

Warm-Up: 10 minutes

Jog (or March) 7 foot positions
(8x or 30 seconds each)

Leg Swing (front to back) R/L
(1-minute each)

Jumping Jack
(alternating easy/hard 30
seconds each) 2x

Conditioning: 30 minutes

- **RATIO:** Recovery 1-2 min with a whole body exercise 1-2 minutes
- For a recovery workout maintain intensity between level 5 (somewhat easy) and level 7 (somewhat hard)



Warm-Down: 5 minutes

Walk in 6 directions

1. Forward and backward
 2. Sideways right and left
 3. Clockwise/counter clockwise
- Repeat your favorite recovery from the conditioning phase.

Recovery Workout

Set #1: 12 minutes: Perform each recovery exercise for 2-minutes / alternating with jog variation for 2-minutes. Repeat 2x.

Recovery Exercise #1: Alternating single Arm Reach

Start Position: Lunge stance

Round 1: Right Lunge and Round 2: Left Lunge

Arms:

- 1a. Alternating right/left rotation @ surface
- 2a. Alternating right/left rotation @ hip height
- 3a. Figures 8's (R/L)

Jog Variation

- 1b. Wide steps
- 2b. High knees
- 3b. Wide steps and high knees

Set #2: 12 minutes: Perform each recovery exercise for 2-minutes / alternating with sideways travel for 2-minutes. Repeat 2x.

Recovery Exercise #2: Single Leg Reach and Swing

Start Position: Single leg balance

Round 1: Right leg balance and Round 2: Left Leg Balance

- 1a. Reach back, swing front (+ ankle dorsi flexion)
- 2a. Reach side, swing center
- 3a. Reach back, circle front

Sideways Travel:

- 1b. Side stepping right and left
- 2b. Cross over steps right and left
- 3b. Wide steps and high knees

Set #3: 6 minutes: Perform each recovery exercise for 1-minute / alternating with Side Lunges for 1-minute. Repeat 2x.

Recovery Exercise #3: Two Arm Swing

Start Position: Feet wide (or narrow)

Arms: Right and left rotation at surface

- 1a. Go slow
- 2a. Go faster
- 3a. Go fast

Side Lunges:

- 1b. Alternating right and left
- 2b. Right
- 3b. Left