

Training Progression Week 11					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	<a href="#">Aerobic Base Injury Prevention Runs</a>	as directed		No Rest	12
Low Level Jumps (Option 2)					
	<a href="#">Jumping jacks</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Split Jacks</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Lateral line hops</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Front and back line hops</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Mountain climbers</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Burpees</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Star Jumps</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Squat and roll</a>	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<a href="#">Ankle Rocker One Speed Development</a>	15	2 -3	10 - 20 Seconds	90
	<a href="#">Ankle Rocker three Speed Development</a>	15	2 -3	10 - 20 Seconds	90
	<a href="#">Ankle Rocker Two Speed Development</a>	15	2 -3	10 - 20 Seconds	90

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

Lifting					
Lifting					96-101

## **Week 11 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**

#### [Block 30](#)

The start position from the blocks is now completed for 30 yards.

### **Agility**

No Changes, Refer to Week 10