

**Training Progression Week 17**

<b>Warm Up Options</b>					
<b>Warm Up Options</b>	<b>Drill</b>	<b>Repetitions/Durati on</b>	<b>Sets</b>	<b>Rest Time</b>	<b>Page Number</b>
<b>GPP Warm Up (Option 1)</b>					
	<a href="#"><u>Aerobic Base Injury Prevention Runs</u></a>	as directed		No Rest	12
<b>Low Level Jumps (Option 2)</b>					
	<a href="#"><u>Jumping jacks</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Split Jacks</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Lateral line hops</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Front and back line hops</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Mountain climbers</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Burpees</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Star Jumps</u></a>	20 to 40 Seconds	1 Set	No Rest	12
	<a href="#"><u>Squat and roll</u></a>	20 to 40 Seconds	1 Set	No Rest	12
<b>Other Options</b>					
	<b>Other Available Warm-Ups</b>				162-168

<b>Ankle Rocker</b>					
<b>Ankle Rocker</b>	<b>Drill</b>	<b>Repetitions/Durati on</b>	<b>Sets</b>	<b>Rest Time</b>	<b>Page Number</b>
	<a href="#"><u>Trap Bar Ankle Rocker One Speed Development</u></a>	15	2 -3	10 - 20 Seconds	131
	<a href="#"><u>Trap Bar Ankle Rocker three Speed Development</u></a>	15	2 -3	10 - 20 Seconds	131
	<a href="#"><u>Trap Bar Ankle Rocker Two Speed Development</u></a>	15	2 -3	10 - 20 Seconds	131
	<a href="#"><u>Drop Jumps</u></a>	6	2-3	20 - 40 Seconds	131
<b>Slow Run/Preparation Drills</b>					
<b>Slow Run/Preparation Drills</b>	<b>Drill</b>	<b>Repetitions/Durati on</b>	<b>Sets</b>	<b>Rest Time</b>	<b>Page Number</b>
	<a href="#"><u>Lateral High Knees Hands Up Speed Development</u></a>	10 meters	3-5 Reps / Set 1	20 - 40 Seconds	70
	<a href="#"><u>Captain Morgan Speed Drill</u></a>	30 meters	2-3 Reps / Set 1	20 - 40 Seconds	70
<b>Speed</b>					
<b>Speed</b>	<b>Drill</b>	<b>Repetitions/Durati on</b>	<b>Sets</b>	<b>Rest Time</b>	<b>Page Number</b>
	<a href="#"><u>Flying 30</u></a>	3-4	1 Set	20 to 60 Seconds	140
	<a href="#"><u>Block 10</u></a>	3-4	1 Set	20 to 60 Seconds	61

Agility					
Agility	Drill	Repetitions/Duration	Sets	Rest Time	Page Number
	<a href="#">Single leg quadrant jump</a>	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 to 30 Seconds	70
Lifting					
Lifting					154-159

## **Week 17 Exercise Progressions**

### **Warm-Up Options**

No Changes, Refer to Week 1

### **Ankle Rocker Drills**

No Changes, Refer to Week 14.

### **Slow Run/Preparation Drills**

No Changes, Refer to Week 7

### **Speed**

#### [Flying 30's](#)

Refer to Week 15

#### [Block 10's](#)

Refer to Week 6

### **Agility**

Refer to Week 7

## **Week 18 Testing**

[This link provides many examples and testing tool possibilities](#)