Summer 2009 Speed and Conditioning

Week 1	
Mon	Description
Warm up (see below)	
10 110'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 sprit 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)	
Plyos	
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.
Agility	
Box Drill 10x10 yard square 4 reps (Each day the box drill will change.)	Sprint 10 yards, shuffle 10 , Back Peddle 10, and Carioca 10.
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:	
Jog two laps or 5 minutes of jogging	
Active Flex: 15 yards down and back	
High Knees	Slow and Low or Crossover Lunge
Carioca	Buttkicks
Lunges	Toysoldiers or stright leg kicks