



## Weekly Wellness Workout

**Week of April 27, 2020**

Just because you aren't required or able to be at a team practice, doesn't mean you can't be working out like it. Two new cardio suggested workouts, below!

### Cardio Fun #7

Tempo Run: Warm-up pace      Five minutes  
75% run      Two minutes  
Recovery jog      One minute  
Repeat the Run/Recovery portion of the workout five times, 15 minutes total  
Cool-down pace      Five minutes

### Cardio Fun #8

Backyard Plyo's:      Create a 10 yard long run-way, with a start and finish cone  
From Start to Finish, you'll work; from Finish to Start, you'll recovery jog  
Work movements =      Jog  
Butt kicks  
High knees  
Lunges  
Skip for height (pump your arms!)  
Single-leg hops RIGHT  
Single-leg hops LEFT  
Double-leg hops  
Reverse lunges  
Jog  
Run through the Work Movements list three times in a row, without stopping  
Rest for three minutes, and repeat, a total of THREE Work Movement/Rest reps

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