



## **Weekly Wellness Workout**

**Week of May 11, 2020**

We're bringing back workouts from earlier this spring! You know the drill, so get outside, and get after it. Slap on some sunscreen, stretch it out, and hydrate after your sweat it out, Panthers.

### **Cardio Fun #11**

300 Shuttle

Mark out 25 yards (using cones, shoes, buckets, anything!). Starting at one marker, run to the opposite marker, turn and run back to the start. Repeat six times without stopping, for a total of 300 yards. Time yourself! Rest for 3 - 5 minutes and repeat, for a total of three runs.

### **Cardio Fun #12**

Agility Repeats

45 seconds of work, followed by 15 seconds of rest. Run through the circuit once, and rest for three minutes before getting after it again!

Foot fire

Four Cone drills: Create a 10 yard x 10 yard square

Sprint, shuffle, back-peddle, shuffle

Skip, grape-vine, back-peddle, grape-vine

High knees, sprint, butt kicks, sprint

Single leg hops (right), shuffle, Single leg hops (left), shuffle

Sprint, sprint, sprint, sprint

**Feed the beast, Panthers!**

*#codeorange*