

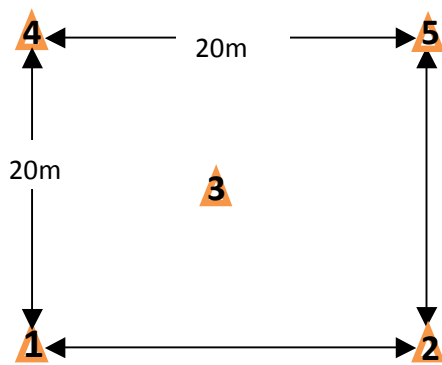
## CARDIO 1

### WARM UP

- 2min Jog
- 10 squats to overhead reach
- Butt kicks
- High knees
- Hamstring lunges
- Whatever else you need
- Faster jog for 1min
- Drink water.

### CARDIO

Set out cones in the pattern of a 5 on a dice. Diagram below.



- Set 1:  
1-2 jog, 2-5 sprint, 5-4 jog, 4-1 sprint. Rest 10s.  
(start on 1. Jog to 2. Sprint to 5. Jog to 4. Sprint to 1.)  
Repeat going the other way round. Rest 10s. This counts as one rep.  
Do a total of 3 reps. Rest 2 minutes.
- Set 2:  
1-3-2-5 sprint, 5-4 jog, 4-1 sprint. Rest 20s.  
Do a total of 3 times. Rest 2min.  
Now go the other way around.  
1-3-4-5 sprint, 5-2 jog, 2-1 sprint. Rest 20s  
Do a total of 3 times. Rest 4 min.
- Set 3:  
1-3 run, 3-5 sprint. Rest 5s.  
5-3 run, 3-1 sprint. Rest 5s.  
This is one rep.  
Do a total of 4.  
Rest 4 min.
- Set 4:  
3-4-3-5-3-2-3-1-3 sprint. Rest 20s.  
Now go the other way around.  
3-5-3-4-3-1-3-2-3. Rest 20s.  
Warm down.