

DAY 34

Cycling

60min

Just 1 hour of cycling, however try to push yourself and cycle in higher pace for longer period of time.

The idea is to cycle for like 30min towards some stairs and complete several sets of plyometrics and explosive exercises as well as run to the top of stairs. After that continue cycling for another 30min.

Continue to Running stairs&Explosiveness OR ball training and finish exercises with 1 warm-down lap and stretching.

Running stairs&Explosiveness

1. Run all the way up once
2. Both legs simultaneous jumps 12 jumps 4 reps
3. Single leg jumps 12 4 reps
4. Quick feet run every stair. 20 stairs 4 reps
5. Take on 3 - 4 stairs jump/run 12 jumps 4 reps
6. Run all the way up once or twice

Relax, cool down and stretch!

Ball training

45min

Dribbling – something new to learn:

<https://www.youtube.com/watch?v=RSZdIE1ivpo>

Stretching& Mobility/Flexibility

30min

If you do cycle and run the stairs you definitely should do stretch properly.

Here you can see some elementary moves - <https://www.youtube.com/watch?v=mjf7Fkmuxhc>