

Coach Ben's Weekly Challenge

Monday May 15th 2020

Warm Up – 10 yards

1. High knees
2. Butt kickers
3. Build up sprints (60%,70%,80%,90%,100%)

Agility Phase – 3 rounds

1. Agility ladder (see video)

Strength Phase – 3 rounds of 30 seconds each

1. Pushup plank
2. Pushup
3. Bird dog

COOL DOWN