



SUMMER CONDITIONING

Workout 1 – 1

1. Dynamic Warm-Up & Flexibility
2. 2 Mile Run
3. 30 yard Sprints 2 x 6
4. Post Static Stretch

Workout 2 – 1

1. Dynamic Warm-Up & Flexibility
2. Power Alleys 1 x 15
3. Post Static Stretch

Workout 3 – 1

1. Dynamic Warm-Up & Flexibility
 2. 30 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
 3. Post Static Stretch
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Workout 4 – 2

1. Dynamic Warm-Up & Flexibility
2. 2 Mile Run
3. 30 yard Sprints 2 x 6
4. Post Static Stretch

Workout 5 – 2

1. Dynamic Warm-Up & Flexibility
2. Two-Fers 1 x 3
3. Post Static Stretch

Workout 6 – 2

1. Dynamic Warm-Up & Flexibility
2. 30 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
3. Post Static Stretch



SUMMER CONDITIONING

Workout 7 – 3

1. Dynamic Warm-Up & Flexibility
2. 2 Mile Run
3. 30 yard Sprints 2 x 8
4. Post Static Stretch

Workout 8 – 3

1. Dynamic Warm-Up & Flexibility
2. Power Alleys 2 x 10
3. Post Static Stretch

Workout 9 – 3

1. Dynamic Warm-Up & Flexibility
2. 35 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
3. Post Static Stretch

Workout 10 – 4

1. Dynamic Warm-Up & Flexibility
2. 2.5 Mile Run
3. 35 yard Sprints 2 x 8
4. Post Static Stretch

Workout 11 – 4

1. Dynamic Warm-Up & Flexibility
2. Two-Fers 1 x 4
3. Post Static Stretch

Workout 12 – 4

1. Dynamic Warm-Up & Flexibility
2. 40 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
3. Post Static Stretch



SUMMER CONDITIONING

Workout 13 – 5 Sprint Mechanics

1. Dynamic Warm-Up & Flexibility
2. Fast Footwork
3. Sprint Mechanic Drills 2 x 10 ea.
4. Post Static Stretch

Workout 14 – 5

1. Dynamic Warm-Up & Flexibility
2. 40 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
3. Post Static Stretch

Workout 15 – 5 Agility Mechanics

1. Dynamic Warm-Up & Flexibility
2. 7 Cone Zig-Zag 2 x 10
3. 4 Cone Box 2 x 10
4. Post Static Stretch

Workout 16 – 5

1. Dynamic Warm-Up & Flexibility
 2. 2.5 Mile Run
 3. 35 yard Sprints 2 x 8
 4. Post Static Stretch
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Workout 17 – 6 Sprint Mechanics

1. Dynamic Warm-Up & Flexibility
2. Fast Footwork
3. Sprint Mechanic Drills 2 x 10 ea.
4. Post Static Stretch

Workout 18 – 6

1. Dynamic Warm-Up & Flexibility
2. 40 Minutes of Cardio. (Choice)
 - a. Add a Sprint Component
3. Post Static Stretch

Workout 19 – 6 Agility Mechanics

1. Dynamic Warm-Up & Flexibility
2. 7 Cone Zig-Zag 2 x 10
3. 4 Cone Box 2 x 10
4. Post Static Stretch



SUMMER CONDITIONING

Workout 20 – 6

1. Dynamic Warm-Up & Flexibility
2. 2.5 Mile Run
3. 35 yard Sprints 2 x 8
4. Post Static Stretch

Workout 21 – 7

1. Dynamic Warm-Up & Flexibility
2. Sprint Mechanic Drills 2 x 10 ea.
3. 15 yard Sprints 3 x 8
4. Post Static Stretch

Workout 22 – 7

1. Dynamic Warm-Up & Flexibility
2. Acceleration Sprints 2 x 10
3. 60 yard Shuttle 1 x 6 Work: Rest = 1:1
4. Post Static Stretch

Workout 23 – 7

1. Dynamic Warm-Up & Flexibility
2. 2 Mile Run
 - a. minute jog – 15 sec sprint for total distance
3. Post Static Stretch

Workout 24 – 7

1. Dynamic Warm-Up & Flexibility
 2. Wheel 3 x 5
 3. Backpedal 5yd – Sprint 10yd 3 x 8
 4. Post Static Stretch
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Workout 25 – 8

1. Dynamic Warm-Up & Flexibility
2. Sprint Mechanic Drills 2 x 10 ea.
3. 15 yard Sprints 3 x 8
4. Post Static Stretch



SUMMER CONDITIONING

Workout 26 – 8

1. Dynamic Warm-Up & Flexibility
2. Acceleration Sprints 2 x 10
3. 60 yard Shuttle 1 x 8 Work: Rest = 1:1
4. Post Static Stretch

Workout 27 – 8

1. Dynamic Warm-Up & Flexibility
2. 2 Mile Run
 - a. minute jog – 15 sec sprint for total distance
3. Post Static Stretch

Workout 28 – 8

1. Dynamic Warm-Up & Flexibility
 2. Wheel 3 x 5
 3. Backpedal 5yd – Sprint 10yd 3 x 8
 4. Post Static Stretch
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Workout 29 – 9

1. Dynamic Warm-Up & Flexibility
2. Sprint Mechanic Drills 2 x 10 ea.
3. 15 yard Sprints 3 x 8
4. Post Static Stretch

Workout 30 – 9

1. Dynamic Warm-Up & Flexibility
2. Acceleration Sprints 3 x 8
3. 60 yard Shuttle 1 x 10 Work: Rest = 1:1
4. Post Static Stretch

Workout 31 – 9

1. Dynamic Warm-Up & Flexibility
2. 2.5 Mile Run
 - a. minute jog – 15 sec sprint for total distance
3. Post Static Stretch

Workout 32 – 9

1. Dynamic Warm-Up & Flexibility
2. Wheel 3 x 7
3. Backpedal 5yd – Sprint 10yd 3 x 10
4. Post Static Stretch



SUMMER CONDITIONING

Workout 33 – 10

1. Dynamic Warm-Up & Flexibility
2. First Step Quickness
 - a. Choice 2 x 8
3. Post Static Stretch

Workout 34 – 10

1. Dynamic Warm-Up & Flexibility
2. 50 Sprint Workout x 1
3. Post Static Stretch

Workout 35 – 10

1. Dynamic Warm-Up & Flexibility
2. Agility
 - a. Choice 2 x 5
3. 25 Minutes Cardio
4. Post Static Stretch

Workout 36 – 10

1. Dynamic Warm-Up & Flexibility
 2. 200 Yd Shuttle x 1
 3. Post Static Stretch
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Workout 37 – 11

1. Dynamic Warm-Up & Flexibility
2. First Step Quickness
 - b. Choice 2 x 8
3. Post Static Stretch

Workout 38 – 11

1. Dynamic Warm-Up & Flexibility
2. 50 Sprint Workout x 1
3. Post Static Stretch

Workout 39 – 11

1. Dynamic Warm-Up & Flexibility
2. Agility
 - a. Choice 2 x 5
3. 25 Minutes Cardio
4. Post Static Stretch



SUMMER CONDITIONING

Workout 40 – 11

1. Dynamic Warm-Up & Flexibility
 2. Power Alleys 1 x 20
 3. Post Static Stretch
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Workout 41 – 12

1. Dynamic Warm-Up & Flexibility
2. 25 Minutes Cardio
 - a. Add Sprint Component
3. Post Static Stretch

Workout 42 – 12

1. Dynamic Warm-Up & Flexibility
2. 25 Minutes Cardio
 - a. Add Sprint Component
3. Post Static Stretch

Workout 43 – 12

1. Dynamic Warm-Up & Flexibility
2. 25 Minutes Cardio
 - a. Add Sprint Component
3. Post Static Stretch

Workout 44 – 12

1. Dynamic Warm-Up & Flexibility
2. 25 Minutes Cardio
 - a. Add Sprint Component
3. Post Static Stretch