

**Training Progression Week 16**

| <b>Warm Up Options</b>            |  |                              |             |                  |                    |
|-----------------------------------|--|------------------------------|-------------|------------------|--------------------|
| <b>Warm Up Options</b>            | <b>Drill</b>   | <b>Repetitions/Durati on</b> | <b>Sets</b> | <b>Rest Time</b> | <b>Page Number</b> |
| <b>GPP Warm Up (Option 1)</b>     |  |                              |             |                  |                    |
|                                   | <a href="#"><u>Aerobic Base Injury Prevention Runs</u></a> | as directed                  |             | No Rest          | 12                 |
|                                   |  |                              |             |                  |                    |
| <b>Low Level Jumps (Option 2)</b> |  |                              |             |                  |                    |
|                                   | <a href="#"><u>Jumping jacks</u></a>                       | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Split Jacks</u></a>                         | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Lateral line hops</u></a>                   | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Front and back line hops</u></a>            | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Mountain climbers</u></a>                   | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Burpees</u></a>                             | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Star Jumps</u></a>                          | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   | <a href="#"><u>Squat and roll</u></a>                      | 20 to 40 Seconds             | 1 Set       | No Rest          | 12                 |
|                                   |  |                              |             |                  |                    |
| <b>Other Options</b>              |  |                              |             |                  |                    |
|                                   | <b>Other Available Warm-Ups</b>                            |                              |             |                  | 162-168            |
|                                   |  |                              |             |                  |                    |
|                                   |  |                              |             |                  |                    |