

## Summer 2009 Speed and Conditioning

Week 5	
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: Take first two 6 inch step punch sprint 10 yds (5 each direction) QB: Sprint out 80 series get depth (throw if you have a ball and WR; 5 each direction) RB: Open step towards the QB arch towards the DE (47/46) get up field 10 yds WR: Start with your inside foot back, work press release sprint 20 yds DL: Two forward steps punch sprint 10 yds LB: Cross over take pass drops; Ditch and Hold (7 yds depth) DB: Back peddle turn and go each direction 5 times 20 yds
Gassers 2 (in time for specific position)  2 Half Gassers (in time for specific position)	<u>Gassers:</u> 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 <u>Half Gassers:</u> 50 yards down and back. (Total of 100 yards per rep) OL/DL 21 sec TE/LB/QB/K 19 sec WR/DB/RB 17 sec
Warm up (see below)	
<i>Plyos</i>	
Standing Long Jump 8 reps	Start in a squat position and jump landing on both feet. Rest 20 seconds turn around and repeat. Working on distance and not falling backwards.
Line jumps 3x 25 sec	Start on one side of a line with your feet and knees close together jump side to side as quickly as possible for 25 seconds.
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.
<i>Agility</i>	

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 throught the original line.
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 timecoss 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