

# Summer Strength & Conditioning Program Day 2

## Day 2 June 24

Warmup: 5 min. Do something to get your heartrate up. Jump rope, Jog, etc.  
( you can simulate the speed ladder w/ chalk on pavement)

### Dynamic Warmup:

- Lunges. Go about 10 yards. Down and back.
- Hips. 3 hip movements.
- Hamstrings.
- Ab circuit
- High Knees: 10 yards down & Back
- Butt Kicks: 10 yards down & Back
- Carioca (Karaoke?), 10 yards down & Back

### Speed Work

- Hills
  - Find a hill.
  - 6 sprints up the hill (20-40 yards depending on the size of the hill)
    - Take full rest in between. Rest enough so that you can run full speed on each sprint.

### Strength Work

- **Walking Lunges 3 sets. 20 reps.** Hold something around 30-80 pounds (depending on your experience). I'd recommend a 5 gallon bucket filled with something or a backpack with heavy stuff in it. The reps vary based on the weight you choose.
  - Super Set (Do these in between each set)
    - **Shrugs 3 sets. 12-15 reps.** Ideally hold two 5 gallon buckets with 40 - 80 pounds in each bucket. Could also use 2 backpacks filled with heavy stuff.
- **Push Press 3 sets. 8-12 reps.** Hold something 40 - 80 pounds. Holding a 5 gallon bucket sideways worked good for me. Backpack could work well too.
  - Super Set (Do these in between each set )
    - **Step-ups 3 sets. 16 reps** Find a step or something at least a foot off the ground. Could go higher too. Hold a weight. Can be light or heavy. Benefits to both.
- **Bent-Rows 2 arm. 3 sets 8-15 reps.** 5 gallon bucket works well with this
  - Super Set (Do these in between each set)
    - **RDL: 3 sets 8-15.** Can hold 2 jugs or one heavy object. Ideally total weight 40-80 pounds.
- **Suitcase Carry. 3 sets.** Use one 5 gallon buckets or any heavy object that you can hold in one hand. Ideally at least 40 pounds.
  - Walk slow and steady keeping good posture. Walk as far as you can until your grip loosens or you feel you are unable to maintain proper posture.