

# Weekend Workout (45 Minutes)

Powered By  
InfiniteTrack Practice

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5 mins (4:00 PM) **Stretching**

- Toe Walks
- Heel Walks
- Frankensteins
- A-Skips
- High Knees
- Butt Kicks
- Lunges
- Karaoke
- Side Shuffle
- High Skips

5 mins (4:05 PM) **Warm-up Run**

- 5:00 jog without walking

25 mins (4:10 PM) **Speed Work**

\* Perform events in order. 1 minute rest between each sprint.

- 400 meter sprint
- 200 meter sprint
- 100 meter sprint
- 100 meter sprint
- 200 meter sprint
- 400 meter sprint

10 mins (4:35 PM) **Strength Training**

- Push-ups (15 Reps)
- Squats (15 Reps)
- Flutter Kicks (15 Reps)
- 8-count body builders (10 Reps)
- Planks (3 x 1:00 each)