

## Summer 2009 Speed and Conditioning

Week 4	
Mon	Description
Warm up (see below)	
Sprint Work	8- 60 yd sprints %80 6- 40 yd sprints %100 4- 20 yd sprints %100
Wed	
Warm up (see below)	
Position specific 10x 10yds (performed at maximum effort)	Start in your specific position stance: OL: Diagonal back kick slide and Diagonal forward pound step 5 yds each QB: Speed Option, Sprint at the DE outside shoulder immediately sprint 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 sprint 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>Agility</i>	
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	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
<i>Plyos</i>	
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 quicly as possible for 30 sec.
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