

NAME: _____



Training Phase: Preparatory
Metabolic Conditioning

1

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	8	6						
First Step Quickness										
Falling Starts - 5yds	6	6	6							
Static Stretch	30 sec	30 sec								
Rest Between Reps 10 sec. Rest Between Sets 60 sec.										

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	10	8								
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								
Rest Between Reps 45 sec Rest Between Sets 90 sec.										

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	8	6						
First Step Quickness										
Stride Starts - 10yds	6	6	4							
Static Stretch	30 sec	30 sec								
Rest Between Reps 10 sec. Rest Between Sets 60 sec.										

2

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	8	6						
First Step Quickness										
Falling Starts - 5yds	6	6	6							
Static Stretch	30 sec	30 sec								
Rest Between Reps 10 sec. Rest Between Sets 60 sec.										

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	10	8								
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								
Rest Between Reps 45 sec Rest Between Sets 90 sec.										

NAME: _____



Training Phase: Preparatory
Metabolic Conditioning

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	10	10	8	6						
First Step Quickness										
Stride Starts - 10yds	6	6	4							
Static Stretch	30 sec	30 sec								

Rest Between Reps 10 sec.
Rest Between Sets 60 sec.

3

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	10	8								
Agilities										
5 - 10 - 5 Pro Agility	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	2									
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 90 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	8	8	6	6	4					
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 10 sec.
Rest Between Sets 60 sec.

4

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	8	6	4							
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

NAME: _____



Training Phase: Preparatory
Metabolic Conditioning

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	2	1								
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	4								
Static Stretch	30 sec	30 sec								

Rest Between Reps 90 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
Agilities										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 15 sec.
Rest Between Sets 60 sec.

5

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Power Alleys	8	8	6	6	4					
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 10 sec.
Rest Between Sets 60 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	8	6	4							
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
50 Sprint Workout	2	2								
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 90 sec.

NAME: _____



**Training Phase: Preparatory
Metabolic Conditioning**

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
Agilities										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 15 sec.
Rest Between Sets 60 sec.

6

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
150 Yard Shuttle	8	6	6							
Agilities										
4 Cone Box Drill	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Training Phase: Preparatory

Speed & Agility

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
150 Yard Shuttle	3	3								
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

NAME: _____



**Training Phase: Preparatory
Speed & Agility**

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	8	6	4							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

7

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Sets 90 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Falling Starts - 5yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
150 Yard Shuttle	4	3								
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

NAME: _____



**Training Phase: Preparatory
Speed & Agility**

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	8	6	4							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

8

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Sets 90 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
150 Yard Shuttle	4	4								
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

NAME: _____



**Training Phase: Preparatory
Speed & Agility**

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	6	6	6							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

9

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Sets 90 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Falling Starts - 5yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
150 Yard Shuttle	4	4								
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

NAME: _____



Training Phase: Preparatory
Metabolic Conditioning II

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up						Rest Between Series: 105 sec.				
Sprint Technigue Drills	5	5								
Metabolic Training										
Position Training	x	x	Perform Twice							
First Step Quickness										
Falling Starts - 8yds	6	6	6	6						
Static Stretch	30 sec	30 sec								

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up						Rest Between Reps 45 sec Rest Between Sets 90 sec.				
Sprint Technigue Drills	5	5	5							
Metabolic Training										
150 Yard Shuttle	10	8	8							
Agilities										
4 Cone Box Drill	6	6	6							
Static Stretch	30 sec	30 sec	30 sec			Rest Between Reps 10 sec. Rest Between Sets 60 sec.				

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up						Rest Between Reps 15 sec. Rest Between Sets 60 sec.				
Sprint Technigue Drills	5	5	5							
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

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Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up						Rest Between Series: 105 sec.				
Sprint Technigue Drills	5	5								
Metabolic Training										
Position Training	x	x	Perform Twice							
Agilities										
5 - 10 - 5 Pro Agility	6	6								
Static Stretch	30 sec	30 sec								

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up						Rest Between Series: 105 sec.				
Sprint Technigue Drills	5	5								
Metabolic Training										
Position Training	x	x	Perform Twice							
First Step Quickness										
Falling Starts - 8yds	6	6	6	6						
Static Stretch	30 sec	30 sec								

NAME: _____



Training Phase: Preparatory
Metabolic Conditioning II

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Metabolic Training										
150 Yard Shuttle	10	8	6							
Agilities										
4 Cone Box Drill	6	6	6							
Static Stretch	30 sec	30 sec	30 sec							
Rest Between Reps 45 sec Rest Between Sets 90 sec.										
Rest Between Reps 10 sec. Rest Between Sets 60 sec.										

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Metabolic Training										
20's, 40's, 60's	10 - 20's	6 - 40's	4 - 60's	6 - 40's	10 - 20's					
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								
Rest Between Reps 15 sec. Rest Between Sets 60 sec.										

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Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Position Training	x	x	Perform Twice							
Agilities										
5 - 10 - 5 Pro Agility	6	6								
Static Stretch	30 sec	30 sec								
Rest Between Series: 105 sec.										

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Metabolic Training										
Position Training	x	x	Perform Twice							
First Step Quickness										
Falling Starts - 8yds	6	6	6	6						
Static Stretch	30 sec	30 sec								
Rest Between Series: 105 sec.										

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Metabolic Training										
150 Yard Shuttle	10	8	6							
Agilities										
4 Cone Box Drill	6	6	6							
Static Stretch	30 sec	30 sec	30 sec							
Rest Between Reps 45 sec Rest Between Sets 90 sec.										
Rest Between Reps 10 sec. Rest Between Sets 60 sec.										

NAME: _____



Training Phase: Preparatory
Speed & Agility II

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	10	7	5							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

16

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Sets 90 sec.

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
Position Drill	x	x	Perform Twice							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Series: 95 sec.

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	10	7	5							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

NAME: _____



Training Phase: Preparatory
Speed & Agility II

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Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								
Rest Between Sets 90 sec.										

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Falling Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								
Rest Between Reps: Walk Back Rest Between Sets 60 sec.										

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
Position Drill	x	x	Perform Twice							
Static Stretch	30 sec	30 sec								
Rest Between Reps: Walk Back Rest Between Sets 60 sec. Rest Between Series: 95 sec.										

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5	5							
Speed & Agility										
60 Yard Shuttle	10	7	5							
Deceleration Training										
10 yd Sprint w/ 5yd Breakd	6	6	6							
Static Stretch	30 sec	30 sec								
Rest Between Reps 45 sec Rest Between Sets 90 sec. Rest Between Reps: Walk Back										

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Day 1	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technigue Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								
Rest Between Sets 90 sec.										

NAME: _____



Training Phase: Preparatory
Speed & Agility II

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technique Drills	5	5	5							
Speed & Agility										
30 Yard Sprint	5	5	5	5						
T Drill	5	5	5	5						
First Step Quickness										
Stride Starts - 10yds	6	6	6							
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technique Drills	5	5	5							
Speed & Agility										
30 Yard Sprint: Crossover	5	5	5	5						
Cone Toss	5	5	5	5						
Metabolic Training										
Position Drill	x	Perform Once								
Static Stretch	30 sec	30 sec								

Rest Between Reps: Walk Back
Rest Between Sets 60 sec.

Rest Between Series: 95 sec.

Day 4	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
EXERCISE	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Dynamic Warm-Up										
Sprint Technique Drills	5	5								
Speed (Acceleration)										
10:10:10	15	15								
Agility										
7 Cone Zig-Zag	6	6								
Static Stretch	30 sec	30 sec								

Rest Between Sets 90 sec.