

**Training Phase: Preparatory  
Metabolic Conditioning**

**Conditioning**

1

Date:	Week 1			Week 2			Week 3			Week 4			Week 5		
EXERCISE	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Dynamic Warm-Up															
Sprint Technique Drills	5	5	5	5	5	5	6	6	6	7	6	6	7	7	7
First Step Quickness															
Falling Starts - 3    Ball Drops - 2	7	7	6	8	7	6	8	8	8	9	9	8	10	10	10
Metabolic Training															
Pyramid - 15 yds	5	4	3	5	5	4	5	5	5	6	6	5	7	6	6
Static Stretch	30 sec														

2

Date:	Week 1			Week 2			Week 3			Week 4			Week 5		
EXERCISE	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Dynamic Warm-Up															
Sprint Technique Drills	5	5	5	5	5	5	6	6	6	7	6	6	7	7	7
First Step Quickness															
Stride Starts - 3    Wheel - 2	7	7	6	8	7	6	8	8	7	8	8	8	9	9	9
Metabolic Training															
60 Yard Shuttle	5	4	3	5	5	4	5	5	5	6	5	5	7	6	5
Static Stretch	30 sec														

3

Date:	Week 1			Week 2			Week 3			Week 4			Week 5		
EXERCISE	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Dynamic Warm-Up															
Sprint Technique Drills	5	5	5	5	5	5	6	6	6	7	6	6	7	7	7
Metabolic Training															
Two-Fers	6	6	6	8	7	6	8	8	8	9	9	8	10	10	10
First Step Quickness															
Pick-Up Sprints - 3    Resisted Run - 2	6	6	6	8	7	6	8	8	8	9	9	8	10	10	10
Static Stretch	30 sec														

4

Date:	Week 1			Week 2			Week 3			Week 4			Week 5		
EXERCISE	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Dynamic Warm-Up															
Sprint Technique Drills	5	5	5	5	5	5	6	6	6	7	6	6	7	7	7
Metabolic Training															
10:10	10	10	8	10	10	10	12	11	10	14	12	10	15	13	12
Movement Agilities															
5-10-5 - 3    4 Cone Box - 2	6	6	6	8	7	6	8	8	8	9	9	8	10	10	10
Static Stretch	30 sec														

