

Elasticity

	wk 1-2	wk 3-4	wk 5-6	wk 7-8	wk 9-10	wk 10-12
Running Drill Routine	1x10yds	1x15 yds	1x20yds	1x20yds	1x20 yds	1x20 yds
2 Foot band jumps	3x5	3x6	3x8			
Single leg band jumps				3x5 ea	3x6 ea	3x ea
Hill bound or sled march	3x15 yds	4x15yds	3x20 yds			
Hill sprint or sled sprint				3x20 yds	4x20 yds	4x25 yds
<p>Hill bounds or Sled march should be done 2-3 x per week Hill or sled sprints should be done 2-3 x per week</p>						