

Training Progression Week 13					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	Aerobic Base Injury Prevention Runs	as directed		No Rest	12
Low Level Jumps (Option 2)					
	Jumping jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Split Jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Lateral line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Front and back line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Mountain climbers	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	Star Jumps	20 to 40 Seconds	1 Sets	No Rest	12
	Squat and roll	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Ankle Rocker One Speed Development	15	2 -3	10 - 20 Seconds	90
	Ankle Rocker three Speed Development	15	2 -3	10 - 20 Seconds	90
	Ankle Rocker Two Speed Development	15	2 -3	10 - 20 Seconds	90

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Lateral High Knees Hands Up Speed Development	10 meters	3-5 Reps / 1 Set	20 - 40 Seconds	70
	Captain Morgan Speed Drill	30 meters	2-3 Reps / 1 Set	20 - 40 Seconds	70
Speed					
Speed	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Flying 20	3-4 Reps	1 Set	30 to 90 Seconds	61
	Block 20	3-4 Reps	1 Set	30 to 60 Seconds	79
Agility					
Agility	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	Running Squares	1	4-5	20 to 60 Seconds	90
	Running Circles	1	4-5	20 to 60 Seconds	90
	Large Circles	1	4-5	20 to 60 Seconds	91
	Figure 8's	1	4-5	20 to 60 Seconds	91
	Racing T	1	4-5	20 to 60 Seconds	91
	Down and Back Agility Drill	1	4-5	20 to 60 Seconds	91
	T Short Agility Drill	1	4-5	20 to 60 Seconds	91
	Square Carioca Agility Drill	1	4-5	20 to 60 Seconds	92
	Square Fwd Agility Drill	1	4-5	20 to 60 Seconds	92

Lifting					
Lifting					116-121

Week 13 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 10

Slow Run/Preparation Drills

No Changes, Refer to Week 7

Speed

[Flying 20's](#)

Refer to Week 6

[Block 20's](#)

Refer to Week 8

Agility

No Changes, Refer to Week 10