





	Monday	Tuesday	Wednesday	Thursday	Friday
MSE/MSW Softball	<ul style="list-style-type: none"> - 30 jumping jacks - 1 minutes wall sit - 10 squats - 10 burpees - 25 high knees -10 pushups - 10 jumping jacks - 10 sit ups - 5 push ups - 7 squats - 25 high knees Repeat 3 times 	<p>Do one of these videos, https://www.youtube.com/watch?v=oj62xyWBnk4 https://www.youtube.com/watch?v=aUXopZZyULc https://www.youtube.com/watch?v=_69yU2p4ZTI</p>	<ul style="list-style-type: none"> - 20 crunches -15 pushups -30 second plank right side - 30 second plank left side - 30 second plank middle - 15 squats - 1 min wall sit - 20 leg lifts while laying down, do not let your heel hit the ground and go slow to fight resistance Repeat 3 times <p>Or you can watch this video and do this workout. https://www.youtube.com/watch?v=Vd85QxzdWI</p>	<ul style="list-style-type: none"> - Take a softball and circle your body with it (going from hand to hand so making a circle around your stomach) this works on your bare hand being on the ball (just think about a basketball that they would go around their stomach with). Then try to go faster, switch directions, working on keeping the ball in your hand do not drop. After you are good with that go around your knees, go between your legs like a figure 8. - Grab your glove and we are going to work on fielding a ball. Imagine you are being hit a ground ball, get in a fielding position take a small step with your right leg then your right and while doing this your butt should be down. Next, tap the ground twice with your glove (pretend you are watching the ball into your glove). Next, do the explosion up so you can throw it. So right, left, tap, tap, explode up and throw. You should do this for a good 10-15min which you will be feeling it in your legs after the workout. - If you have a garage or a flat wall somewhere, put all this together. Throw the ball against a garage and focus on this right, left, tap (catch the ball you threw against the garage) and then throw it back. 	<p>Putting it all together. Watch this video and follow the steps this guy does. Works on some conditioning as well as fielding and throwing! Great great video that you could use every day if you wanted.</p> <p>- https://www.youtube.com/watch?v=X8gw1VAv5g</p>
MSS Softball	Dynamic Stretching, "Base" Running Drillx10, "Cone" Drill (Sprint to the points and jog back to the start)x10, 3x10 burpees, 3x10 crunches, 3x10 pushups	Rest/Form Day: Batting stance and swing mechanics, Pitching Mechanics, Fielding mechanics, Throwing mechanics (3 Times Total)	Dynamic Stretching, "Base" Running Drillx10, "Cone" Drill (Sprint to the points and jog back to the start)x10) 3x10 burpees, 3x10 crunches, 3x10 pushups	Rest/Form Day: Batting stance and swing mechanics, Pitching Mechanics, Fielding mechanics, Throwing mechanics (3 Times Total)	Dynamic Stretching, "Base" Running Drillx10, "Cone" Drill (Sprint to the points and jog back to the start)x10) 3x10 burpees, 3x10 crunches, 3x10 pushups
MSE Girls Track	Sprint Ladder Work: 100 M, 200 M, 400 M, 200 M, 100 M. 90 Second Recovery Rest Between Each Sprint	Long Slow Distance: Two mile Run. 3 sets of 15 Burpees.	Muscle Rest Day	Hill Workout: If possible find a neighborhood hill or incline. 30 Second full out sprint up. Jog back down. 90 Second Rest. Repeat 8 total times.	Long Slow Distance: One Mile Run. Do 50 Air Squats. Repeat Two Times.
MSS Girls Track	Distance Run: 20-30 minutes, long stretch	3-4 sets of 400, 200 repeats (run a 400, rest 1 minute, run a 200, rest 2 minutes and that is 1 set)	Short run-15-25 minutes, 15 push ups, 25 crunches, 15 burpees, 2x30 second plank (front and both sides)	Recovery Day or 10x100s	2x800, 4x400, 10 minute run
MSW Girls Track	Normal 20 min stretching Conditioning:repeat run (3 sets) 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Warm down (individual stretches)"	Normal 20 min stretching Conditioning:repeat run (3 sets) 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Warm down (individual stretches)	Normal 20 min stretching Conditioning:repeat run (3 sets) 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Warm down (individual stretches)	Normal 20 min stretching Conditioning:repeat run (3 sets) 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Warm down (individual stretches)	Normal 20 min stretching Conditioning:repeat run (3 sets) 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Stretch 10 min 5 min run (wall stance or in place) your pace Warm down (individual stretches)
MSE Boys Track	Sprint Ladder Work: 100 M, 200 M, 400 M, 200 M, 100 M. 90 Second Recovery Rest Between Each Sprint	Long Slow Distance: Two mile Run. 3 sets of 15 Burpees.	Muscle Rest Day	Hill Workout: If possible find a neighborhood hill or incline. 30 Second full out sprint up. Jog back down. 90 Second Rest. Repeat 8 total times.	Long Slow Distance: One Mile Run. Do 50 Air Squats. Repeat Two Times.
MSS Boys Track	Distance Run: 20-30 minutes, long stretch	3-4 sets of 400, 200 repeats (run a 400, rest 1 minute, run a 200, rest 2 minutes and that is 1 set)	Short run-15-25 minutes, 15 push ups, 25 crunches, 15 burpees, 2x30 second plank (front and both sides)	Recovery Day or 10x100s	2x800, 4x400, 10 minute run

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<p>Girls Lacrosse</p>	<p>Bingo card girls can choose across diagonal etc</p>				
<p>Boys Lacrosse</p>	<p>Wall ball - R = Right L = Left</p> <ul style="list-style-type: none"> - 50 reps R to R - 50 reps L to L - 50 reps L to R - 50 reps R to L 	<p>-3 sets of 30 second planks- 50 reps R to R - 50 pushups - 50 sit ups - 50 lunges each way</p>	<p>Wall ball - R = Right L = Left</p> <ul style="list-style-type: none"> - 50 reps R to R - 50 reps L to L - 50 reps L to R - 50 reps R to L 	<p>-3 sets of 30 second planks- 50 reps R to R - 50 pushups - 50 sit ups - 50 lunges each way</p>	<p>Wall ball - R = Right L = Left</p> <ul style="list-style-type: none"> - 50 reps R to R - 50 reps L to L - 50 reps L to R - 50 reps R to L
<p>Boys Tennis</p>	<ul style="list-style-type: none"> - Go through the practice warm up procedure - distance jog 10-15 minute - hit ground strokes against a wall or with a family member. 15 minutes forehand 15 minutes backhand. (focus on your footwork and getting in position) 	<ul style="list-style-type: none"> - Go through the normal practice warm up procedure - Distance jog 10-15 minute - Volleys against a wall or with a family member 15 minutes forehand 15 minutes backhand (focus on footwork) 	<p>Go through the normal practice warm up procedure</p> <ul style="list-style-type: none"> - distance jog 15-20 minute - go through the service procedure from practice. practice your serve 15 minutes on the deuce side 15 minutes on the ad side (focus on placement. Set up targets "up the T" "into the body" and "out wide". (if you have access to a court away from others. Otherwise focus on ball toss) 	<p>Go through practice warm up procedure</p> <p>Distance jog 15-20 minutes</p> <p>Have a family member toss or hit a ball directly toward you (bouncing once) and call out forehand or backhand. Shuffle and get into position to take the shot as called out and hit it controlled back to them. This should be a conditioning drill as well as a footwork drill do this rapidly. keep your footwork clean even as you get tired. 20 minutes</p>	<p>Go through practice warm up procedure</p> <p>-Distance jog 15-20 minutes</p> <p>-Choose a drill from the week that you struggled with or a drill you know already and spend 30 minutes on it.</p> <p>This should be a practice in mindfulness about your own game.</p> <p>What do you most need to work on? Choose a drill that practices that.</p> <p>If you are unsure what you need to work on footwork is always a good bet.</p>