**Period 8: Strength Training Plan I**

*Focus on proper movements and full range of motion; full recovery between exercises*

Warm up: 15-20 mins easy run

Agility/Speed:

* Ladders: 3x 1 ins, 2 ins, zig-zags
* Mini-bands

Strength (1-3 sets):

1. 25 reps Russian twist
2. 30 secs hands and knees ab scoops
3. 30 sec elbow and knees ab scoops
4. 1 min side plank ( 30 secs each side w/ hip dip)
5. 20 reps med ball DP throw
6. 12 reps med ball squat
7. 12 reps lunge
8. 12 reps (6 each side) lateral lunge
9. 12 reps weighted dips
10. 12 reps raised leg push-ups

Cool down: 15 mins + stretch