

Focus: Multidirectional Acceleration						
Exercise	Sets	Reps	Rest	RPE	Notes	Alternate Exercises
CARs: Hip (quadruped)	1	3/side			Both directions on each side	
Roller Deadbug	1	5/side				Use hand or block
Squat to Toes	1	3				
Shoulder Swimmers	1	3				
Lunge Matrix	1	3/side				
<i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>						
Roll Hamstring	3	30s/side			Pin a sticky spot and move the knee ~10s, move to the next spot	
Straight-Leg Hamstring Mob	3	5/side			1st set banded leg moves, 2nd set banded leg stays up, 3rd set your choice	
Weighted Lunge Matrix	3	2/side		6	Same as the warm-up movements, but add weight	
<i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i>						
Leg Stability Compass	3	2/side	30 sec	6	On foam pad or bosu if the ground is easy	
Slideboard Mountain Climbers	3	6/side	30 sec	7		Plank Pull
Resisted Deadbug	3	30s/side	30 sec	7		
<i>This section has a metabolic conditioning focus. Complete as a circuit, following the rest intervals. Choose weights that are light enough you can keep the pace moving.</i>						
Crossover Step-Ups	3	8-10/side	30 sec	6	Focus on form because next week you'll load this up more!	
Contralateral SLDL w/Row	3	6-8/side	30 sec	6		Put free leg down for row if needed for stability
Hip Openers	3	5/side	60 sec	6		

Focus: Multidirectional Acceleration					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
Solo pdf		Group pdf			
Warm-Up for Ultimate Part I					Group Version Part I Videos
Warm-Up for Ultimate Part II					Group Version Part II Videos
Complete as a circuit, ending with an extra set of the planks					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
Ankling	2	10y			Pop off the ground through your ankles
Squat Drop Jump	2	5			Jump-Hop
Lateral Skater Hops	2	10y			
Alternate between the exercises, ending with an extra set of the Accel Drill					
Acceleration Wall Drill (3 Step Burst)	3	3/side			
Straight-Leg Hamstring Mob	2	30s/side			Hamstring Pull
Ladders to Sprint	3	2/side	full recovery		
Set 1: Jab-Crossover					
Set 2: One in Two Out					
Set 3: Backwards Jab-Crossover					
15y Falling Starts	1	3 hard steps, 3/side	full recovery		
Rest between reps / sets					
20y Sprints	1	6	30s	9-10	If you have a partner, start in a neutral stance then sprint on up call. Without an up call, try to start off alternating feet each sprint
20y Lateral Start Sprints (Hip Turn!)	1	3/side	30s	9-10	
20y Sprints Facing Opposite Direction	1	3/side	30s	9-10	If you have a partner, start facing backward then sprint over right or left shoulder on cue
Long X	2	3-4	3x work // full between sets	8	Set up by marching 4 cones in a box 15y on each side. Run straight out, under on the diagonal, straight out, back under on the diagonal, repeat (1 time or ~70y). Set 1: offensive footwork Set 2: defensive footwork
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Focus: Multidirectional Acceleration						
Exercise	Sets	Reps/Distance	Rest	RPE	Notes	Alternate Exercises
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots	
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.						
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Warm-Up for Ultimate Part II					Group Version Part II Videos	
Complete as a circuit, ending with an extra set of the planks						
Up/Down Planks	3	10				
Light Skips	2	10y				
Powerful Skips	2	10y				
Ankling	2	10y			Pop off the ground through your ankles	
Squat Drop Jump	2	5				Jump-Hop
Lateral Skater Hops	2	10y				
Alternate between the exercises, ending with an extra set of the Accel Drill						
Acceleration Wall Drill (3 Step Burst)	3	3/side				
Straight-Leg Hamstring Mob	2	30s/side				Hamstring Pull
Ladders to Sprint	3	2/side	full recovery			
Set 1: Jab-Crossover						
Set 2: One in Two Out						
Set 3: Backwards Jab-Crossover						
15y Falling Starts	1	3 hard steps, 3/side	full recovery			
Long Serpentine	2	4-6	2-3x work // full between sets	7	Set up by marching 6 cones 10y apart from each other, then stagger them 5 yards wide. Add a throw on under cut at the end if you have a partner.	
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick	

Focus: Reacceleration						
Exercise	Sets	Reps	Rest	RPE	Notes	Alternate Exercises
CARs: Hip (quadruped)	1	3/side			Both directions on each side	
Roller Deadbug	1	5/side				Use hand or block
Squat to Toes	1	3				
Shoulder Swimmers	1	3				
Lunge Matrix	1	3/side				
<i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>						
Roll Glutes	3	30s/side				
90-90 Hip Mobility	3	3/side				
Crossover Step-Ups	3	4-6/side		6	Each time you stand up is one rep. Power up and slow lower down	
<i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i>						
TRX Row	3	8-10	30 sec	7		BW Row with BB on rack
Crossover Pushups	3	8-10	30 sec	7	Use push up variation where you can complete all reps	
Kick-Through Planks	3	5/side	30 sec	7		
<i>This section has a metabolic conditioning focus. Complete as a circuit, following the rest intervals. Choose weights that are light enough you can keep the pace moving.</i>						
MB Fake Throw	3	5/side	30 sec	6		
Eccentric Hamstring	3	6-8/side	30 sec	7	Can use paper plate or frisbee as a slider	Hamstring Walkout 8-10
Stir the Pot	3	30-45s	60 sec	8		Stamp on Ants

Focus: Reacceleration					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
Solo pdf		Group pdf			
Warm-Up for Ultimate Part I					Group Version Part I Videos
Warm-Up for Ultimate Part II					Group Version Part II Videos
<i>Complete as a circuit, ending with an extra set of the planks</i>					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
DL Bound & Stick	2	10y			
SL Bound & Stick	2	10y/side			Start on your "better" side
Lateral Plyo Bounds	2	10			Last variation in the video
<i>Alternate between the exercises</i>					
5y Cut-Back to 20y Sprint	2	2/side	full recovery	6, 8	Ramp up intensity across sets
90-90 Hip Mobility	2	2/side			
Hollywood Squares	3	2/direction	~2-3x work		Box ~7y on each side
Set 1: N offensive footwork					
Set 2: Z defensive footwork					
Set 3: Seven					
5-10-5 Shuttle	1	8-12	full (~10x work)	9-10	Three cones 5y apart. Face the same way as you turn so you turn off both legs. Stop if your form degrades or you slow down
Rest between reps / sets					
O/D Zig-Zag	2 (one backhand, one forehand force)	2O, 2D	30s / full	8	Zig zag 5 cones ~10y apart, run zig zag straight forward on O, backwards maintaining positioning on D. Pair up as O & D if you have a partner, or you can do alone and run the patterns with O and D footwork
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Focus: Reacceleration					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
Solo.pdf		Group.pdf			
Warm-Up for Ultimate Part I					Group Version Part I Videos
Warm-Up for Ultimate Part II					Group Version Part II Videos
<i>Complete as a circuit, ending with an extra set of the planks</i>					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
DL Bound & Stick	2	10y			
SL Bound & Stick	2	10y/side			Start on your "better" side
Lateral Plyo Bounds	2	10			Last variation in the video
<i>Alternate between the exercises</i>					
5y Cut-Back to 20y Sprint	2	2/side	full recovery	6, 8	Ramp up intensity across sets
90-90 Hip Mobility	2	2/side			
Hollywood Squares	3	2/direction	~2-3x work		Box ~7y on each side
Set 1: N offensive footwork					
Set 2: Z defensive footwork					
Set 3: Seven					
Long Serpentine	2	4-6	2-3x work // full between sets	7	Set up by marching 6 cones 10y apart from each other, then stagger them 5 yards wide. Add a throw on the under cut at the end if you have a partner.
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Focus: Jumping						
Exercise	Sets	Reps	Rest	RPE	Notes	Alternate Exercises
CARs: Hip (quadruped)	1	3/side			Both directions on each side	
Roller Deadbug	1	5/side				Use hand or block
Squat to Toes	1	3				
Shoulder Swimmers	1	3				
Lunge Matrix	1	3/side				
<i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>						
Roll Calves , Quads , OR Feet	3	30s/side				
Wall-Knee Tracking	3	30s/side				
Staggered Swings	3	3-5/side		6		Weighted Split Squat Jumps using <30% of RLESS/split squat weight
<i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i>						
Low Box Step-Up Jump w/ arms	3	5/side	30 sec	6	Use arm swing back then up as you drive off the leg on the box	
Pull-Ups	3	6-8	30 sec	7	Band-assisted as needed	Lat Pulldown
Roller Deadbug	3	30s/side	30 sec	7		Use a water bottle
<i>This section has a metabolic conditioning focus. Complete as a circuit, following the rest intervals. Choose weights that are light enough you can keep the pace moving.</i>						
Staggered Deadlift	3	8-10/side	30 sec	6		
One-Arm Push Press	3	6-8/side	30 sec	6		
Eccentric Calf Raise	3	8-10/side	60 sec	7	Up on both, down on one if you've got calf/achilles issues to reduce the strain	

Focus: Jumping					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
Solo pdf		Group pdf			
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Warm-Up for Ultimate Part II					Group Version Part II Videos
<i>Complete as a circuit, ending with an extra set of the planks</i>					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
Jump-Hop (no arms)	2	10			Short ground contact between first jump and the hop
Jump-Hop (arms)	2	10			
Squat Drop Jump	2	5			Skip if this is too much impact
<i>Alternate between the exercises, ending with an extra set of the jump training</i>					
1-2-3 SloMo Jump Training	3	3/side	full recovery		Start slow, get faster
Wall-Knee Tracking	2	30s/side			
<i>Preview the section below - if you don't have the space, jump over to the agility & work from Run 1 Sprint</i>					
Ladder to Sprint & Floaty Throw	3	1/side	30s/90s	8-9	Ladders to sprint and a floaty throw. Gather and jump at the end if you don't have a partner
Set 1: Jab-Crossover					
Set 2: One in Two Out					
Set 3: Backwards Jab-Crossover					
Triple Cut to Huck	1	4 Forehand, 4 Backhand side	variable	10	Triple cut = out, under, deep (catch floaty discs at your high point!). Jog back your throw; recover between sets, hit forehand and backhand sides for throwing!
					If you don't have a partner, run triple cut, then gather and jump ~50y out
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Focus: Jumping					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
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<i>Complete as a circuit, ending with an extra set of the planks</i>					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
Jump-Hop (no arms)	2	10			Short ground contact between first jump and the hop
Jump-Hop (arms)	2	10			
Squat Drop Jump	2	5			Skip if this is too much impact
<i>Alternate between the exercises, ending with an extra set of the jump training</i>					
1-2-3 SloMo Jump Training	3	3/side	full recovery		Start slow, get faster
Wall-Knee Tracking	2	30s/side			
Long X	2	4-6	2x work // full between sets	7	Set up by marching 4 cones in a box 15y on each side. Run straight out, under on the diagonal, straight out, back under on the diagonal, repeat (total 2 times or ~140y). Set 1: offensive footwork Set 2: defensive footwork
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Focus: Throwing Power						
Exercise	Sets	Reps	Rest	RPE	Notes	Alternate Exercises
CARs: Hip (quadruped)	1	3/side			Both directions on each side	
Roller Deadbug	1	5/side				Use hand or block
Squat to Toes	1	3				
Shoulder Swimmers	1	3				
Lunge Matrix	1	3/side				
<i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>						
Roll Glute (especially Lateral)	3	30s/side			Focus on the side of your glute in particular	
Figure Four Stretch	3				Not a deep stretch, open up the hip gently	
Crossback Squat	3	3-5/side		6	Power up	
<i>Complete as a circuit if your access to the different pieces of equipment allows, moving steadily from each exercise to the next.</i>						
Clock Lunges w/ Twist	3	2/side	30 sec	7	Head (unlike in video!) and hips stay forward, trunk rotates. Forward, 45, side = 1 rep	
Shoulder 2.5 Plate ROM	3	3	30 sec		Once you end with palms facing up and have to flip them = 1 rep	
Half-TGU w/Shoulder Stability	3	3/side	30 sec	7	HALF-TGU, so just go to the reverse plank position and back down 3 times, then go to shoulder stability spot and chill for ~20s	
<i>This section has a metabolic conditioning focus. Complete as a circuit, following the rest intervals. Choose weights that are light enough you can keep the pace moving.</i>						
Half-Kneeling Halos	3	30s/side	30 sec	6		Small weight plate
MB Fake Throw	3	5/side	30 sec	6		
Low Carry Farmer's Walk	3	45s/side	60 sec	7		

Preview the work for today so you know how many discs to bring out!					
Focus: Throwing Power					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
Solo pdf		Group pdf			
Warm-Up for Ultimate Part I					Group Version Part I Videos
Warm-Up for Ultimate Part II					Group Version Part II Videos
Complete as a circuit, ending with an extra set of the planks					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
Scissors Step	2	10y			
Alternating Lateral Hops	2	10			
Split Squat Jumps	2	5/side			
Complete as a circuit, ending with an extra set of the reactive pivots					
Reactive Pivots	3	30s/side	full recovery		Start slow, get faster; if you don't have a partner, practice stepping further & faster in different directions
Figure Four	2	30s/side			
Opposite Leg Compass Lunges	2	2			Lunge only onto your pivot foot (to balance out the work you just did) to the 8 points of the compass
Throwing Set w/"Motivation"	1	10-10-10-10 /side			Set up 10y away from your partner. Throw 10 flat, 10 OI, 10 IO, 10 far pivot on forehand and backhand sides. Drop the disc and sprint 10y and back each time you or your partner have a throwing or catching error. If doing alone, use part of a soccer goal, a pole, or an upside down bike as your throwing partner and grab a stack of discs for efficiency. Max 10 sprints per side
Opposite Leg Compass Lunges	1	2			Lunge only onto your pivot foot (to balance out the work you just did) to the 8 points of the compass
Serpentine	1	4-6	2x rest as work	8-9	Set up by marching 6 cones 7y apart from each other, then stagger them ~4 yards wide. Add throw on under cut at the end if you have a partner
Hucks in Motion	2 (one forehand side, one backhand)	5	variable	10	Cut upline and receive a dishie, huck with momentum to a cutter. With three or more, rotate through those positions. With two, throw a pretend dishie to yourself, then huck. With one, pretend dishie, huck, then sprint after your disc, pick up and repeat (but add 2x rest)
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

<i>Preview the work for today so you know how many discs to bring out!</i>					
Focus: Throwing Power					
Exercise	Sets	Reps/Distance	Rest	RPE	Notes
Foam Roll/LAX Ball					Hit major areas and traditional trouble spots
Perform parts 1 & 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.					
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<i>Complete as a circuit, ending with an extra set of the planks</i>					
Up/Down Planks	3	10			
Light Skips	2	10y			
Powerful Skips	2	10y			
Scissors Step	2	10y			
Alternating Lateral Hops	2	10			
Split Squat Jumps	2	5/side			
Throwing Set w/"Motivation"	1	10-10-10-10 /side			Set up 10y away from your partner. Throw 10 flat, 10 OI, 10 IO, 10 far pivot on forehand and backhand sides. Drop the disc and sprint 10y and back each time you or your partner have a throwing or catching error. If doing alone, use part of a soccer goal, a pole, or an upside down bike as your throwing partner and grab a stack of discs for efficiency. Max 10 sprints per side
Opposite Leg Compass Lunges	1	2			Lunge only onto your pivot foot (to balance out the work you just did) to the 8 points of the compass
Long X	2	4-6	2x work // full between sets	7	Set up by marching 4 cones in a box 15y on each side. Run straight out, under on the diagonal, straight out, back under on the diagonal, repeat (total 2 times or ~140y). Set 1: offensive footwork Set 2: defensive footwork
Cooldown					You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

Exercise	Sets	Reps/Time
5 min MOB	1	5 min
Hundred #2	1	100 pumps
Rolling #2	1	6-8
Corkscrew	1	4-5/side
Side-Lying Leg Circles	1	3-4/direction/side
<i>full recovery (10x work) between these exercises</i>		
SL Bound & Stick	2-3	5-8/side
SL Lateral Barrier Hop	2-3	4-8/side
<i>full recovery (10x work) between these exercises</i>		
Top Speed #2b (Paws)	2-3	5-8/side
March w/Pole #3 (Skips)	2-3	5-10y there & back
Lateral Lunge	2-3	5-8/side
Hamstring Sliders	2-3	5-10/side
Stamping on Ants	2-3	30-45s

Focus: Resetting Movement Patterns				
You can do this workout at home or in a gym -- all of them are also great as bodyweight exercises.				
Many of the sets are expressed as ranges. Listen to your body, sticking with fewer sets if you're feeling overloaded.				
Exercise	Sets	Reps	Notes	Alternate Exercises
CARs: Hip (quadruped)	1	3/side	Both directions on each side	
Roller Deadbug	1	5/side		Use hand or block
Squat to Toes	1	3		
Shoulder Swimmers	1	3		
Soft Tissue Work	1	3-5 min	After the warm-up, notice what parts feel particularly stuck and target them	
<i>Rotate between these exercises, using the soft tissue and mobility work as active prep/recovery between sets of the major lift.</i>				
90-90s	2-3	3/side		
Lunge Matrix	1-3	4/pattern/side		
Leg Stability Compass	1-3	2/side	On foam pad, bosu, or pillow if the ground is easy	
<i>Rotate through these exercises</i>				
SLDL	1-3	8-10/side		Wall SLDL
Half-TGU to Side Plank	1-3	3/side	Pause for one breath in and out at each position	
Crawling	1-3	15s forward, 15s backward		
<i>Rotate through these exercises</i>				
Scapular Push Up	1-3	6-8		
SL Squat to Bench	1-3	8-10/side		
Eccentric Calf Raise	1-3	8-10/side	Up on both, down on one if calf/Achilles feels it too much	
Soft Tissue Work	1	3-5 min	After the workout, notice what parts feel particularly stuck and target them	

Focus: Low-Intensity Aerobic Movement			RPE: 1=this barely takes effort 5=breathing hard but could talk 10=hardest possible thing ever
Exercise	Reps	RPE	Notes
Perform part 2 of the Field Warm-Up for Ultimate. Use either the solo or group version as appropriate.			
Solo pdf	Group pdf		
Warm-Up for Ultimate Part II			Group Version Part II Videos
Recovery Jog	20-30 min	3-4	Keep jog at an intensity where you can very easily hold a conversation so you stay in the aerobic work zone. Listen to your body for how long you should go. It's okay to slow down to a brisk walk, especially if your joints need a break from impact.
Cooldown			You can do your own thing or follow along using Mobility with Ren (movements start 1:30) or MOB with Dr Patrick

If you live somewhere snowy, you might struggle to do all of the field work in the program consistently. Here are some indoor conditioning alternatives!

Soft tissue work is totally doable wherever you are!

Complete as much as you are able of the warm-up. If you have 5 yards instead of 25, you can still do a lot of the exercises in part 1 by moving back and forth in the space you have. Pick modifications in part 2 that work within the space you have. Omit part 3 if you have less than ~3x15y of space.

Complete the plyometrics section - these are usually not space-intensive, but might make downstairs neighbors cranky! Some exercises like skater hops and bounding need a longer space like a hallway. Just be careful to not run into walls, and omit anything that doesn't work in the space you have.

Technique work has more variable space requirements!

Things like the Wall Accel Drill just need a wall, so stick with the regular program for those!

Elements like Hip Turn & Sprint or really any kind of sprinting might be harder depending on what you're working with. The important focus in the technique section is the movement patterns, so you can slow these down and practice the concepts at a speed and size that works with the area you have.

Agility is similarly variable.

If you have space for a ladder (or one built out of socks!), you can do most patterns, omitting sprints and throwing out of the ladder. Again, the important thing is the movements.

Hollywood squares can be done in a smaller size box, moving slower, focusing on the turning action -- they require more care when you're not wearing cleats, so it's not bad to do them small and barefoot, just make sure you've got enough traction!

Conditioning is where we need to get creative! Here's a little table of the different things we work on in conditioning, how they show up in running workouts, and how you can substitute them with weights at home or other tools!

Purpose	Running Workout	Equipment	No Equipment
Phosphagen - e.g. first three steps burst	Sprints that take less than 10 seconds - distances of less than 100y before resting, generally at RPE 9-10. Examples include 20y sprint, 40y shuttle, short serpentine.	KB Swings or Bike Intervals 8-10 sets of 10 seconds on, 50 seconds off	Split Squat Jumps or Fast Squat to Toes for 8-10 sets of 10 seconds on, 50 seconds off. Can hold a water bottle, books, bag of flour, etc to add some weight.
Glycolytic / Anaerobic - e.g. sprint endurance, pushing through long points	Sprints that take more than 10 seconds, generally at RPE 7-9. Examples include long X, 120-250y shuttles, long serpentine.	One-Arm (Bench) Thrusters 6-12 sets/side of 10 seconds on, 20 seconds off	Clock Lunges or Step-Up on Stairs/Bench for 6-12 sets/side of 10 seconds on, 20 seconds off. Can hold a water bottle, books, bag of flour, etc to add some weight.
Aerobic - e.g. making it through game 7 of the weekend in good form	Moving at less than sprint pace, RPE 6 and under. Examples include aerobic intervals, slog jogs.	Bike trainer / row / treadmill for same time/intervals/RPE as the running workout lists OR Slow AGT - 3-6 rounds 30 seconds on, 90 seconds off 2x slllloooooow goblet/plate squat, pushup, pullup (if you have the bar). Steps listed below. OR	Slow AGT - 6-9 rounds omit the pullup. Grab a heavy book, jug of milk, bag of flour for the goblet squat. Can also do another aerobic activity of your choosing, potentially on a different day like biking, hiking/snowshoeing, cross-country skiing, etc depending on your environment/access.
Slow AGT			
Slow Goblet Squat	2 reps / 30s	Lower over 7.5 seconds, up over 7.5 seconds. Imagine you're resisting your own motion the whole time. Full body tension	
Rest 90s			
Slow Pullup	2 reps / 30s	Up over 7 seconds, hold 1 second at top, lower over 7 seconds. Use band support as needed	
Rest 90s			
Slow Pushup	2 reps / 30s	Lower over 7.5 seconds, up over 7.5 seconds. Imagine you're resisting your own motion the whole time. Full body tension; use appropriate pushup modification to maintain great form	
Rest 90s		*Talk test: can you form complete sentences? Okay to go to another round - aim for 3-6 rounds of 3 exercises or 4-9 rounds of 2	