

## "Espirit de Corps Challenge"

### Warm Up (10 Minutes):

Gradual Pulse Raiser

Static Stretches

Pulse Raiser

Static Stretches

### Exercise Session

#### Shuttle Runs (20 Minutes):

(x5) Shuttles –  $\frac{1}{4}$  Pitch,  $\frac{1}{2}$  Pitch,  $\frac{3}{4}$  Pitch

1 Minute Recovery

#### Circuit Exercises (15 Minutes):

(x10) Exercise Stations

1 Minute Exercise

30 Seconds Rest

#### 1500 Meter (Team Run – 15/20 Minutes):

6 Laps Per Team (x5) Teams

Everyone must "come home" together (as fast as slowest team member)

#### Cool Down (5/10 Minutes):

Pulse Lowerer

Static Stretches

#### Equipment:

(x4) Flags

(x5) Stopwatches

(x5) Bibs/Vests

(x20) Marker Cones

(x10) Circuit Cards

(x5) Lap Spreadsheet

(x5/6) PTLs