

## Spring Track Home workout 2020

**Sunday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3

**Monday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3  
jog 800. Bench dips, squats, burpees, staircase(about 25 steps),high toe taps on wall, jumping jacks (3 sets of 10); wall sits for 2 mins x 4, jump rope 30 sec x 10

**Tuesday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3  
If you can get to a track warmup lap 400m, Sprint 200m, x2 Sprint, 100m x 3, jog 200m exaggerate form x 2

If can't get to a track run 1 miles stretch and run another mile then a cool down walk and stretch

**Wednesday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3  
jog 800. Bench dips, squats, burpees, staircase(about 25 steps),high toe taps on wall, jumping jacks (3 sets of 10); wall sits for 2 mins x 4, jump rope 30 sec x 10

**Thursday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3  
if you can find a Track warmup lap 400m, Sprint 200m, x2 Sprint, 100m x 3, jog 200m exaggerate form x 2

If can't get to a track run 1 miles stretch and run another mile then a cool down walk and stretch

**Friday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3  
jog 800. Bench dips, squats, burpees, staircase(about 25 steps),high toe taps on wall, jumping jacks (3 sets of 10); wall sits for 2 mins x 4, jump rope 30 sec x 10

**Saturday:** in morning or at night before bed Planks 1min x 3, Bird dogs 1 min x 3, 6 inches 1 min x 3, siting driving Arms perfect form 30 second X 3