

Day 1

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Lunges, Striders – 40 yards
 - a) Jog into the start of the drill for forward momentum. After a few feet, forcefully push off with the left foot and bring the leg forward. At same time drive your right arm forward.
 - b) 3. Repeat with other leg and arm.
 - c) This exercise is an exaggerated running motion focusing on foot push-off and air time.
- 3) Agility (Daisy) - 30 yards circle, to cone forward, back peddle to next player, 2 player led to go.
 - a) Alt use w's sets of 12
- 4) 4 x 40 yards (build up)
- 5) Backwards skips and sprints – 40 yards
- 6) 300 yard shuttles (under 75 seconds) two cones 50 yards apart. Rest is 75 seconds, completion is 5
- 7) Crunches (sets of 60 seconds)
- 8) Pushups (2 sets of 60 seconds)

Day 2

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Ankle hop
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Lunges, Striders (longer striders than normal) – 40 yards
- 5) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 6) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 7) 10 yard single leg hops (2x each leg)
- 8) Mirror drills (2 x 30 secs)
- 9) Ladder drills
- 10) Crunches (2 sets of 60 seconds)
- 11) Pushups (2 sets of 60 seconds)
- 12) Mountain climbers(2 sets of 60 seconds)

Day 3

Conditioning (Distance)

- 1) Jake run

Day 4

Conditioning)

- 1) Dynamic Flexibility
- 2) High knees, Butt Kicks, Shuffle, Cariocas, Straight Leg (4 x 40 yards)
- 3) Marching, Skips, Bounds, Lunges – 2 x 40 yards
- 4) Get Ups and Tug Races (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 5) Arm out sprints – 2 x 40 yards
 - a) Alt use w's sets of 12
- 6) Starts - 10 x 10 yards
- 7) Pawing – 3 x 10 reps each leg
 - a) Standing, cycle one leg through the sprinting action
- 8) 4 corner drill - 10 x
 - a) Set 4 cones 10 yards apart
 - b) Start in the bottom right
 - c) Sprint forward, cariocas to the left, backpedal, sidestep to the original cone
 - d) Repeat
- 9) Backward sprints 4 x 40 yards
- 10) W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 11) Pushups (2 sets of 60 seconds)
- 12) Crunches (2 sets of 60 seconds)
- 13) Bicycles (2 sets of 60 seconds)
- 14) Dynamic Flexibility

Day 5

Conditioning (Ladder) (6-23-95)

- 1) Dynamic Flexibility
- 2) High knee, butt kick, side step, carioka - 2 x 40 yards
- 3) Marching, skips, bounds - 2 x 40 yards
- 4) Striders (longer striders than normal) – 4 x 40 yards
- 5) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 6) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 7) Fast arms – 4 x 30 seconds
- 8) Sprints 4 x 100 yards
- 9) High knees to striders (20 yards to 20 yards switch at cone or on whistle)
- 10) Ladder drills (4 x each)
- 11) Mirror drills (4 x 30 secs)
- 12) 300 yard shuttle (6 x 50 yards)
- 13) Crunches (2 sets of 60 seconds)
- 14) Pushups (2 sets of 60 seconds)
- 15) Mountain climbers(2 sets of 60 seconds)

Day 6

Conditioning (Distance)

- 1) 12 x 440 in 75 seconds or
- 2) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 7

Conditioning (Distance)

- 1) Jacobs Field Run

Day 8

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Marching, skips, bounds - 2 x 40 yards
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) 180's - 2 x 40 back start, 2 x 40 front start
- 5) Sprint one direction at midpoint rotate 180 and finish other way
- 6) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 7) Ladder drills (4 x each)
- 8) Sprints 6 x 100 yards
- 9) Sprints 6 x 40 yards
- 10) Crunches (2 sets of 60 seconds)
- 11) Pushups (2 sets of 60 seconds)

Day 9

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Marching, skips, bounds - 2 x 40 yards
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 5) Backward sprints 4 x 40 yards
- 6) 220 sprints (15 reps)
 - a) 3 groups. Group 1 runs 220 when 3rd man crosses line group 2 goes. When third man crosses line group 3 goes. Repeat until 15 reps each group. Each group get 35 seconds to run 220.
- 7) Crunches (3 sets of 30 seconds)
- 8) Pushups (3 sets of 30 seconds)

Day 10

Tuesday, October 7, 2008

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Mountain Climbers 3 x 30 seconds
- 3) 10 x 40 yards
- 4) Suicides to 40 yards
- 5) Star Drill (Daisy)
 - a) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 6) Backward sprints 4 x 40 yards
- 7) Shuffles (whistle change direction – 4 x 30 seconds)
- 8) Pushups (2 sets of 60 seconds)
- 9) Crunches (2 sets of 60 seconds)
- 10) Dynamic Flexibility

Day 11

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) 180's - 2 x 40 back start, 2 x 40 front start, 2 x 40 side to front,
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 4) Fast arms – 4 x 30 seconds
- 5) Sprints 4 x 100 yards
- 6) High knees to striders (20 yards to 20 yards switch at cone or on whistle)
- 7) Ladder drills (4 x each)
- 8) Mirror drills (4 x 30 secs)
- 9) 300 yard shuttle (6 x 50 yards)
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)
- 12) Mountain climbers (2 sets of 30 seconds)

Day 12

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 5 x 880 in 3 minute 15 seconds with 2 minute rest or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 13

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) 10 yard single leg hops (2x each leg)
- 5) Cone hops (use hurdles) with sprints 20 yards total (10/10)
- 6) Box hops (Hurdles) - add 1 hurdle each time to full amount
- 7) Backpedal turn spin on whistle (4 x 40 yards)
- 8) Mile for time
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 14

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
- 7) Ladder Drills
- 8) Count your strides 4 x 40 (improve each time)
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 15

Conditioning (Distance)

- 1) Jacobs Field Run

Day 16

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 3 position
- 3) Walking lunge (2 x 40 yards)
- 4) Supermans (2 x 40 yards)
- 5) Pawing (2 x 30 seconds)
- 6) Star Drill (Daisy)
 - a) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 7) Suicides to 40 yards or Backward sprints 4 x 40 yards
- 8) Mirror Drill 2 x 20 seconds)
- 9) 10 x 10 yards starts
- 10) Pushups (2 sets of 30 seconds)
- 11) Crunches (2 sets of 30 seconds)

Day 17

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) **Ins and outs** (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 4) Backward 4 x 40 yards
- 5) Rockets 4 x 40 yards
- 6) Mountain climbers and squat thrust (2 x 30 seconds each)
- 7) Triangle drills
 - a) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 8) Ladder Drills
- 9) 300 Yards shuffles (3x)
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)

Day 18

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 9 x 440 in 90 seconds or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 19

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) **Ins and outs** (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 4) 180s (4 x 40) – run 20 yards turn and finish backward.
- 5) 10 x 40 yards
- 6) Fast Arms (2 x 30 seconds)
- 7) 300 yard shuttle
- 8) **5 and 15 yard agilities** (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 9) Pushups (2 sets of 30 seconds)
- 10) Crunches (2 sets of 30 seconds)

Day 20

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Cobras 10 minutes (4 cones up, 4 cones back. Across top and bottom)
- 3) Starts (10 x 10 yards)
- 4) Fast arms 3 x 30 secs
- 5) Backward sprints (4 x 40 yards)
- 6) 180s (run ½ way turn 180 finish distance) 4 x 40 yards
- 7) High knees, fast steps (2 x 20 yards)
- 8) Ladder Drills
- 9) Supermans (4 x 20 yards)
- 10) 10 x 40 yards
- 11) Crunches (2 sets of 30 seconds)
- 12) Pushups (2 sets of 30 seconds)

Day 21

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 4 x 880 in 180 seconds or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 22

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) Ankle Hops (2 x 30 sec for speed, 2 x sec for height)
- 4) Split squat (2 x 30 sec for speed, 2 x sec for height)
- 5) Tuck Jumps, Heel Jumps (2 x 30 sec).
- 6) Pike Jump (legs together and touch toes) (5 individual, 5 in a row)
 - a) Stand with your feet shoulder-width apart and your arms raised in a "V" shape above your head and extend. Stand on your toes and keep your back straight. Bring your arms down and cross them in front of you to create the momentum to make the jump. At the same time, bend at the knees to prepare to push upward. Keep your arms straight and swing them in a full circle. Push upward with your toes into the jump. Extend your legs straight out in front of you while in the air. Bring your arms out of the circle and touch your toes at the same time you touch your head to your knees. This is the pike jump.
- 7) 5 and 15 yard agilities (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 8) Triangle drills
 - a) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 9) 300 yard shuttle
- 10) Pushups (2 sets of 30 seconds)
- 11) Crunches (2 sets of 30 seconds)

Day 23

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) Backward sprints (4 x 40 yards)
- 4) 10 x 40 yards
- 5) 180s (run ½ way turn 180 finish distance) 4 x 40 yards
- 6) Ladder Drills
- 7) Crunches (2 sets of 30 seconds)
- 8) Pushups (2 sets of 30 seconds)

Day 24

Conditioning (Distance)

- 1) Jake Run

Day 25

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Walking lunges, Superman (2 x 40 yards)
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) Get ups 2 x 4 position
- 5) 10 x 40 yards
- 6) 4 corner (10 one way, 10 other way) forward sprint, left cari's, back, sidestep. (10 yard box)
- 7) Mirror Drill (3 x 30 seconds)
- 8) 300 yard shuttle
- 9) Pushups (2 sets of 30 seconds)
- 10) Crunches (2 sets of 30 seconds)

Day 26

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Cobras 10 minutes (4 cones up, 4 cones back. Across top and bottom)
- 3) 17s (15 yards – 1 minute)
- 4) Get ups 2 x 4 position
- 5) **Ins and outs** (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 6) Ladder Drills
- 7) 10 x 40 yards
- 8) 5 x 100 yards
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 27

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 4 x 880 in 3:15 minutes 2 minutes rest
- 3) Crunches (2 sets of 30 seconds)
- 4) Pushups (2 sets of 30 seconds)

Day 28

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Marching, skips, bounds - 2 x 40 yards
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 5) Backward sprints 4 x 40 yards
- 6) 220 sprints (15 reps)
 - a) 3 groups. Group 1 runs 220 when 3rd man crosses line group 2 goes. When third man crosses line group 3 goes. Repeat until 15 reps each group. Each group get 35 seconds to run 220.
- 7) Crunches (3 sets of 30 seconds)
- 8) Pushups (3 sets of 30 seconds)

Day 29

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Ankle hop
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
Lunges, Striders (longer striders than normal) – 40 yards
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 10 yard single leg hops (2x each leg)
- 7) Mirror drills (2 x 30 secs)
- 8) Ladder drills
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)
- 11) Mountain climbers(2 sets of 30 seconds)

Day 30

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 9 x 440 in 90 seconds or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 31

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) High Knee to Striders (4 x 40 switch at 20 yards)
- 4) Get ups 2 x 4 position
- 5) Backward Sprints and Skips (4 x 40 yards)
- 6) Superman (4 x 40 yards)
- 7) **Ins and outs** (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 8) **5 and 15 yard agilities** (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 9) 300 yards shuttles
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)

Day 34

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) High Knee to Striders (4 x 40 switch at 20 yards)
- 4) Get ups 2 x 4 position
- 5) Backward Sprints and Skips (4 x 40 yards)
- 6) Superman (4 x 40 yards)
- 7) **Ins and outs** (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 8) **5 and 15 yard agilities** (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 9) 300 yards shuttles (under 75 seconds) two cones 50 yards apart. Rest is 75 seconds, completion is 5
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)

Day 35

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) 180's - 2 x 40 back start, 2 x 40 front start
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 4) Sprints 6 x 100 yards
- 5) Sprints 6 x 40 yards
- 6) Ladder drills (2 x each)
- 7) Crunches (2 sets of 30 seconds)
- 8) Pushups (2 sets of 30 seconds)

Day 36

Conditioning (Distance)

- 1) Jake Run

Day 37

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Mountain Climbers 3 x 30 seconds
- 3) 10 x 40 yards
- 4) Suicides to 40 yards
- 5) Star Drill (Daisy)
 - a) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 6) Backward sprints 4 x 40 yards
- 7) Shuffles (whistle change direction – 4 x 30 seconds)
- 8) Pushups (2 sets of 60 seconds)
- 9) Crunches (2 sets of 60 seconds)
- 10) Dynamic Flexibility

Day 38

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) 180's - 2 x 40 back start, 2 x 40 front start, 2 x 40 side to front,
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 4) Fast arms – 4 x 30 seconds
- 5) Sprints 4 x 100 yards
- 6) High knees to striders (20 yards to 20 yards switch at cone or on whistle)
- 7) Ladder drills (4 x each)
- 8) Mirror drills (4 x 30 secs)
- 9) 300 yard shuttle (6 x 50 yards)
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)
- 12) Mountain climbers (2 sets of 30 seconds)

Day 39

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 5 x 880 in 3 minute 15 seconds with 2 minute rest or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 40

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 3 position
- 3) Walking lunge (2 x 40 yards)
- 4) Supermans (2 x 40 yards)
- 5) Pawing (2 x 30 seconds)
- 6) Star Drill (Daisy)
 - a) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 7) Suicides to 40 yards or Backward sprints 4 x 40 yards
- 8) Mirror Drill 2 x 20 seconds)
- 9) 10 x 10 yards starts
- 10) Pushups (2 sets of 30 seconds)
- 11) Crunches (2 sets of 30 seconds)

Day 41

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
- 7) Ladder Drills
- 8) Count your strides 4 x 40 (improve each time)
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 42

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) 10 yard single leg hops (2x each leg)
- 5) Cone hops (use hurdles) with sprints 20 yards total (10/10)
- 6) Box hops (Hurdles) - add 1 hurdle each time to full amount)
- 7) Backpedal turn spin on whistle (4 x 40 yards)
- 8) Mile for time
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 43

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 3 position
- 3) Walking lunge (2 x 40 yards)
- 4) Supermans (2 x 40 yards)
- 5) Pawing (2 x 30 seconds)
- 6) Star Drill (Daisy)
 - i) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 7) Suicides to 40 yards or Backward sprints 4 x 40 yards
- 8) Mirror Drill 2 x 20 seconds)
- 9) 10 x 10 yards starts
- 10) Pushups (2 sets of 30 seconds)
- 11) Crunches (2 sets of 30 seconds)

Day 44

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
- 7) Ladder Drills
- 8) Count your strides 4 x 40 (improve each time)
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 45

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa. Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
- 7) Ladder Drills
- 8) Count your strides 4 x 40 (improve each time)
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 46

Conditioning (Sprints)

- 1) Dynamic Flexibility
- 2) Mountain Climbers 3 x 30 seconds
- 3) 10 x 40 yards
- 4) Suicides to 40 yards
- 5) Star Drill (Daisy)
 - a) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 6) Backward sprints 4 x 40 yards
- 7) Shuffles (whistle change direction – 4 x 30 seconds)
- 8) Pushups (2 sets of 30 seconds)
- 9) Crunches (2 sets of 30 seconds)
- 10) Dynamic Flexibility

Day 47

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) 180's - 2 x 40 back start, 2 x 40 front start, 2 x 40 side to front,
 - a) Sprint one direction at midpoint rotate 180 and finish other way
- 3) Get Ups (all 3 positions crab, situps, pushups) – 4 x 40 yards
- 4) Fast arms – 4 x 30 seconds
- 5) Sprints 4 x 100 yards
- 6) High knees to striders (20 yards to 20 yards switch at cone or on whistle)
- 7) Ladder drills (4 x each)
- 8) Mirror drills (4 x 30 secs)
- 9) 300 yard shuttle (6 x 50 yards)
- 10) Crunches (2 sets of 30 seconds)
- 11) Pushups (2 sets of 30 seconds)
- 12) Mountain climbers (2 sets of 30 seconds)

Day 48

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 5 x 880 in 3 minute 15 seconds with 2 minute rest or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 49

Conditioning (Sprint)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) 10 yard single leg hops (2x each leg)
- 5) Cone hops (use hurdles) with sprints 20 yards total (10/10)
- 6) Box hops (Hurdles) - add 1 hurdle each time to full amount)
- 7) Backpedal turn spin on whistle (4 x 40 yards)
- 8) Mile for time
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 50

Conditioning (Ladder)

- 1) Dynamic Flexibility
- 2) Ankle hop 2 x 30 seconds
 - a) Keeping your feet together and remaining in one place hop up and down using only your ankles and calves. Concentrate on getting as high as you can and exploding off the ground as soon as you land.
- 3) Split squat 2 x 30 seconds
 - a) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
 - b) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
 - c) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
 - d) Switch feet in the air so that the back foot lands forward and vice versa.
Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.
- 4) Tuck Jumps (Knees to chest) 5 singles, then 5 in a row
- 5) Heel kicks (Foot to butt) 5 singles, then 5 in a row
- 6) 90-180-270-360 single foot, double foot.
- 7) Ladder Drills
- 8) Count your strides 4 x 40 (improve each time)
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 51

Conditioning (Distance)

- 1) Jacobs Field Run

Day 52

Conditioning (Sprint)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 3 position
- 3) Walking lunge (2 x 40 yards)
- 4) Supermans (2 x 40 yards)
- 5) Pawing (2 x 30 seconds)
- 6) Star Drill (Daisy)
- 7) Alt: W's or 60 yard shuttle (5, 10, 15 there and back equals 60)
- 8) Suicides to 40 yards or Backward sprints 4 x 40 yards
- 9) Mirror Drill 2 x 20 seconds)
- 10) 10 x 10 yards starts
- 11) Pushups (2 sets of 30 seconds)
- 12) Crunches (2 sets of 30 seconds)

Day 53

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 4) Backward 4 x 40 yards
- 5) Rockets 4 x 40 yards
- 6) Mountain climbers and squat thrust (2 x 30 seconds each)
- 7) Triangle drills
- 8) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 9) Ladder Drills
- 10) 300 Yards shuffles (3x)
- 11) Crunches (2 sets of 30 seconds)
- 12) Pushups (2 sets of 30 seconds)

Day 54

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 9 x 440 in 90 seconds or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 55

Conditioning (Sprint)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
- 4) 180s (4 x 40) – run 20 yards turn and finish backward.
- 5) 10 x 40 yards
- 6) Fast Arms (2 x 30 seconds)
- 7) 300 yard shuttle
- 8) 5 and 15 yard agilities (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
 - b) **Coaching Points**
 - i) Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 9) Pushups (2 sets of 30 seconds)
- 10) Crunches (2 sets of 30 seconds)

Day 56

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Cobras 10 minutes (4 cones up, 4 cones back. Across top and bottom)
- 3) Starts (10 x 10 yards)
- 4) Fast arms 3 x 30 secs
- 5) Backward sprints (4 x 40 yards)
- 6) 180s (run ½ way turn 180 finish distance) 4 x 40 yards
- 7) High knees, fast steps (2 x 20 yards)
- 8) Ladder Drills
- 9) Supermans (4 x 20 yards)
- 10) 10 x 40 yards
- 11) Crunches (2 sets of 30 seconds)
- 12) Pushups (2 sets of 30 seconds)

Day 57

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 4 x 880 in 180 seconds or
- 3) Gauntlet
 - a) Run 1 mile as fast as possible (6:00 to 6:15 is goal)
 - i) Rest 1 minute
 - b) Run ½ mile as fast as possible (2:50 to 3:00 is goal)
 - i) Rest 1 minute
 - c) Run ¼ mile as fast as possible (1:30 is goal)
 - i) Rest 1 minute
 - d) Run 1/8 (220) mile as fast as possible (45 sec is goal)
 - i) Rest 1 minute
 - e) Run 1/16 (110) mile as fast as possible
 - i) Rest 1 minute
 - f) Repeat on way up

Day 58

Conditioning (Sprint)

- 1) Dynamic Flexibility
- 2) Get ups 2 x 4 position
- 3) Ankle Hops (2 x 30 sec for speed, 2 x sec for height)
- 4) Split squat (2 x 30 sec for speed, 2 x sec for height)
- 5) Tuck Jumps, Heel Jumps (2 x 30 sec).
- 6) Pike Jump (legs together and touch toes) (5 individual, 5 in a row)
 - a) Stand with your feet shoulder-width apart and your arms raised in a "V" shape above your head and extend. Stand on your toes and keep your back straight. Bring your arms down and cross them in front of you to create the momentum to make the jump. At the same time, bend at the knees to prepare to push upward. Keep your arms straight and swing them in a full circle. Push upward with your toes into the jump. Extend your legs straight out in front of you while in the air. Bring your arms out of the circle and touch your toes at the same time you touch your head to your knees. This is the pike jump.
- 7) 5 and 15 yard agilities (To develop good body positioning during the backpedal and improve reaction time.)
 - a) This drill is a full speed backward drill in a 5 yard area. Defenders will place toes on the line in a good stance and body position (chin over toes). On command, defenders will backpedal 5 yards, plant foot and sprint forward to the line, then backpedal and plant foot again and sprint past the line.
- 8) **Coaching Points** Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward
- 9) Triangle drills
- 10) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 11) 300 yard shuttle
- 12) Pushups (2 sets of 30 seconds)
- 13) Crunches (2 sets of 30 seconds)

Day 59

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Starts (10 x 10 yards) (Hand Clap, 3 pt, 4 pt stance)
- 3) Backward sprints (4 x 40 yards)
- 4) 10 x 40 yards
- 5) 180s (run ½ way turn 180 finish distance) 4 x 40 yards
- 6) Ladder Drills
- 7) Crunches (2 sets of 30 seconds)
- 8) Pushups (2 sets of 30 seconds)

Day 60

Conditioning (Distance)

- 1) Jake Run

Day 61

Conditioning (Sprint)

- 1) Dynamic Flexibility
- 2) Walking lunges, Superman (2 x 40 yards)
- 3) Striders (longer striders than normal) – 4 x 40 yards
- 4) Get ups 2 x 4 position
- 5) 10 x 40 yards
- 6) 4 corner (10 one way, 10 other way) forward sprint, left cari's, back, sidestep. (10 yard box)
- 7) Mirror Drill (3 x 30 seconds)
- 8) 300 yard shuttle
- 9) Pushups (2 sets of 30 seconds)
- 10) Crunches (2 sets of 30 seconds)

Day 62

Conditioning (Ladders)

- 1) Dynamic Flexibility
- 2) Cobras 10 minutes (4 cones up, 4 cones back. Across top and bottom)
- 3) 17s (15 yards – 1 minute)
- 4) Get ups 2 x 4 position
- 5) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
- 6) Ladder Drills
- 7) 10 x 40 yards
- 8) 5 x 100 yards
- 9) Crunches (2 sets of 30 seconds)
- 10) Pushups (2 sets of 30 seconds)

Day 63

Conditioning (Distance)

- 1) Dynamic Flexibility
- 2) 4 x 880 in 3:15 minutes 2 minutes rest
- 3) Crunches (2 sets of 30 seconds)
- 4) Pushups (2 sets of 30 seconds)