

## Summer 2009 Speed and Conditioning

Week 3	
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)	
Position specific 10x 10yds (performed at maximum effort)	<p>Start in your specific position stance:</p> <p>OL: Diagonal back kick slide and Diagonal forward pound step 5 yds each            Speed Option, Sprint at the DE outside shoulder immediately spint 10 yds            option, take two lateral then get up field 10 yds            with your inside foot back, run a 7 yard hitch turn out side spint 10 yds            step shuffle five yards            right at a 45 degree and for 5 yards then left 45 degrees 5 yards            five yards break at a 45 degree sprint ahead 10 yards</p> <p>QB:            RB: Speed            WR: Start            DL: Two forward            LB: Shuffle            DB: back peddle</p>
Gassers 2 (in time for specific position)	<p>50 yards down and back twice.            (Total of 200 yards per rep)</p> <p>OL/DL 41 sec            TE/LB/QB/K 38 sec            WR/DB/RB 36 sec</p>
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 foot forward jump as high as you can in the air switch feet and land in a lunge on the other leg continuously jumping.
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 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.
Agility	
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:	Description
Jog two laps or 5 minutes of jogging	
Active Flex:15 yards down and back	
High Knees	
Carioca	
Lunges	
Slow and Low or Crossover Lunge	Facing the same way the entire time cross over in front and squat stand up cross behind and squat
Spiderman	Stretch the groin leaning right to left, flip face the other direction doing the same stretch
Buttkicks	
Toy Soldiers	

\*If you need to stretch more do it after you have warmed up on your own