

TR FOOTBALL

EXTENDED CLOSURE DAILY WORKOUT PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRETCH	STRETCH	STRETCH	STRETCH	STRETCH
<u>WARM UP (20 Sec. Ea.)</u> Jogging High Knees Butt Kicks Carioca Walking Lunges Russian Walk	<u>WARM UP (20 Sec. Ea.)</u> Walking Toe Touches Lateral Lunges Vertical Jumps Horizontal Jumps 3-Cone L-Drill x 2	<u>WARM UP (20 Sec. Ea.)</u> Ear to Pocket Walk Jogging High Knees Running High Knees Power Bound for Distance Power Bound For Height	<u>WARM UP (20 Sec. Ea.)</u> Jogging High Knees Butt Kicks Carioca Walking Lunges Russian Walk	<u>WARM UP (20 Sec. Ea.)</u> Walking Toe Touches Lateral Lunges Vertical Jumps Horizontal Jumps 5-10-5 Pro Shuttle x 2
<u>UPPER BODY (3x20 Ea.)</u> Push Ups Decline Push Ups Towel Bicep Curls Chair Tricep Dips	<u>UPPER BODY (3x20 Ea.)</u> Pull Ups Diamond Push Ups 1 Gal. Front Raises 1 Gal. Lateral Raises	<u>UPPER BODY (3x20 Ea.)</u> Wall Push Ups 1 Gal. Bent Rows 2 Gal. Upright Rows 1 Gal. Lawnmower Pulls	<u>UPPER BODY (3x20 Ea.)</u> Push Ups Diamond Push Ups Towel Bicep Curls Chair Tricep Dips	<u>UPPER BODY (3x20 Ea.)</u> Pull Ups 1 Gal. Lawnmower Pulls 1 Gal. Front Raises 2 Gal. Upright Rows
<u>LOWER BODY (3x20 Ea.)</u> Squat Jumps Supermans Calf Raises One-Legged Squats (R/L)	<u>LOWER BODY (3x20 Ea.)</u> Air Squats Split Squats Wall Sits (3 x 20 Sec.) Reverse Bridges	<u>LOWER BODY (3x20 Ea.)</u> Goodmornings Curtsy Lunge Step Ups Donkey Kicks	<u>LOWER BODY (3x20 Ea.)</u> Squat Jumps Supermans Calf Raises One-Legged Squats (R/L)	<u>LOWER BODY (3x20 Ea.)</u> Air Squats Split Squats Wall Sits (3 x 20 Sec.) Reverse Bridges
<u>CORE & NECK (3x30 Ea.)</u> Trunk Twists Leg Lifts Crunches Neck Bridges (3x20 Sec.)	<u>CORE (3x30 Sec.)</u> Natural Planks Right Side Planks Left Side Planks Toe Touches	<u>CORE & NECK (3x30 Ea.)</u> Trunk Twists Leg Lifts Crunches Neck Bridges (3x20 Sec.)	<u>CORE (3x30 Ea.)</u> Natural Planks Right Side Planks Left Side Planks Toe Touches	<u>CORE & NECK (3x30 Ea.)</u> Trunk Twists Leg Lifts Crunches Neck Bridges (3x20 Sec.)
RUNNING 8 x 20 Second Sprints 2 Min. Rest	RUNNING 9 x 10 Second Sprints 2 Min. Rest	RUNNING Segment Run 3-4-5, 5-6-7, 7-8-9, 7-8-9, 5-6-7, 3-4-5	RUNNING 20 Minute Run	RUNNING 3 x 30 Second Run 4 x 10 Second Sprint 3 Min. Rest