

LAKELAND UNIVERSITY WOMEN'S WRESTLING

SUMMER WORKOUTS

Warm-up before all training sessions for 5-10 mins.

Example(s)

- Cardio circuit: 20 Jumping jacks, 20 windmills, 20 punches, 20 kicks, 20 squat jumps x 4-5 rounds → You can get creative and interchange or change exercises
- Slow jog circuit: jog slowly with skip, hop, jump, karaoke, backwards jog, build up to sprint → Do this for 5-10 mins by repeating slow jog circuit
- Boring jog: simply jog for 4-5 mins

Workout #1

Week 1 10-15 sprints → 50 meters or 50 yards → 5-10 second break between sprints

Week 2 15-20 sprints → 50 meters or 50 yards → 5-10 second break between sprints

Week 3 20-25 sprints → 50 meters or 50 yards → 5-10 second break between sprints

Week 4 Recovery → 10-15 sprints → 50 meters or 50 yards → 5-10 second break between sprints

Workout #2

Week 1 10-15 sprints → 10 second sprint → 5-10 second break between sprints

Week 2 15-20 sprints → 10 second sprint → 5-10 second break between sprints

Week 3 20-25 sprints → 10 second sprint → 5-10 second break between sprints

Week 4 Recovery → 10-15 sprints → 10 second sprint → 5-10 second break between sprints

Both workouts are similar and are general on purpose. After week 4, start Workout #2 as you will be more fit or better in shape.

STAY FIT YEAR ROUND → FOR THE REST OF YOUR LIFE