2016 SUMMER WORKOUT

This workout should be completed three days a week, ideally with a day in between for rest, and was designed to prepare you for Fall Sports Tryouts at Saint Mary’s School.

**Dynamic Warm Up:**

*Increases mobility and conditioning*

- Stride/jog 50 yds. x 2
- Backwards Run 30 yds. x 2
- Shuffle Arm Swing 20 yds. x 2
- Front Lunge Walk 15 yds. x 1
- Backwards Lunge Walk 15 yds. x 1
- High Knee Walk and Grab 15 yds. x 1
- Heel Ups 20 yds. x 2
- High Knee Skip 20 yds. x 2
- High Knee Run 20 yds. x 2

*x indicates # of sets per exercise

**Athletic Training:**

*Full body training to strengthen core and tone/build muscles*

- 10 squats x 3
- 30 seconds plank x 3
- 20 jumping jacks x 3
- 10 push-ups x 3
- 25 crunches x 3
- 1-mile jog/run (work on increasing your time: 8-minute mile goal)

*x indicates # of sets per exercise (except 1 mile)

If you are unfamiliar with any of these exercises, Google and YouTube are great resources. While all of these exercises can be done indoors or outdoors depending on your access to facilities, remember our overall recommendation is for each athlete to engage in cardio and strength training in preparation for tryouts.