

Sprinter's Spring Break Workout- To Be Done on **3 times** during Spring Break on different days.
Coach Wegener

1. Stationary Stretch- Remember to breath so oxygen can get to your muscles.
2. 16 pushups- To prepare you for next week.
3. 50 ab exercises of your choice- Examples include crunches, sit-ups, toe-touches, mountain climbers etc.
4. 2-minute plank.
5. 20 body-weight squats.
6. Do four 50-meter accelerations down your street or on the beach depending on where you are going to be on Spring Break.
7. Stationary Stretch.
8. Relax and Enjoy your break!