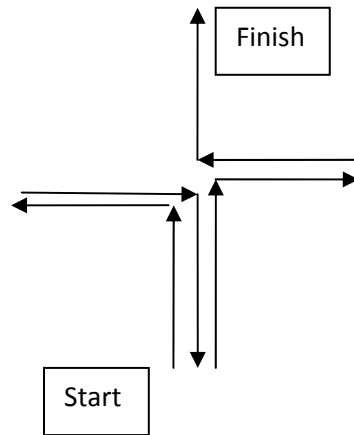


Cardio Workout – 2 times per week

Day 1

- Warm up: Jog 4 laps; stretch
- Footwork: length of volleyball court
 - o High knees
 - o Butt kicks
 - o High skips (*height, hang time)
 - o Shuffle (*low to ground)
 - o T-drill: 4 sets



- o Sprints
 - [1 length of volleyball court] x 10 sets (30 second rest)
 - [2 lengths of basketball court] x 5 sets (45 second rest)

Day 2

- Warm up: Jog 4 laps; stretch
- Footwork: Same as Day 1
- Sprints:
 - o [2 lengths of volleyball court] x 10 sets (45 second rest)
 - o [3 lengths of basketball court] x 4 sets (1 minute rest)