

## SU Women's Weight Training/Conditioning

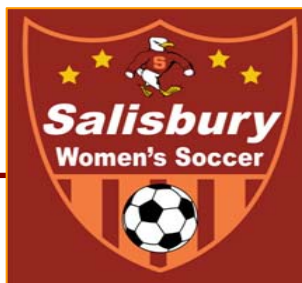
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Gauntlet</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 3 mile run	- <u>Cardio Choice</u> - 30 min.	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Cardio Choice</u> - 30 min.	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 3 mile run	- <u>Gauntlet</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Gauntlet</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 3 mile run	- <u>Cardio Choice</u> - 30 min.	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>First Step Quickness</u> 1. <u>Sprint 10 yd. 2 x 10</u> 2. <u>Cross Over Step 2 x 10</u> 3. <u>Backpedal 5 yd – sprint 10 yd 2 x 10</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Agility</u> 1. <u>T Drill 2 x 8</u> 2. <u>5-10-5 2 x 8</u> 3. <u>4 Cone Box 2 x 8</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>First Step Quickness</u> 1. <u>Wheel 3 x 5</u> 2. <u>Ball Drops 4 x 8</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Agility</u> 1. <u>7 Cone Zig Zag 3 x 6</u> 2. <u>60 Yd Shuttle 3 x 6</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>



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- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 4 Mile Run - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Speed Endurance</u> 1. <u>Shuttle Run 3 x 300 yds</u> 2. <u>Down &amp; Backs 3 x 10</u>	- <u>Dynamic Warm-Up</u> - <u>Acceleration</u> 1. <u>Pick- Up Sprints 3 x 10</u> 2. <u>Acceleration Sprints 2 x 10</u> - <u>Weight Training</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Agility</u> 1. <u>5-10-5 3 x 5</u> 2. <u>4 Cone Box 3 x 5</u> 3. <u>60 Yd Shuttle 2 x 2</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>First Step Quickness</u> 1. <u>Cross Over Step 2 x 10</u> 2. <u>Drop Step 2 x 10</u> 3. <u>Backpedal 5 yd – sprint 10 yd 2 x 10</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Speed Endurance</u> 1. <u>10 x 100 – 10 min. 1 x 2</u> 2. <u>Two-Fers 2 x 2</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Agility</u> 1. <u>T Drill 3 x 5</u> 2. <u>7 Cone Zig Zag 4 x 5</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 2 Mile Run - Hard
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>First Step Quickness</u> 1. <u>Open Step 2 x 10</u> 2. <u>Sprint 2 x 10</u> 3. <u>Ball Drops 2 x 10</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - 3 Mile Run	- <u>Dynamic Warm-Up</u> - <u>Speed Endurance</u> 1. <u>Shuttle Run 3 x 400 yds</u> 2. <u>30:30 2 x 20</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - <u>First Step Quickness</u> - 1. <u>Wheel 3 x 5</u> - 2. <u>Backpedal 5 yd – sprint 10 yd 3 x 10</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Agility</u> 1. <u>60 Yd Shuttle 2 x 5</u> 2. <u>5-10-5 3 x 5</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>
- <u>Fast Footwork</u> - <u>Rope Jumping</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 1</u>	- <u>Dynamic Warm-Up</u> - 3 Mile Run	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 2</u>	- <u>Dynamic Warm-Up</u> - <u>Speed Endurance</u> 1. <u>10 x 100 – 10 min. 1 x 5</u> 2. <u>Two-Fers 2 x 2</u> - <u>Fast Footwork</u>	- <u>Dynamic Warm-Up</u> - <u>Weight Training</u> - <u>Skill Development 3</u>



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<ul style="list-style-type: none"> <li>- <u>Fast Footwork</u></li> <li>- <u>Rope Jumping</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>First Step Quickness</u></li> <li>1. <u>Choice</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Weight Training</u></li> <li>- <u>Skill Development 1</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Speed Endurance</u></li> <li>1. <u>Shuttle Run 3 x 500 yds</u></li> <li>2. <u>Down &amp; Backs 2 x 10</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Weight Training</u></li> </ul>	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Agility</u></li> <li>1. <u>Choice</u></li> <li>- <u>Skill Development 3</u></li> </ul>
OFF	Light Run	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Weight Training</u></li> <li>- <u>Skill Development 1</u></li> </ul>	- 3 Mile Run	<ul style="list-style-type: none"> <li>- <u>Dynamic Warm-Up</u></li> <li>- <u>Weight Training</u></li> <li>- <u>Skill Development 2</u></li> </ul>	Light Run



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