

5 Week Summer Workout Strength & Conditioning Program

Week 1 - Monday, Wednesday & Friday

Run 1 mile, 7 minutes or less – Stretch after (hold stretches between 20-30 seconds)
15 knee lunges, alternating knees, hands on hips (make sure knee almost touches floor)
15 squats (hands out)
10 push-ups
20 sit-ups
15 split squats (side to side, alternating legs, right, left, right, left etc...)
15 hops jumps (jump like a rabbit, legs together, as far as you can)
10, 5 yard sprints, accelerate as fast as you can. Rest 35 seconds between sprints
Stretch

Week 2 - Tuesday, Thursday & Saturday

2 mile run, 14 minutes or less – stretch after (hold stretches between 20-30 seconds)
25 knee lunges, alternating knees, hands on hips, (make sure knee almost touches floor)
25 squats (hands out)
15 push-ups
25 sit-ups
10, 10 yard sprints, accelerate as fast as you can. Rest 35 seconds between sprints
10 acceleration jumps in the air (squat position down, jump up hard as high as you can)
15 acceleration marching high-knee's (swing arms also)
Stretch

Week 3 - Monday, Wednesday & Friday

2 mile run, 13 minutes or less – stretch after (hold stretches between 20-30 seconds)
30 knee lunges, alternating knees hands on hips
30 squats, hands out
20 push-ups
25 sit ups
10, 20 yard sprints, accelerate as fast as you can. Rest 35 seconds between sprints
15 accelerated jump's in the air
20 acceleration marching high knees
Stretch

Week 4 - Tuesday, Thursday & Saturday

2 mile run, 12 minutes or less – stretch after (hold stretches between 20-30 seconds)
30 knee lunges, alternating knees, hands on hips
35 squats, hands out
24 push -ups
30 sit-ups
10, 30 yard sprints, accelerate as fast as you can. Rest 35 seconds in between sprints
20 hop jumps in the air
25 acceleration marching high knees
Stretch

Week 5 - Monday, Wednesday & Friday

3 mile run, 20 minutes or less (12 laps around field) stretch after (hold 20-30 seconds)
35 knee lunges
40 squats, both hands on hips
25 push-ups
35 sit-ups
10, 50 yard sprints accelerate as fast as you can. Rest 35 seconds in between sprints
5, 100 yard sprints, 45 second rest in between sprints
Stretch

Hip Flexor Stretch

Half kneeling.



Down on one knee, lunge forward (pushing your hip forwards) while keeping a tall posture. Hold approx. 30 secs. - relax.

Repeat 3-5 times.

Quadriceps Stretch

Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.



Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 30 secs.

Hamstring Stretch - Right leg (Sitting)

Sit with your right leg straight, and the left leg comfortably bent. Reach forwards with your right hand to grip the sole of your foot. Press your left hand on to your knee to maintain knee extension. Maintain spinal alignment, gently curving throughout the whole spine.



Hold for 30 secs.

Repeat 3-5 times.

Groin Stretch

Sit on the floor with the soles of your feet together and as close to your groin as you can.



Push your knees down towards the floor. You will feel the stretching on the inside of your thighs. Hold approx. 30 secs. - relax.

Repeat 3-5 times.



Iliotibial Band Stretch

Stand with your legs crossed and holding on to a support.

Keeping your body, knees and feet straight forward lean into the wall with your hips until you can feel the stretching on the outside of your hips and thighs. Hold approx. 30 secs. - relax. Repeat with the other leg in the front.

Repeat 3-5 times.



Piriformis Stretch Lying

Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in your buttock.

Hold for 30 secs.

Repeat 3-5 times.



Piriformis Stretch Sitting

Sitting on a chair with your foot on the opposite knee.

Gently push your knee towards the floor.

Hold for 30 secs.

Repeat 3-5 times.



Gastrocnemius

Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Hold for 30 secs.

Repeat 3-5 times.

Gastrocnemius Stretch



Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 30 secs. - relax. Stretch the other leg.

Repeat 3-5 times.

Soleus Stretch



Stand in a walking position with the leg to be stretched behind you. Hold on to a support.

Bend the leg to be stretched and let the weight of your body stretch your calf without lifting the heel off the floor. Hold approx. 30 secs. - relax.

Repeat 3-5 times.

Anterior Tibial Stretch



Kneel on all fours, sit back onto your ankles, pressing the anterior aspect of the ankles to the floor.

Hold for 30 secs.
Repeat 3-5 times.