

Summer 2009 Speed and Conditioning

Week 2	
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	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 yads 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)	
Agility	
Box Drill 10x10 yard square 4x (Each day the box drill will change.)	Sprint 10 yards, Diagonal 10 , Sprint 10, Diagonal 10, and Sprint 10.
Pro shuttle 4x	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 through the original line.
Figure 8 4x	With two cones srint around creating a figure 8 three times is on rep.
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
Plyos	
Squat Jumps hands up 3x10	Squat to paralell jump has high as you can and return to the parell position on your landing. Repeat.
Line Drills Skiers 3x	Start on one side of a line and with both feet jump back and forth as quickly as possible for 30 sec.