

DATE / WEEK						
Warm-Up	01 400m Qualifier Target: 1:02	R _____	R _____	R _____	R _____	R _____
	02 400m Trials Target: 1:01	R _____	R _____	R _____	R _____	R _____
	03 400m Semifinals Target: 1:04	R _____	R _____	R _____	R _____	R _____
	04 400m Finals Target: 1:02	R _____	R _____	R _____	R _____	R _____
Stretch (2:04)						
Round 1 - Track & Field	05 Triple Jump - Round 1 Target: 2LT, 2 RT (0:42)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	06 Triple Jump - Round 2 Target: Forward - 2LT, 2 RT (0:52)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	07 Triple Jump - Round 3 Target: Back - 2LT, 2 RT (0:47)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	08 Triple Jump - Round 4 Target: 4 Rungs - 2LT, 2 RT (0:58)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	09 Agility: On Your Marks Target: 2, 4, 6, 8 - RT / LT (2:33)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Rd 2	10 Volleyball Dive Target: 1, 2, 3, 4 - RT / LT (1:42)	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____	RT _____ BC _____ LT _____ BC _____
Rd 3	11 Speed Skating Target: Side-To-Side, 4 Point Diagonal - RT / LT (2:10)	RT1 _____ LT1 _____ RT2 _____ LT2 _____	RT1 _____ LT1 _____ RT2 _____ LT2 _____	RT1 _____ LT1 _____ RT2 _____ LT2 _____	RT1 _____ LT1 _____ RT2 _____ LT2 _____	RT1 _____ LT1 _____ RT2 _____ LT2 _____
Round 4 - Weight Lifting	12 Olympic Weight Lifting - Round 1 Target: Curl, Jump, Press (0:29)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	13 Olympic Weight Lifting - Round 2 Target: Curl, Jump, Press, Upright Row (0:43)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	14 Olympic Weight Lifting - Round 3 Target: Curl, Jump, Press, Upright Row, Bent Over Row (1:27)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
	15 Olympic Weight Lifting - Round 4 Target: Curl, Jump, Press, Upright Row, Bent Over Row, Alternating Curls (1:08)	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
Rd 5 - BBall	16 Basketball Jumps - Round 1 Target: 1:04	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
	17 Basketball Jumps - Round 2 Target: 1:02	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 6 - Soccer	18 Soccer Drills - Round 1 - RIGHT Target: Max Reps (0:32)	RT _____	RT _____	RT _____	RT _____	RT _____
	19 Agility: Counterattack - RIGHT Target: 0:32	RT _____	RT _____	RT _____	RT _____	RT _____
	20 Soccer Drills - Round 2 - LEFT Target: (0:33)	LT _____	LT _____	LT _____	LT _____	LT _____
	21 Agility: Counterattack - LEFT Target: Max Reps (0:38)	LT _____	LT _____	LT _____	LT _____	LT _____
Rd 7	22 Gymnastic Drills Target: Tuck Jump, X Jump, Rotation - 30s / Side (1:04)	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____	RT _____ LT _____
Round 8 - Football	23 Football Drills - 1st Half - RIGHT Target: 1:10	RT _____	RT _____	RT _____	RT _____	RT _____
	24 Football Drills - 2nd Half - LEFT Target: 1:05	LT _____	LT _____	LT _____	LT _____	LT _____
	25 Football Drills - Overtime Target: Tricep Ball Pulse (0:31)	R _____	R _____	R _____	R _____	R _____
FIT	26 FIT test: Sudden Death 01 Target: Agility Sequence*, 4x Power Jumps, 2x Burpee into X Jump (3:04)	Rounds _____	Rounds _____	Rounds _____	Rounds _____	Rounds _____
Cool Down (4:08)						
Time (55 Min)		Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____	Start _____ End _____ Total _____
Average Heart Rate (BPM)		Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM	Ave _____ BPM
Calories Burned		_____ Cals	_____ Cals	_____ Cals	_____ Cals	_____ Cals

INSANITY: THE ASYLUM 2, DISC 5 - CHAMPIONSHIP

Tools

- 1) Agility Ladder
 - 2) Jump Rope
 - 3) Dumbbells
 - 4) Water and Towel
- *Optional

*Agility Sequence

- 1) Right 2x, Up 2x
- 2) Right 2x, Back 2x
- 3) Wide 2x, Up, Center, Back, Center
- 4) Split Step Right / Split Step Left
- 5) Right, Center, Left, Center

Legend

- R** - Reps
W - Weight
RT - Right
LT - Left
BC - Band Color

WORKSHEETS COMPLETED BY:
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