

Washtenaw Blue Summer Workouts 2021					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week of	2 Sets of Each:	50 lunges L. Leg	SPRINT 20yds	3 Sets of Each:	Set Up Cone
July 5-9	15 pushups	50 lunges R. Leg	SPRINT 30 yds	20 pushups	Agility Drills (you
	25 Mt. Climbers	Run ½ mile	SPRINT 40 yds	30 Mt. Climbers	can use anything
	25 jumping jacks		Repeat X3	30 crunches	for markers,
	25 squat jumps			30 squat jumps	Google ideas)
Week of	25 pushups	50 lunges L. Leg	SPRINT 20yds	3 Sets of Each:	Set Up Cone
July 12-16	25 squat jumps	50 lunges R. Leg	SPRINT 30 yds	30 pushups	Agility Drills (you
	25 Mt. Climbers	Run ½ mile	SPRINT 40 yds	30 Mt. Climbers	can use anything
	25 Sit Ups		Repeat X3	30 crunches	for markers,
	25 Jumping Jacks			30 squat jumps	Google ideas)
Week of	2 Sets of Each:	50 lunges L. Leg	SPRINT 25 yds	SPRINT 8X40yds	SPRINT 8X40yds
July 19-23	30 pushups	50 lunges R. Leg	SPRINT 35 yds	2 Sets of Each:	2 Sets of Each:
	30 Mt. Climbers	Run ½ mile	SPRINT 45 yds	25 star jumps	25 star jumps
	30 jumping jacks		Repeat X3	50 pushups	50 pushups
	30 squat jumps				

Its not how many you complete, its that you tried your best.

You should show improvement each day. Workout should take less than 30 mins.

Coach Chris Peterson- any questions call or email.

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Practice Begins July 26th- Go Blue!!!