

# WORKOUT SCHEDULE

<https://docs.google.com/document/d/18aLuGr7q71-eheHoGDNheLVyrTdF8mgo3o-pRZBfmbbs/edit?usp=s>



# DYNAMIC WARM-UP & STATIC STRETCHING ROUTINE

<b>WARM-UP 1</b>	Heel walks forward/backward	<b>WARM-UP 2</b>
	High Knees	
	Butt Kickers	
	B Skips	
	Fence Climbers For/Back	
	High Knee Carioca	
	High Knee Carioca	
	Shuffle Arm-Swing	
	Shuffle Arm-Swing	
	Standing Backpedal Weave	
	DB Backpedal Weave	
	Forward Skips For Height	
	Forward Skips For Distance	
	Capital Ts	
	Lunges Forward	
	Side Lunges Right/Left	
	Neck to the right	
Neck to the left		
Neck forward		
Neck backward		
Straight right arm across		
Straight left arm across		
Bent right arm over and lean to left		
Bent left arm over and lean to right		
Arms behind back and head to knee		
Right Quad		
Left Quad		
Right Knee Twist		

**STRETCH**

Left Knee Twist
Right over Left IT Bands
Left over Right IT Bands
Side Lunge to right
Side Lunge to left
Right Hamstring
Left Hamstring
Middle Hamstrings
Standing Butterfly
Runners stretch right knee in the ground
Runners stretch left knee in the ground
Right Calf
Right Achilles
Left Calf
Left Achilles

**STRETCH**

**DYNAMIC WARM-UP & DYNAMIC STRETCHING R**

Each exercise will be done for 10 yards	
The exercises will be done in continuous movement going back and forth	
Exercise 1 will be done from 0-10 yards	
Exercise 2 will be done from 10-0 yards	
EXERCISE 1	EXERCISE 2
Heel Walks Forward w/ Benching	Heel Walks Backward w/ Shoulder Press
Heel Walks Sideways w/ Ys	Heel Walks Sideways w/ Ts
High Knees	Run Backwards
Butt Kickers	Backpedal
Running Kickouts	Skip Backwards
A Skips	B Skips
Fence Climbers Forward	Fence Climbers Backward

Shuffle w/ Arm Swing Facing Right	Shuffle w/ Arm Swing Facing Left
Tapioca Facing Right	Tapioca Facing Left
High Knee Carioca Facing Right	High Knee Carioca Facing Left
Skips for Height	Skips for Distance
Side Skips Facing Right	Side Skips Facing Left
Dynamic Quad Stretch	Dynamic Knee Hugs
Capital Ts	Toe Grabs
Dynamic Knee Twist Up & Down	Inchworm
Rotational Forward Lunges	High Reaching Backward Lunges
Side Lunges Facing Right	Side Lunges Facing Left

# ROUTINES

Heel walks facing right/left
A Skips
Butt Kickers
Kickouts
C Skips
Tapioca
Tapioca
Shuffle Touches
Shuffle Touches
Skip Backwards
Sideways Skips
Sideways Skips
Capital Ts
Lunges Forward
Side Lunges Right/Left
Neck to the right
Neck to the left
Neck forward
Neck backward
Straight right arm across
Straight left arm across
Bent right arm over and lean to left
Bent left arm over and lean to right
Arms behind back and head to knee
Right Quad
Left Quad
Right Knee Twist

Left Knee Twist
Right over Left IT Bands
Left over Right IT Bands
Side Lunge to right
Side Lunge to left
Right Hamstring
Left Hamstring
Middle Hamstrings
Standing Butterfly
Runners stretch right knee in the ground
Runners stretch left knee in the ground
Right Calf
Right Achilles
Left Calf
Left Achilles

## OUTINES

<b>OFF</b>	
<b>90 MINUTE WO</b>	
<b>10 MINUTES</b>	
<b>70 MINUTES (35 EACH)</b>	<b>2 STATIONS (WEIGHT ROOM</b>
<b>10 MINUTES</b>	

<b>WORKOUT 1 (Groups o</b>	
<b>CORE LIFTS (35 minu</b>	
<b>EXERCISE 1</b>	Landmine Barbell Explode
<b>EXERCISE 2</b>	Landmine Butt to Heel Front Squat
<b>EXERCISE 3</b>	Landmine 2 Arm Bent Row
<b>EXERCISE 4</b>	Landmine 1-Arm Backward Lunges to Shoulder Pre
<b>EXERCISE 5</b>	Landmine Windshield Wipers
<b>SPEED &amp; AC</b>	
Sprints (Backpedal To Sprint Forward, Shuffle Sideways To Sprint Forward, Zig-Zag Spi	
Low Hurdle Sprints or 60 yd Build-Ups	
2 on 4 Tag	
1 on 1 Tag	
Hopping on 1 or 2 Legs in All Directions	
<b>CONDITIO</b>	
Fartlek Run for Time or Distance or Hills	
<b>WORKOUT 2 (Groups o</b>	
<b>CORE LIFTS (35 minu</b>	
<b>MIRROR SIDE</b>	Bench Press
<b>MIDDLE OF RACK</b>	3 Way Barbell RDL (Barbell 1-Leg RDL)
<b>OPEN SIDE</b>	Barbell Back Squat (DB Goblet Squat)



<b>WINDOWS</b>	Hex Bar Deadlift Jumps
<b>MACHINES</b>	Rotate through the machines; Pistol Squats While V
<b>FUNCTIONAL EXERCISES (5 min)</b>	
Neck Resistance Up & Down	Leg Raises
Side Planks	Table Tops
<b>SPEED &amp; AG</b>	
Sprints (3 Point Stance, Mirror 2 Point Stance Starts & Stops, Mirror Sideways, Shuffle to	
Dynamic Bounding (Tuck Jumps, Power Bound, 1 Ft Heel Toe Rolls, 1 Ft Skaters, 2 Ft S	
Square Cuts or 1/3 Hurdle Hops	
Figure 8 Cuts or or Tennis Ball Reaction	
L Drill or Line Hops	
20 Yard Shuttle or Jump Rope	
<b>CONDITION</b>	
1-1 Ratio Conditioning, Repeat 200s, Continuous Stair Running	

<b>WORKOUT 3 (30 min)</b>	
<b>CORE LIFTS (35 min)</b>	
<b>MIRROR SIDE</b>	Close Grip Bench (Floor Bench)
<b>MIDDLE OF RACK</b>	Barbell Push Press (DB 1-Arm Bent Row)
<b>OPEN SIDE</b>	Barbell Split Squat (Goblet Split Squat)
<b>WINDOWS</b>	Hex Bar Heavy Deadlift (DB Goblet Cyclist Squats)
<b>MACHINES</b>	Rotate through the machines; Downward Dog Push
<b>FUNCTIONAL EXERCISES (5 min)</b>	
Neck Resistance Sides	Pistol Squats
Sidelying Straight Leg Raises	3 Way Bent Flies on 1 Leg
<b>SPEED &amp; AG</b>	
Sprints (Mirror Start Backwards, Backpedal to Sprint, Shuffle Sideways to Sprint)	

Hopping on 1 or 2 Legs in All Directions

Paused Bounding (Rotational Jump Squats, 1-Legged Jump Squats or 1-Legged Broad

W Drill w/ Transitional Jumps or Sprint and Backpedal between 5 yard cones

T Drill w/ Transitional Jumps or Run Back & Forth between 5 yard cones

4 Corners Shuffle or Stair Hops

## CONDITION

300 Yard Shuttles (12 x 25 yards) or 50 Yard Sprints, Stair Sprints

<u>WEEK OF</u>	<u>CORE</u>
29-May	x12
5-Jun	x12
12-Jun	x10
19-Jun	x8
26-Jun	x6
3-Jul	x4
10-Jul	x3
17-Jul	
24-Jul	

## CHANGE-UP WEE

### WORKOUT 1

Run The Stairs for 30 Minutes

20 Chin-Ups

50 Backward Lunges

20 Pull-Ups

50 Forward Lunges

50 Push-Ups

100 Squats

30 Ts, 30 Ys, 30 As

100 Sit-Ups

### WORKOUT 2

Circuit:

1. Run the Stadium Stairs

2. 20 Downward Dog Push-Ups

3. 20 Side Lunges on Each Leg

4. 20 Bent Flies

## 5. 20 Leg Raises

Keep repeating steps 1 through 5

Goal: See how many times you can finish the circuit in 1 hour

WC

Run 4, 100s at 20 second pace and 20 second rest; Start with this and do between each

### WEIGHT PLATE EXERCISES (45

<b>ROUND 1</b>	<b>ROUND 2</b>
Push-Ups	<b>USE STADIUM STAIRS &amp; NO WEIGHT</b>
Bent Row	Forward Step-Ups Right Leg
Z Press	Forward Step-Ups Left Leg
Upright Row	Side Step-Ups Right Leg
Push ups	Side Step-Ups Left Leg
Bent Flies (No Weight; Pause at the top)	Goblet Sumo Squat
Front Raises	Bulgarian Squats Left Leg
Dead Bugs	Bulgarian Squats Right Leg

PNF

WC

Run Around the Track: Stop at every 100 Meter mark to do the following exercises

Split them into 4 groups and start them at different spots

<b>400 START:</b>	<b>300 HURDLES START:</b>
10 Push-Ups	10 Downward Dog Push-Ups
10 Squats w/ Hip Hyperextension	10 Sumo Squats
10 Ys	10 Bent Flies
10 Leg Raises	10 Clamshells on each side

\*\*\*Get a drink

WC

Groups of 2

There will be a winning group for each round. Whoever wins the most rounds wins.

Teams will try to get as many reps as they can in 4 minutes with 1 minute rest

<b>ROUND</b>	<b>EXERCISE</b>
1	Barbell Floor Bench
2	Barbell Squat
3	Pull-Ups (assisted or not count the same)
4	RDL
5	Sit-Ups
6	Plate Z Press
7	Jump Rope
8	Planks

PN

## WORKOUT 6

Run the path of the stairs and then around the track for 20 minutes
You will try to get a total of 1500 reps during the workout:
150 Sumo Squats
150 Push-Ups
150 Side Lunges (each leg counts as one rep)
150 Leg Raises
150 Forward Lunges (each leg counts as one rep)
150 Downward Dog Push-Ups
150 Sidelying Straight Leg Raises (each leg counts as one rep)
150 Chin-Up Grip Inverted Rows
150 Squats to Hip Hyperextension
150 Elbow Flies

WORKOUT 7	
Everyone will have a partner and compete against other teams. Groups will change for	
Each group needs 1 plate.	
300 yard Shuttle Relay (Each time find a winning/losing group to go against) (Opposite S	
Push-Ups on the whistle (last person standing) (Same Sex)	
400 dash	
Sit-Ups in 60 Seconds (Add up group number) (Opposite Sex)	
Wheel Barrow Races (Each time find a winning/losing group to go against) (Same Sex)	
Twister	
Roll the Plate Races (Each time find a winning/losing group to go against) (Same Sex)	
Dodge Ball	

**WC**

Groups of 3 or 4

Athletes pick which weight they want and perform

They will get as many reps as possible during the time duration. They will multiply the w

ROUND	EXERCISE
1	Barbell Floor Bench
2	Barbell Back Squat
3	Inverted Rows
4	Sit-Ups
5	Barbell RDL
6	Barbell Shoulder Press
7	Planks w/ Push-Ups (last person standing)

**PN**

## **INSIDE SPEED & AGILITY**

10 Yard Sprints From a Variety of Stances & Starts

Line Hops

Dynamic Bounding

Paused Bounding

1 Hurdle Hops

Shuffle Back & Forth

Sprint Back and Forth

Sprint Forwards to Backpedal

Hopping in All Directions on 1 & 2 Feet

Jump Rope

Reaction Balls





# SEASON

## WORKOUT BREAKDOWN

### WARM-UP

### W/WEIGHT PLATES & SPEED & AGILITY/CONDITIONING/PREHAB)

### STRETCH

## 3 in each of the 3 Rack Spots)

### 6.5 minutes at each spot)

1 Legged Medball Slams w/ 1 or 2 arms	Plate Curls on 1-Leg
Med Ball Rotation Slams w/ 1 or 2 arms	Plate Forward Lunges w/ Rotation
Med Ball Hay Toss w/ 1 or 2 arms	DB Goblet Cyclist Squats
Push Press Throws w/ 1 or 2 arms	Push-Ups
Jump Rope	Plate 1-Legged RDL

## AGILITY (25 minutes)

rints, Curve Sprints)

## CONDITIONING (10 minutes)

## 3 in each of the 3 Rack Spots)

### 6.5 minutes at each spot)

Spot	Plate Side Lunges w/ Curls
DB 1-Arm Floor Bench	DB Bulgarian Squats
Forward Step-Ups w/ Shoulder Press (No SP)	1-Arm DB Bent Row



Pull-Ups w/ Partner Help

Downward Dog Push-Ups

Waiting

**utes); Done all together at end of workout**

Clamshells

Russian Twists w/ Bicycle

Prone Ys,Ts,Ws

3 Way Balance Touches

**AGILITY (20 minutes)**

o Sprint)

Skaters)

**NING (10 minutes)**

**Groups of 3 in each Rack)**

**tes; 6.5 minutes at each spot)**

Spot

DB Goblet Sumo Squat

DB Swings (Glute Bridge Walkouts)

DB Leg Curl

Push-Ups

Plate Side Step-Ups w/ Shoulder Press (No SP)

DB Shrugs

Chin-Ups w/ Partner Help

-Ups While Waiting

**utes); Done all together at end of workout**

Sit-Ups

Dead Bugs

Glute Bridge Walkouts

Planks

**AGILITY (20 minutes)**

Jumps, Jump Squats Side, Broad Jump, Jump Lunges)

**WARMING (10 minutes)**

**TESTING SETS**

**MACHINES**

Regular

Isometric (Hold for 2 sec at transition)

Eccentric (7 count on the way down)

Myotatic (1/4 rep at the transition)

Dynamic (Regular down, Fast up)

Regular

Regular

TESTING

CHANGE UP WEEK

**K**

### DRKOUT 3

1 round of weight plates

**seconds per exercise, 15 seconds rest)**

<i>ROUND 3</i>	<i>ROUND 4</i>
1-Arm Shrugs	Side Lunges Right Leg
Lat Pullover	Side Lunges Left Leg
Field Goal Push-Ups	1-legged RDL Right Leg
Skull Crushers	1-legged RDL Left Leg
Bent Flies (No Weight; Pause at the top)	Forward Lunges w/ Rotation Right Leg
Curls	Forward Lunges w/ Rotation Left Leg
Tricep Extension	Cyclist Squats (Heels on Weight)
Russian Twists w/ Bicycle	Sidelying Straight Leg Raises

### DRKOUT 4

200 START:	100 START:
10 Diamond Push-Ups	10 Elbow Flies
10 Forward Lunges	10 Side Lunges
10 Ts	10 Glute Bridge Walkouts
10 Dead Bugs	10 Sidelying Straight Leg Raises

of water after each lap\*\*\*

### DRKOUT 5

OLDER BOYS WEIGHT	GIRLS WEIGHT
95	45
135	95
n/a	n/a
95	45
n/a	n/a
45	25
n/a	n/a
n/a	n/a

WF STRETCH




each exercise.
(sex)

**WORKOUT 8**

Weight by their reps to see how much total weight they lifted.

<b>SCORING</b>	
Reps x Weight	
Reps x Weight	
AVG of Weight x Reps	
AVG of Weight x Reps	
Reps x Weight	
Reps x Weight	

<b>IF STRETCH</b>







## VARSITY FOOTBALL

### AHS FOOTBALL WARM-UP & DYNAMIC FLEXIBILITY

Each exercise will be done for 10 yards	
The exercises will be done in continuous movement going back and forth	
Exercise 1 will be done from 0-10 yards	
Exercise 2 will be done from 10-0 yards	
EXERCISE 1	EXERCISE 2
Heel Walks Forward w/ Benching	Heel Walks Backward w/ Shoulder Press
Heel Walks Sideways w/ Ys	Heel Walks Sideways w/ Ts
High Knees	Run Backwards
Butt Kickers	Backpedal
Running Kickouts	Skip Backwards
A Skips	B Skips
Fence Climbers Forward	Fence Climbers Backward
Shuffle w/ Arm Swing Facing Right	Shuffle w/ Arm Swing Facing Left
Tapioca Facing Right	Tapioca Facing Left
High Knee Carioca Facing Right	High Knee Carioca Facing Left
Skips for Height	Skips for Distance
Side Skips Facing Right	Side Skips Facing Left
Dynamic Quad Stretch	Dynamic Knee Hugs
Straight-Leg Dead Walk	Toe Grabs
Dynamic Knee Twist Up & Down	Inchworm
Rotational Forward Lunges	High Reaching Backward Lunges
Side Lunges Facing Right	Side Lunges Facing Left

### WEEK A SCHEDULE

DAILY SCHEDULES	TIME BREAKDOWN	MONDAY & WEDNESDAY
	6 Minutes	Dynamic Warm-Up
	2 Minutes	Neuromuscular Warm-Up
	35 Minutes	5, 7 Minute Lifting
	15 Minutes	Speed & Agility
	5 Minutes	Prehab
	5 Minutes	Band or Yoga Stretch

### WEEK A WORKOUT

	MONDAY	TUESDAY
STATION 1		
Machines	Upper TUT, Lower Low Reps	Lower TUT, Upper Low Reps



<b>Glute Ham 1 w/ Short Strap</b>	Prone Planks w/ Ts	Russian Leg Curl
<b>Glute Ham 2 w/ No Strap</b>	Prone Planks w/ Ys	Sit-Ups w/ Med Ball Throws
<b>Glute Ham 3 w/ Short Strap</b>	Side Plank Sit-Ups	Leg Raises
<b>Glute Ham 4 w/ Long Strap</b>	1-Arm Rows	1-Leg Hip Extensions
<b>Exercise While Waiting:</b>	Sit-ups	Planks
<b>STATION 2</b>		
<b>Hex Bar Shrugs</b>	Hex Bar Shrugs	Barbell Speed Hang Clean
<b>Windows &amp; 1 Rack Near Windows</b>	1-DB 2-Arm Bent Rows	DB Side Step-Up Jumps w/ Plate Chest Press
<b>STATION 3 Track</b>		
	5 x 60 Build-Ups	Paused Jump Squats w Rotation
		Paused Jump Squats Sideways
		Paused Standing Long Jump
		Paused 1-Legged Squats
		Paused Jump Lunges
		L Drill (Short, Regular, Long)
		Figure 8 Cuts (Short, Regular, Long)
		20 Yd Shuttle
<b>STATION 4</b>		
<b>Barbell High Pulls</b>	Barbell High Pulls	Barbell Back Squat
<b>4 Wall Racks</b>	Plate Bent Flies on 1-Leg	DB Swings
<b>STATION 5</b>		
<b>Barbell Incline Bench</b>	Barbell Incline Bench	3 Way Barbell RDL
<b>Last 3 Racks Near Dumbbells &amp; Wall</b>	Pull-Ups	Sand Bag Forward Step-Up Jumps w/ Shoulder
<b>STATION 6</b>		
<b>Barbell Bench</b>	Barbell Bench	Barbell Butt to Heel Frankenstein Squats
<b>Middle 3 Racks</b>	Med Ball Rotation Slams	DB Goblet Bulgarian Squats

<b>LIFTING SETS</b>		
<b>WEEK OF</b>	<b>WORKOUT WEEK</b>	<b>CORE LIFTS</b>
<b>29-May</b>	A	5x5
<b>5-Jun</b>	A	3x5, 2x3
<b>12-Jun</b>	A	3x3, Split 4s
<b>19-Jun</b>	A	3x3, Split 2s
<b>26-Jun</b>	A	5-4-3-2-1
<b>3-Jul</b>		<b>Change-Up We</b>
<b>10-Jul</b>	A	5x5

17-Jul	A	3x5,2x3
24-Jul	A	3x3, Split 4s
31-Jul		Te

POSITION GRO		
<u>WEEK OF</u>	<u>WR/QB</u>	<u>DB</u>
29-May	1	2
5-Jun	6	1
12-Jun	5	6
19-Jun	4	5
26-Jun	3	4
3-Jul		
10-Jul	2	3
17-Jul	1	2
24-Jul	6	1

SATURDAY SPEED WORKOUT MENU	
DO THE ENTIRE WARM-UP	
SPEED ENDURANCE	Paced 100s
	Metabolic Run
	Team 40s
AGILITY	20 Yard Shuttle
	L-Drill
	Illinois
	Mirror Shuffle
	Longer Distance Square Cuts
	Longer Distance 135 Cuts
SPRINTS	3-Point Track Stance
	Specific Skills (See chart to the right)
	Zig-Zag Sprints
	Stair Step Sprints
	1-Legged Starts
PNF STRETCH	

DELOADING WEEK		
AREA	MONDAY EXERCISES	TUESDAY EXERCISES
<b>STRENGTH</b>		
GOAL OF WORKOUT	GROUPS OF 2	GROUPS OF 2
Strength Training	Barbell Bench/Dead Bugs	Barbell Back Squat/DB Suitcase Carries
	Barbell High Pulls/Breaststroke Swimmers	Barbell Explode/Clamshells
	Barbell Shrugs/Rotational Sit-Ups	DB 1-Legged RDL/Table Tops
	1-Arm DB Floor Bench/Ys	DB Split Squats/Balance Wabbles
	1-Arm DB Row/Freestyle Swimmers	DB Side Lunges/Glute Bridge Walkouts
Body Care/Competition	Bikram Yoga	Tag & Games

SATURDAY SPEED WORKOUT MENU	
<b>DO THE ENTIRE WARM-UP</b>	
MED BALLS	2-Arm Shuffle Back Side Chest Pass
	Underhand Vertical Throws (Barbell Explode)
	Overhead Backward Throws
	Squat Jump Throws
AGILITY	20 Yard Shuttle
	L-Drill
	Illinois
	Mirror Shuffle
	Little Hurdles w/ Zig-Zag, Finish w/ Sprint
	Little Hurdles Sideways w/ Spring & Backpedal, Finish w/ Shuffle
	Big Hurdles w/ Little Hurdles Between, Finish w/ Sprint
SPRINTS	Big Hurdles w/ Zig-Zag, Finish w/ Sprint
	3-Point Track Stance
PLYOS	Zig-Zag Sprints
	Standing Long Jump
	Vertical Jump
<b>PNF STRETCH</b>	

**ALL**

<b>TUESDAY &amp; THURSDAY</b>	
Dynamic Warm-Up	
Neuromuscular Warm-Up	
5, 7 Minute Lifting	
Hypertrophy	
Prehab	
Band or Yoga Stretch	
<b>WEDNESDAY</b>	
<b>THURSDAY</b>	
Upper TUT, Lower Low Reps	Lower TUT, Upper Low Reps

Side Planks w/ Elbow Flies	Med Ball Rotational Sit-Ups
Prone Planks w/ Ws	Russian Leg Curl
Supine Plank w/ Plate 1-Arm Bench	Reverse Hyperextension
Upright Row	2-Leg Hip Extensions
Sidelying Straight Leg Raises	Table Tops
Barbell Heavy Hang Clean	Hex Bar Deadlift
Chin-Ups	Sand Bag 1-Footed Skaters
6 x 3 Point Track Stance	Power Bound
	Tuck Jumps
	High Jump
	1 Footed Skaters
	2 Footed Skaters
	Jump Rope
	T Drill w/ Jump at the corners
	W Drill
	4 Corners Shuffle
Barbell Floor Bench	Safety Bar Split Squat
Sand Bag Z Press	DB 1-Arm 1-Leg RDL
Depth Front Squat to Push Press	Barbell Front Squat Drops
1-Arm DB Bent Row	DB Goblet Side Lunges
Barbell Close Grip Bench	Barbell Front Squat
3 Way Lat Pulls	DB 1-Arm Snatch

<b><u>AUXILIARY LIFTS</u></b>	<b><u>MACHINES &amp; PLATES</u></b>
x12	Regular
x12	Isometric (Hold for 2 sec at transition)
x10	Eccentric (7 count on the way down)
x10	Myotatic (1/4 rep at the transition)
x8	Dynamic (Fast Up and Down)
<b>ek (Evan's Choice)</b>	
x8	Isometric (Hold for 2 sec at transition)

x5	Eccentric (7 count on the way down)
x5	Dynamic (Fast Up and Down)
<b>esting</b>	

<b>UP 1ST STATIONS</b>			
<u>OL</u>	<u>LB</u>	<u>DL</u>	<u>MEGA</u>
3	4	5	6
2	3	4	5
1	2	3	4
6	1	2	3
5	6	1	2
<b>Change-Up Week</b>			
4	5	6	1
3	4	5	6
2	3	4	5

<b>Specific Skill Sprints</b>
QB - Mesh to Sprint
RB - Cut to Burst
WR - Man Get Off to Sprint
DB - Backpedal to Sprint
LB - Shuffle Sideways to Sprint
OL - Sprint Sideways for Screens
DL - Get Off Turn and Sprint for Screens, Loop Sprints

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WEDNESDAY EXERCISES	THURSDAY EXERCISES
GROUPS OF 2	GROUPS OF 2
Incline Bench/Leg Raises	Barbell Dynamic Dead Lift/Russian Twists w/ Bicycle
Chin-Ups/Plate Bent Flies	Barbell Front Squat/Balance 3 Way Touches
Z Press/Side Planks	DB Swings/Planks
DB Lat Pullover/As	Plate Side Step-Ups/Plate Sumo Squats
Barbell Bent Row/Elbow Flies	Plate Forward Step-Ups w/ Shoulder Press/Plate Cyclist Squats
PNF	Tag & Games
Shoulder Care	

## YOUTH (5th-8th)

### 90 MINUTE WORKOUT BREAKDOWN

<b>10 MINUTES</b>	<b>WARM-UP</b>
<b>20 MINUTES</b>	<b>SPEED &amp; AGILITY</b>
<b>15 MINUTES</b>	<b>BODYWEIGHT EXERCISES</b>
<b>10 MINUTES</b>	<b>CONDITIONING</b>
<b>5 MINUTES</b>	<b>STRETCH</b>

### BODYWEIGHT DAY (15 Minutes)

**WARM-UP IF BEFORE PRACTICE /STRETCH IF AFTER PRACTICE  
IF NO PRACTICE, WARM-UP (10 minutes) WORKOUT (30 minutes)**

### BODYWEIGHT EXERCISES 15 MINUTES; EACH FOR 30 SECONDS

Squats w/ Hip Hyperextension	Downward Dog Push-Ups	Sumo Squats
Walking Forward Lunges	Ys	Walking Backward Lunges
Walking Side Lunges	As	Leg Raises
Bent Flies	Diamond Push-Ups	Side Planks
Russian Twists w/ Bicycle	Glute Bridge Walkouts	Table Tops
Sidelying Straight Leg Raises	Clamshells	Breaststroke Swimming
Balance Touches Left Leg		

### PLATE WORKOUTS

#### WORKOUT 1

Walking Plate Forward Lunges	1-Arm Plate Bent Row	Walking Plate Side Lunges
Curls	Walking Plate Backward Lunges	1-Legged Plate RDL
Ts on 1-Leg	As on 1-Leg	Elbow Flies on 1-Leg
Downward Dog Push-Ups	Pistol Squats	Push-Ups
Sidelying Straight Leg Raises	Breaststroke Swimming	Dead Bugs
Balance 3 Way Touches		

#### WORKOUT 2

Plate Z Press	Plate Side Step-Ups	Plate Forward Step-Ups
Plate Bulgarian Squats	Plate Upright Row	1-Arm Plate Shrugs
Prone Ys	Pront Ts	Prone Ws
Diamond Push-Ups	Leg Raises	Clamshells
Sit-Ups	Side Planks	Balance Wabbles

### SPEED & AGILITY BANK

Sprints (3 Point Stance, Mirror 2 Point Stance Starts & Stops, Mirror Sideways, Shuffle to Sprint)
Sprints (Mirror Start Backwards, Backpedal to Sprint, Shuffle Sideways to Sprint)
Dynamic Bounding (Tuck Jumps, Power Bound, 1 Ft Heel Toe Rolls, 1 Ft Big Hop Sideways, 2 Ft Big Hop)
Paused Bounding (Jump Squats, 1-Legged Jump Squats, Jump Squats Side, Broad Jump, Jump Lunges)
Mirror Directional Hops
Figure 8 Cuts or Shuffle Back and Forth between 5 yard cones or the walls
20 Yard Shuttle or Jump Rope
L Drill or Line Hops
W Drill or Sprint and Backpedal between 5 yard cones
Mirror Shuffle or Mirror T Drill or Run Back & Forth between 5 yard cones



4 Corners or Stair Hops

Tag

### **CONDITIONING BANK**

Fartlek Run for Time	Fartlek Run for Distance	300 Yard Shuttles (12 x 25 yards)
Stair Running	1-1 Ratio Conditioning	Small Circuit

### **INSIDE SPEED & AGILITY OPTIONS**

10 Yard Sprints From a Variety of Stances & Starts

Line Hops

Dynamic Bounding

Paused Bounding

1 Hurdle Hops

Shuffle Back & Forth

Sprint Back and Forth

Sprint Forwards to Backpedal

Hopping

Jump Rope

SES

<b>PRACTICE (10 minutes)</b>
<b>(5) STRETCH (5 minutes)</b>
<b>30 SECONDS)</b>
Push-Ups
Ts
Elbow Flies
Planks
Dead Bugs
Sit-Ups

Plate Sumo Squats w/ Tricep Extension
Ys on 1-Leg
Glute Bridge Walkouts
Russian Twists w/ Bicycle
Planks

Crossover Side Step-Ups
Prone Is
Table Tops
Freestyle Swimming

( Hop Sideways)
nges)

Team 40s

# BODYWEIGHT WORKOUTS

## WORKOUT 1 (20 Minutes of Bodyweight; 10 Minute S

### WORKOUT 1

Downward Dog Push-Ups	Pistol Squats	Bent Flies
Push-Ups	Walking Forward Lunges	Ys
Ts	Walking Side Lunges	As
Elbow Flies	Balance 3 Way Touches	Split Squats
Sidelying Straight Leg Raises	Breaststroke Swimming	Dead Bugs
Planks		

### WORKOUT 2

Downward Dog Push-Ups	Table Tops	Field Goal Push-Ups
Prone Is	Prone Ys	Prone Ts
Forward Step-Ups	Side Step-Ups	Crossover Side Step-Ups
Clamshells	Freestyle Swimming	Sit-Ups
Balance Wabbles		

stretch)
Sumo Squats
Walking Backward Lunges
1-Legged RDL
Glute Bridge Walkouts
Russian Twists w/ Bicycle

Leg Raises
Prone Ws
Bulgarian Squats
Side Planks

## PLATE WORKOUT

Z Press
Forward Lunges w/ Rotation
1-Arm Bent Row
Side Lunges
Push Ups or 1-Arm Floor Bench
Backward Lunges
Curls
Sumo Squats
Tricep Extension
1-Legged RDL
Suitcase Carries
Glute Bridge Walkouts
Breaststroke Swimmers
Side Planks
Leg Raises



<b><u>EXERCISES</u></b>
Neck to the right
Neck to the left
Neck forward
Neck backward
Straight right arm across
Straight left arm across
Bent right arm over and lean to left
Bent left arm over and lean to right
Arms behind back and head to knee
Right Quad
Left Quad
Right Knee Twist
Left Knee Twist
Right over Left IT Bands
Left over Right IT Bands
Side Lunge to right
Side Lunge to left
Right Hamstring
Left Hamstring
Middle Hamstrings
Standing Butterfly
Runners stretch right knee in the ground
Runners stretch left knee in the ground
Right Calf
Right Achilles
Left Calf
Left Achilles



<b><u>EXERCISES</u></b>
Downward Dog
Upward Dog
Downward Dog
Upward Dog
Hamstrings Right Leg
Hamstrings Left Leg
Downward Dog
Upward Dog
Runners Stretch Right Leg
Runners Stretch Left Leg
Right Calf
Left Calf
Both Calves
Cross Legged Lunge Right Leg
Cross Legged Lunge Left Leg
Upward Dog
Childs Pose
Sitting Butterfly
Lay on Back With Knees To Chest
Bent Legs Sideways to the Right
Straight Legs Sideways to the Right
Lay on Back With Knees To Chest
Bent Legs Sideways to the Left
Straight Legs Sideways to the Left



<b><u>INDIVIDUAL EXERCISES</u></b>
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Neck to the right
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Neck to the left
------------------

Neck forward
--------------

Neck backward
---------------

Straight right arm across
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Straight left arm across
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Bent right arm over and lean to left
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Bent left arm over and lean to right
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Arms behind back and head to knee
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<b><u>PARTNER RESISTANCE EXERCISES</u></b>
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On your stomach and lift leg
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Sitting Butterfly
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Leg across the body
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Laying hamstring stretch
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# STRETCHING

## INDIVIDUAL STRETCH

### COACHING POINTS

Push left shoulder down

Push right shoulder down

Gentle but firm pressure

Gentle but firm pressure

Left hand pushes on the elbow, Different grooves

Right hand pushes on the elbow, Different grooves

Left hand pulls on elbow, Different grooves

Right hand pulls on elbow, Different grooves

Push hands towards the sky, Push head towards the knees

Push knees together

Push knees together

Cross your legs like a man and then sit down

Cross your legs like a man and then sit down

Push head down, Turn body to the left

Push head down, Turn body to the right

Arched Back, Wide feet

Arched Back, Wide feet

Push head towards the knee, Rotate femur to the outside

Push head towards the knee, Rotate femur to the outside

Push head towards the ground

Plie feet, Push out with the elbows, Push head towards the ground

Front foot in front of knee, Push hips forward, Open up the front leg, Hands to the sky, Push shoulders back

Front foot in front of knee, Push hips forward, Open up the front leg, Hands to the sky, Push shoulders back

Push heel to the ground, Push hips backward

Bend knee

Push heel to the ground, Push hips backward

Bend knee

# YOGA STRETCH

## COACHING POINTS

Legs straight, Push heels to the ground, Push hips backward

Legs straight, Push heels to the ground, Push hips backward

Legs straight, Push heels to the ground, Push hips backward

# PNF STRETCH

**COACHING POINTS**

Push left shoulder down

Push right shoulder down

Gentle but firm pressure

Gentle but firm pressure

Left hand pushes on the elbow, Different grooves

Right hand pushes on the elbow, Different grooves

Left hand pulls on elbow, Different grooves

Right hand pulls on elbow, Different grooves

Push hands towards the sky, Push head towards the knees

**COACHING POINTS**

Push ankle down to butt, Do not push on the toes, Keep the knee in the framework of the hip

Take deep breaths and go further on each exhale, Keep heels close to the body

Keep the leg straight and toes pulled back towards the head

Keep the leg straight and gently push down on the toes

### OFF-SEASON 3 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	DAY 3
WEIGHT ROOM	BACK SQUAT	BENCH PRESS	
		BARBELL EXPLODE	
	STRICT PULL-UP	FARMERS WALK	
OUTSIDE/GYM	STANDING LONG JUMP	DUNK	20 YD SHUTTLE
			L-DRILL
	JUMP ROPE		40 YD DASH
TOGETHER	SIT-UPS	PLANK HOLD	300 YD SHUTTLE

### 2 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	
	DUNK	JUMP ROPE	
	STANDING LONG JUMP	BENCH PRESS	
	20 YD SHUTTLE	BACK SQUAT	
	L-DRILL	BARBELL EXPLODE	
	40 YD DASH	STRICT PULL-UP	
	SIT-UPS	FARMERS WALK	
	300 YD SHUTTLE	PLANK HOLD	

### FOOTBALL IN-SEASON 4 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	DAY 3
	BENCH PRESS	DUNK	20 YD SHUTTLE
	BARBELL EXPLODE	STANDING LONG JUMP	L-DRILL
	JUMP ROPE	FARMERS WALK	40 YD DASH
	SIT-UPS		300 YD SHUTTLE

### FOOTBALL 3 DAY TESTING LOGISTICS

AREA	DAY 1	DAY 2	DAY 3
	BENCH PRESS	FARMERS WALK	BACK SQUAT
	BARBELL EXPLODE	DUNK	STRICT PULL-UP
	STANDING LONG JUMP	40 YD DASH	JUMP ROPE
	20 YD SHUTTLE	L-DRILL	PLANK HOLD
	SIT-UPS	300 YD SHUTTLE	

## IN-SEASON 1 DAY TESTING LOG

SCHEDULE	
WARM-UP	15
TEST	100
STRETCH	5
AREA	EVENTS
<b>OUTSIDE/GYM</b>	STANDING LONG JUMP
	DUNK
	20 YD SHUTTLE
	L-DRILL
	SIT-UPS
	JUMP ROPE
	40 YD DASH
	STRICT PULL-UP
	PLANK HOLD
	300 YD SHUTTLE
<b>WEIGHT ROOM</b>	BENCH PRESS
	BACK SQUAT
	BARBELL EXPLODE
	FARMERS WALK

### STICS

DAY 4
BACK SQUAT
STRICT PULL-UP
PLANK HOLD

**STATICS**