

NAME: _____



Training Phase: Preparatory
Basic 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 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 2 miles | | | | | | | | | |
| First Step Quickness | | | | | | | | | | |
| Falling Starts - 5yds | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 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 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Choice (Bike, Stairstep, Elliptical) | 30 minutes | | | | | | | | | |
| Agilities | | | | | | | | | | |
| 4 Cone Box Drill | 8 | 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 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 2 miles | | | | | | | | | |
| Metabolic Training | | | | | | | | | | |
| Power Alleys | 10 | 8 | 8 | 6 | | | | | | |
| 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 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 2.5 miles | | | | | | | | | |
| First Step Quickness | | | | | | | | | | |
| Falling Starts - 5yds | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 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 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Choice (Bike, Stairstep, Elliptical) | 35 minutes | | | | | | | | | |
| Agilities | | | | | | | | | | |
| 4 Cone Box Drill | 8 | 6 | | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |
| Rest Between Reps 45 sec Rest Between Sets 90 sec. | | | | | | | | | | |

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Training Phase: Preparatory
Basic 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 Technique Drills | 5 | 5 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 2.5 miles | | | | | | | | | |
| Metabolic Training | | | | | | | | | | |
| Power Alleys | 10 | 8 | 8 | 6 | | | | | | |
| 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 Technique Drills | 5 | 5 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 3 miles | | | | | | | | | |
| First Step Quickness | | | | | | | | | | |
| Falling Starts - 5yds | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 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 Technique Drills | 5 | 5 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Choice (Bike, Stairstep, Elliptical) | 40 minutes | | | | | | | | | |
| Agilities | | | | | | | | | | |
| 4 Cone Box Drill | 8 | 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 Technique Drills | 5 | 5 | | | | | | | | |
| Basic Conditioning | | | | | | | | | | |
| Distance Run | 3 miles | | | | | | | | | |
| Metabolic Training | | | | | | | | | | |
| Power Alleys | 10 | 8 | 8 | 6 | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

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

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Training Phase: Preparatory
Metabolic Conditioning

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

| 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 Reps 45 sec Rest Between Sets 90 sec. | | | | | | | |
| 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 | | | | | | | | |

| 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 10 sec. Rest Between Sets 60 sec. | | | | | | | | | |
| 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 | | | | | | | | | | |

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

| 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 Reps 45 sec Rest Between Sets 90 sec. | | | | | | | |
| 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 | | | | | | | | |

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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.

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 | 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 Breakdo | 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 | | | | | | | | |

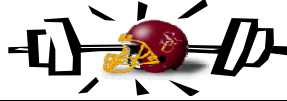
Rest Between Reps 10 sec.
Rest Between Sets 60 sec.

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 | | | | | | | | |
| 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.

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Training Phase: Preparatory
Metabolic Conditioning

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 Technique 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. | | | | | | | | | | |

| 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 | | | | | | | | |
| 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 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 | 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. | | | | | | | | | | |

10

| 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 Technique 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. | | | | | | | | | | |

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**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 | | | | | | | | | | |
| 60 Yard Shuttle | 8 | 6 | 4 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

| 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 | | | | | | | | |
| 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.

11

| 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 | 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 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: 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.

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Training Phase: Preparatory
Speed & Agility

| 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 | | | | | | | | | | |
| 60 Yard Shuttle | 8 | 6 | 4 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

12

| 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

13

| 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 | 5 | | | | | | | |
| Speed & Agility | | | | | | | | | | |
| 60 Yard Shuttle | 6 | 6 | 6 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

| 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 | | | | | | | | |
| 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 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 | 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.

14

| 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 | 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 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 | | | | | | | | | | |
| 60 Yard Shuttle | 8 | 6 | 6 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

| 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 | | | | | | | | |
| 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.

15

| 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 | 8 | 6 | 4 | 2 | | | | | |
| First Step Quickness | | | | | | | | | | |
| Falling Starts - 5yds | 6 | 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 | 5 | | | | | | | |
| Metabolic Training | | | | | | | | | | |
| 150 Yard Shuttle | 8 | 6 | 4 | | | | | | | |
| 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 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 | | | | | | | | | | |
| 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.

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 | | | | | | | | | | |
| 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 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 | | | | | | | | | | |
| 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. | | | | | | | | | | |

20

| 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
Metabolic Conditioning II
21

| 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 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 | | | | | | | | |

| 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 | | | | | | | | | | | |
| Agilities | | | | | | | | | | | | | | |
| 5 - 10 - 5 Pro Agility | 6 | 6 | | | | | | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | | | | | |

Training Phase: Preparatory

Speed & Agility 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 | | | | | | Rest Between Reps: Walk Back Rest Between Sets 60 sec. | | | | |
| 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 - 8yds | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

22

| 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 Reps: Walk Back Rest Between Sets 60 sec. Rest Between Series: 95 sec. | | | | |
| 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 | | | | | | | | |

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**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 | | | | Rest Between Reps 45 sec Rest Between Sets 90 sec. Rest Between Reps: Walk Back | | | | | | |
| Sprint Technigue Drills | 5 | 5 | 5 | | | | | | | |
| Speed & Agility | | | | | | | | | | |
| 60 Yard Shuttle | 10 | 7 | 5 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 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 Sets 90 sec. | | | | | | |
| 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 | | | | | | | | |

23

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

| 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 Reps: Walk Back Rest Between Sets 60 sec. Rest Between Series: 95 sec. | | | | | |
| 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 | | | | | | | | |

| 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. Rest Between Reps: Walk Back | | | | | | |
| Sprint Technigue Drills | 5 | 5 | 5 | | | | | | | |
| Speed & Agility | | | | | | | | | | |
| 60 Yard Shuttle | 10 | 7 | 5 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

NAME: _____



Training Phase: Preparatory
Speed & Agility II

24

| 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.

25

| 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 | 5 | | | | | | | |
| Speed & Agility | | | | | | | | | | |
| 60 Yard Shuttle | 10 | 7 | 5 | | | | | | | |
| Deceleration Training | | | | | | | | | | |
| 10 yd Sprint w/ 5yd Breakdo | 6 | 6 | 6 | | | | | | | |
| Static Stretch | 30 sec | 30 sec | | | | | | | | |

Rest Between Reps 45 sec
Rest Between Sets 90 sec.

Rest Between Reps: Walk Back

| 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 | | | | | | | | |
| 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 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 | 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.

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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 | 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 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 | | | | | | | | |
| 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.