

Summer 2011 Speed and Conditioning

Week 3-4 (June 20-July 1)	
Mon	Description
Warm up (see below)	
Ladders	Sprint the following distance in yards at 80% with 60 sec rest between each rep: 100, 100, 90, 90, 80, 80, 70, 70, 60, 60, 50, 50, 40, 40, 30,30, 20, 20, 10, and 10.
Wed	
Warm up (see below)	
Start in your specific position stance:	
Position specific 10x 10yds (performed at maximum effort)	OL: Diagonal back kick slide and Diagonal forward pound step 5 yds each
	QB: Speed Option, Sprint at the DE outside shoulder immediately spint 10 yds
	RB: Speed option, take two lateral then get up field 10 yds
	WR: Start with your inside foot back, run a 7 yard hitch turn out side spint 10 yds
	DL: Two forward step shuffle five yards
	LB: Shuffle right at a 45 degree and for 5 yards then left 45 degrees 5 yards
DB: back peddle five yards break at a 45 degree 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>	
Squat Jumps 3x 10	Start in a squat position and jump landing on both feet.
Split jumps 3x10	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 continuously jumping.
Line Jump 3 sets for 30 sec	Start on the left or right side of the line and jump side to side as fast as you can in 30 seconds.
Knee Tucks 3x10	Place your hands just below your chest. 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>	
Push up sprints 5x	Laying on your stomach with your hands on the ground (like a push up) pop up onto your feet and sprint 10 yards.
L Drill 4 x	Three marker cones are placed to form an "L." with cones at the corner and at each end, 5 yards apart (see diagram). The player starts by getting down in a three-point stance next to Cone 1. On the command 'Go', he runs to Cone 2, bends down and touches a line with his right hand. Then he turns and runs back to Cone 1, bends down and touches that line with his right hand. Then he runs back to Cone 2 and around the outside of it, weaves inside Cone 3, then around the outside of Cones 3 and 2 before finishing at Cone 1. The player must run forward while altering his running direction, as opposed to strictly stopping and starting in opposite directions
Warm Up:	
Active Flex-20 yds up and back.	Lunges
High Knees	Spider Man
Carioca	Toy Soldiers
Striders-40 yds up and back.	