



Weekly Wellness Workout

Week of May 25, 2020

It's the home stretch, Team! Keep pushing yourself *now* to be as prepared as possible when we reunite on the playing surfaces. It will be great!

Cardio Fun #15

60 yard shuttles: Set up a straight line of 4 cones, each one 5yards apart
Cone #1 = the start/finish line
Starting at Cone #1, sprint to Cone #2, and back to #1
Continue on your sprint to #3, and back to #1
Continue your sprint to #4, and back to #1....
Rest for one min!
Repeat for 5-10 sets, trying to keep your times consistent

Cardio Fun #16

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, working for a total of 15 minutes
Cool-down pace Five minutes

The time is NOW. Make it happen, Panthers.

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