps

4. Glute Bridge 5 reps

Mobilise

5. Wide Stance Floor Touch 5 reps

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Sprinter Lunges	35s	25s	40s	20s	45s	15s	40s	20s
A2	Plank	35s	25s	40s	20s	45s	15s	40s	20s
A3	Lateral Fast Feet	35s	25s	40s	20s	45s	15s	40s	20s
A4	T-Rotations	35s	25s	40s	20s	45s	15s	40s	20s
A5	Cycle Crunches	35s	25s	40s	20s	45s	15s	40s	20s
B1	Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Handwalkouts	35s	25s	40s	20s	45s	15s	40s	20s
B3	Low Jacks	35s	25s	40s	20s	45s	15s	40s	20s
B4	Murpees	35s	25s	40s	20s	45s	15s	40s	20s
B5	Heel Tap Crunches	35s	25s	40s	20s	45s	15s	40s	20s