

## Summer 2011 Speed and Conditioning

Weeks 1-2 (June 6-17)	
Mon	Description
Warm up (see below)	
10 X 110's	Stride 110 yds at 80% resting 45 seconds in between each rep
Wed	
Warm up (see below)	
Position specific 10x 10yds (performed at maximum effort)	
Start in your specific position stance:	OL: get out of your stance and take two drive steps and sprint 10 yards QB: take 3 step drop out of the gun sprint 10 yards RB: take lateral then step crossover sprint 10 yards WR: Start with your inside footback, press release sprint 10 yards DL: get out of your stance and take two drive steps and sprint 10 yards LB: Shuffle forwards at a 45 degree and for 3 yards then sprint 10 yards DB: back peddle five yards sprint ahead 10 yards
Gassers 2 (in time for specific position)	50 yards down and back twice. Total of 200 yards per rep. OL/DL 41 sec TE/LB/QB/K 38 sec WR/DB/RB 36 sec
Fri	
Warm up (see below)	
<i>Plyos</i>	
Frog Jumps 3 reps	Start in a squat position and jump landing on both feet without resetting your feet continue squatting and jumping for 10 yards.
Split jumps 3x5	Start in a lunge with your right footforward jump as high as you can in the air switch feet and land in a lunge on the other leg.
Heismans 3x10	Start balancing on your left leg with your right leg tucked to your chest. Side step right, left, right, and then balacing on your right leg with your left leg tucked. Hold for 3 sec. then push off and repeat opposite.
Knee Tucks 3x10	Place your hands just below your pecs. Jump up and hit your hands with your knees contiously.
One leg hops 30 yds 4 each leg	Jump on one leg contiously for 30 yds. Push off higher and farther after your first rep.
<i>Agility</i>	
Box Drill 10x10 yard square 4 reps (each day the box drill will change)	
Sprint 10 yards	Back Peddle 10 yards
Shuffle 10 yards	Carioca 10 yards
Pro shuttle 4 reps	Start with on hand on the ground sprint 5 yards to the right and touch with your right hand, sprint back 10 yards and touch with your left ahnd, and then sprint throught the original line.
Warm Up:	
Active Flex-20 yds up and back.	Lunges
High Knees	Spider Man
Carioca	Toy Soldiers
Striders-40 yds up and back.	