

Sunday 11/20

Sunday, November 20, 2022

4:30 PM

Practice 1

Warm Up - 1000

200 SKIPS

Pre-Set - 950

10X50 kick @ 1:05

6X25 UW kick @ 0:40

6X50 kick w/o board @ 1:05

Main Set - 1500

12X50 (3 fast, 1eZ) @ 0:45

1 min rest

7X100 @ 1:30

1 min rest

200 eZ

Total: 3450

Practice 2

Warm Up - 1600

200 SKIPS

4X25 v-sprint @ 0:40

6X50 kick @ 0:50 or whatever if fast for you

4X50 threshold @ 0:40 or whatever if fast for you

Kick Game

Relays

Games