

Track Work

2 lengths walking, 2 sprinting X 5 laps

Walking lunges, up and back



1 length walking, 2 sprinting X 5 laps

10 Squats X 3 sets (can use a weight and do overhead raises)



1 length walking, 2 sprinting X 5 laps

10 Lunge twists (lunge position, twist to the side with the leg forward, then change legs) X 3 sets

(can use weights for this one as well)



Hall Way/ Rest Area

Wall sits with 10 bicep curls (can use weights to increase difficulty) X 3 sets

Straight leg weight pick up (with one leg, lean over and bring the other leg perpendicular to the ground as you place fingers on the ground and come back up). Each leg 10 X 3 sets. (can use weights)



V-sit. (Feet on ground, v- position, arms at ears). Alternate arms if doing both at once is too difficult.)Can use weights) X 3 sets 10

