

Speed Performance WARM-DOWN

1. **See workout for length of Cool Down run for each group**
2. **6 x 100 strides – 3 forward – 3 running backwards**
 - a. Fence Hurdle Drills Trail legs
 - i. Forward and backwards
 - b. Hurdle Over unders
 - i. Short over forward
 - ii. high lateral under rotate
3. **Grass lap jog**
 - a. Hip Trunk Rotations
 - b. Low Crunch Rotations
 - c. Scorpions
 - d. Hurdle Leg lifts
 - e. Hamstring Lifts
4. **Grass lap jog**
 - a. Prone Arm Leg Raises
 - b. Hydrants
 - c. Walking lunges
 - d. Body Squats
 - e. Fondas
5. Crazy feet or dot drills
 - a. Walks
 - b. Ins
 - c. Outs
 - d. Heels
 - e. Skips
 - f. Toe Grabs * 10
6. Core – plank system
 - a. 30 seconds each side with a hard squeeze every other 5 seconds