

Day 1

Warm - Up

Glute Bridge
 Hip Abduction
 Dead Bugs
 Knee Hug / Quad Stretch
 Arm Circle Toe Reach
 Lunge Walk w/ Rotation
 Marching -> Skipping
 Power Skips for Height

Jump / Plyo's

NCM Jump and Stick w/o Arms F/B x 5
 CM Jump and Stick w/o Arms F/B x 5
 CM Continuous w/o Arms F/B x 5
 Broad Jump 3x3

Sprint Work

Seated Arm Swings 2 sets
 High Knees w/Arms 2 sets
 Build up to 75% 1 rep
 Build up to 85% 1 rep
 Build up to 100% 1 rep
 Push - Up Starts 4 x 15 yds
 Seated Starts 4 x 15 yds
 3 - Point Starts 3 x 25 yds
 Falling Starts 3 x 25 yds

* Rest at minimum 1 min between max effort sprints

Day 3

Warm - Up

Backwards Lunge Walk
 Inverted Hamstring
 Worlds Greatest Stretch
 Handwalks
 Ankle Flips
 Anklng
 Marching -> Skipping
 Power Skips for height

Jump / Plyo's

NCM Jump and Stick w/o Arms L/R x 5
 CM Jump and Stick w/o Arms L/R x 5
 CM Continuous w/o Arms L/R x 5
 Broad Jump 3x3

Sprint Work

Standing Arm Swings 2 sets
 High Knees w/Arms 2 sets
 Build up to 75% 1 rep
 Build up to 85% 1 rep
 Build up to 100% 1 rep
 Push - Up Starts 4 x 15 yds
 Seated Starts 4 x 15 yds
 Falling Starts 2 x 25 yds
 Fly In's 3 x 10 yds

* Rest at minimum 1 min between max effort sprints

Day 2

Volumes - Session

Football Lineman 700m
 Wrestling 700m
 Volleyball 700m
 Golf 700m
 Football Linbacker/RB 1200m
 Softball 1200m
 Baseball 1200m
 Tennis 1200m
 Basketball Big 1500m
 Football Reciver/DB 1700m
 100/200m Sprinter 2100m
 Basketball Perimeter 2200m
 400m Sprinter 3200m
 Soccer 3700m
 Swimming 3700m

Distances and sets and rep scheme examples

Set Breakdown

50+50+50+50+50

Have Student Athletes repete these sets with 1:00 min rest until they achieve the total number of meters determined by their Position & Sport // I.E. 1 set = 250 meters // 4 sets = 1000m // 6 sets = 1500m

- * Can use med balls & BW circuts to break up intra set monotany
- * No warm up needed for tempo days b/c it is low intensity
- * Tempo Runs are to be ran NO FASTER than 65% of effort

Day 4

Volumes - Session

Football Lineman 700m
 Wrestling 700m
 Volleyball 700m
 Golf 700m
 Football Linbacker/RB 1200m
 Softball 1200m
 Baseball 1200m
 Tennis 1200m
 Basketball Big 1500m
 Football Reciver/DB 1700m
 100/200m Sprinter 2100m
 Basketball Perimeter 2200m
 400m Sprinter 3200m
 Soccer 3700m
 Swimming 3700m

Distances and sets and rep scheme examples

Set Breakdown

50+100+100+ 50

Have Student Athletes repete these sets with 1:00 min rest until they achieve the total number of meters determined by their Position & Sport // I.E. 1 set = 300 meters // 4 sets = 1200m // 6 sets = 1800m

- * Can use med balls & BW circuts to break up intra set monotany
- * No warm up needed for tempo days b/c it is low intensity
- * Tempo Runs are to be ran NO FASTER than 65% of effort