SPEED & CONDITIONING

WEEK 1-4 (BASE PHASE)

Band 4-Way Hip Series

SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	OFFENSIVE SPEED & CONDITIONING					
ROLL SERIES 3. Hamstrings 5. Quadriceps/Hip Flexors 6. Adductors (groin) MOVEMENT PREP 3-Plane Leg Swings 5 reps each 10yds Straight-leg March 10yds Walking Lunge to Knee Hug 10yds Walking Lunge to Knee Hug 10yds Walking Quad Stretch 10yds Walking Quad Stretch 10yds Walking Quad Stretch 10yds Walking Quad Stretch 10yds Power Skip (max height) 2x10yds Walking Quad Stretch 10yds Walking Quad Stretch 10yds, 10yds Walking Quad Stretch 10yds Walkin			LINEAR EMPHASIS			
3-Plane Leg Swings 5 reps each Walking Lunge to Knee Hug 10yds Straight-leg March 10yds Walking Leg Cradle 10yds Walking Quad Stretch 10yds Straight-leg Skip 10yds Straight-leg Skip 10yds Power Skip (max height) 2x10yds Power Skip (max height) 2x10yds 4-Way Resisted Band Walk (band around knees) 15yds each (F/B/RT/LT) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps 2x5 secs. each PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) 2x4 Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) 3 reps each (RT/LT) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Hurdle Jump (1) to Sprint (5 yds.) 4 reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	ROLL	2. Calves	5. Quadriceps/Hip Flexors 6. Adductors (groin)	·		
Walking Lunge to Knee Hug Straight-leg March Walking Leg Cradle Walking Quad Stretch Straight-leg Skip High Knee Run (5yds) to Jog (5yds) Power Skip (max height) 4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Ax6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard: :05, rest: :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	3-Plane Leg Swing	S		5 reps each		
Straight-leg March Walking Leg Cradle 10yds Walking Quad Stretch 10yds Straight-leg Skip 10yds High Knee Run (5yds) to Jog (5yds) Power Skip (max height) 4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick	0 0	,				
Walking Quad Stretch Straight-leg Skip High Knee Run (5yds) to Jog (5yds) Power Skip (max height) 4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) As speed: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Load & Explode (split stance, load & sprint 5 yds) 4 reps Load Explode (split stance, load & sprint 5 yds) 4 reps CONDITIONING WEEK 183: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 284: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10		10yds				
Straight-leg Skip 10yds High Knee Run (5yds) to Jog (5yds) 2x10yds Power Skip (max height) 2x10yds 4-Way Resisted Band Walk (band around knees) 15yds each (F/B/RT/LT) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps 2x5 secs. each PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) 2x4 Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x3each Linear Bound with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) 3 reps each (RT/LT) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 3 reps each (RT/LT) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 18.3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 28.4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Walking Leg Cradl	10yds				
High Knee Run (5yds) to Jog (5yds) Power Skip (max height) 4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps CONDITIONING WEEK 18:3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 284: Bike Power Sprints- moderate to high resistance (sprint hard: 05, rest: 30) **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Walking Quad Stre	etch		10yds		
Power Skip (max height) 4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Straight-leg Skip	10yds				
4-Way Resisted Band Walk (band around knees) SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps 2x5 secs. each PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) 2x4 Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) 4 reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	High Knee Run (5y	2x10yds				
SPEED/PLYOS LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Power Skip (max h	2x10yds				
LINE QUICKNESS SERIES: Speed Jumps- Forward-Backward, Right-Left, Split Jumps PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) Zx6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Hurdle Jump (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	4-Way Resisted Ba	15yds each (F/B/RT/LT)				
Speed Jumps- Forward-Backward, Right-Left, Split Jumps 2x5 secs. each PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) 2x4 Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps			SPEED/PLYOS			
PLYOS: Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x3each Linear Bound with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) 3 reps each (RT/LT) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps	LINE QUICKNESS	SERIES:				
Linear Cone or Hurdle Jump with hold (stick landing for :02) Linear Cone or Hurdle Hop with hold (stick landing for :02) Linear Bound with hold (stick landing for :02) SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 18:3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 28:4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Speed Jumps- For	2x5 secs. each				
Linear Cone or Hurdle Hop with hold (stick landing for :02) 2x3each Linear Bound with hold (stick landing for :02) 2x6 SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) 3 reps each (RT/LT) Hurdle Jump (1) to Sprint (5 yds.) 4 reps 4 reps 2 reps each (RT/LT) *complete rest between all reps **CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ****PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	PLYOS:					
Linear Bound with hold (stick landing for :02) SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) 3 reps each (RT/LT) Hurdle Jump (1) to Sprint (5 yds.) 4 reps 4 reps 4 reps 2 reps each (RT/LT) *complete rest between all reps **CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ****PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Linear Cone or Hu	2x4				
SPEED: Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps 4 reps 4 reps 2 reps each (RT/LT) 4 reps 4 reps CONDITIONING WEEK 18-3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 28-4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Linear Cone or Hu	2x3each				
Wall Load & Explode (alt. front leg, load & explode to wall) Pushup Start (chest down, hands at armpits) 4 reps 1/2 Kneeling Start (5 yds., alt. up knee) 3 reps each (RT/LT) Load & Explode (split stance, load & sprint 5 yds) 4 reps 4 reps 3 reps each (RT/LT) 4 reps 4 reps 4 reps 4 reps 4 reps 2 reps each (RT/LT) * reps * rep	Linear Bound with	2x6				
Pushup Start (chest down, hands at armpits) 1/2 Kneeling Start (5 yds., alt. up knee) 1/2 Kneeling Start (8 yds., alt. up knee	SPEED:					
1/2 Kneeling Start (5 yds., alt. up knee) Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps Hurdle Hop (1) to Sprint (5 yds.) *complete rest between all reps *CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Wall Load & Explo	3 reps each (RT/LT)				
Load & Explode (split stance, load & sprint 5 yds) Hurdle Jump (1) to Sprint (5 yds.) 4 reps 4 reps 4 reps 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 18:3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 28:4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps ***PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Pushup Start (ches	4 reps				
Hurdle Jump (1) to Sprint (5 yds.) 4 reps 4 reps 4 reps 2 reps each (RT/LT) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) ***PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	1/2 Kneeling Start	3 reps each (RT/LT)				
Hurdle Hop (1) to Sprint (5 yds.) *complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Load & Explode (s	3 reps each (RT/LT)				
*complete rest between all reps CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Hurdle Jump (1) to	4 reps				
CONDITIONING WEEK 1&3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	Hurdle Hop (1) to	2 reps each (RT/LT)				
WEEK 18:3: Flying 20's (jog 10yds @ 50%, sprint 20yds @ 90-100%, decelerate 10yds.) 8-10 reps, rest :40 **PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 28:4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	*complete rest betw	reen all reps				
**PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10			CONDITIONING			
**PROGRESSION: WEEK 1 = 8 reps, Wk 3 = 10 reps WEEK 2&4: Bike Power Sprints- moderate to high resistance (sprint hard :05, rest :30) 2 sets of 6-8 reps **PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	WEEK 1&3: Flying	20's (ioa 10vds @ 50%	sprint 20vds @ 90-100%, decelerate 10vds)	8-10 reps. rest :40		
**PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10				2 . 1 . 1000, 1000 110		
**PROGRESSION: WEEK 2 = 2 sets of 6 (rest 3:00 between sets), WEEK 4 = 1 set of 10	WEEK 2&4: Bike P	ower Sprints- moderate	to high resistance (sprint hard :05, rest :30)	2 sets of 6-8 reps		
CTDETCU			·	•		
SIKEICH			STRETCH			



DEFENSIVE SPEED & CONDITIONING				
L/4	ATERAL EMPHASIS			
es	4. Glutes5. Quadriceps/Hip Flexors6. Adductors (groin)	7. T-Spine 8. T-Spine Extn x10		
N	MOVEMENT PREP			
		5 reps each		
		10yds		
		10yds		
		10yds		
		10yds each (RT/LT)		
		10yds		
		10yds		
		10yds each (RT/LT)		
and around kn	ees)	15yds each (F/B/RT/LT)		
	SPEED/PLYOS			
		3 reps each (RT/LT)		
		3 reps each (RT/LT)		
		2 reps (down & back)		
landing for :02)	2 reps (down & back)		
leg		2 reps each (d&b)		
set every rep)		2x6 reps each (RT/LT)		
. stance)		3x5yds each (RT/LT)		
n def. stance)		3x5yds each (RT/LT)		
n & return)		5 reps each (RT/LT)		
ver (open hips	, x-over & square up)	4 reps each (RT/LT)		
nt		3 reps each (RT/LT)		
	CONDITIONING			
(sprint 100yds	., rest for time shown, repeat)	8-10 reps, rest :75		
	•			
il) or Bike Inter	vals (sprint :30, rest :30)	2 sets of 6-8 reps		
	'			
	STRETCH			
		5 reps each x :02 hold		
	and around known and around known and around known around	LATERAL EMPHASIS (golf ball) es 5. Quadriceps/Hip Flexors 6. Adductors (groin) MOVEMENT PREP and around knees) SPEED/PLYOS landing for :02) leg set every rep) stance) n def. stance) n def. stance) n def. stance) n & return) wer (open hips, x-over & square up) nt CONDITIONING (sprint 100yds., rest for time shown, repeat) PROGRESSION: WEEK 1= 8 reps, WEEK 3= 10 re iil) or Bike Intervals (sprint :30, rest :30) WEEK 2 = 2 sets of 6 (rest 3:00 between sets), W		

EXTRA CONDITIONING (optional)

5 reps each x :02 hold

1 Mile Run- best time

**PROGRESSION: work to improve time by :05-:10 each week