### Day 1
**Dynamic Warm-Up**
- 1 to 1 rest unless stated

- Dynamic Warm-Up
  - A March Balance: 2 x 6 each leg
  - "A" March, "A" Skip, "A" Run: 1 x 15yds each
  - Wall Run Single, Double, Triple movement: 1 x 6 each leg/way
  - Half Claws (start at bottom): 2 x 6 each leg
  - 5yd Lead Off Sprints (30 sec. rest): x 5

- Speed Work: 1 to 1 rest unless stated
  - Speed Work
  - Dynamic Warm-Up

- Plyos: 2 to 1 rest on all plyo exercises
  - S.L. Vertical Jumps (land on both legs): 2 x 4 each leg
  - S.L. Broad Jumps (land on both legs): 2 x 4 each leg
  - Split Jumps: 2 x 6 each leg
  - Weighted Vertical Jumps: 3 x 6
  - - use weight vest, S.L. DB’s, or resistance bands

**Conditioning**

<table>
<thead>
<tr>
<th>Sprints</th>
<th>Rest between reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>100yds</td>
<td>x 2</td>
</tr>
<tr>
<td>80yds</td>
<td>x 2</td>
</tr>
<tr>
<td>60 yds</td>
<td>x 4</td>
</tr>
<tr>
<td>40yds</td>
<td>x 4</td>
</tr>
</tbody>
</table>

### Day 2
**Dynamic Warm-Up**

- Dynamic Warm-Up
  - A March Balance: 2 x 6 each leg
  - "A" March, "A" Skip, "A" Run: 1 x 15yds each
  - Wall Run Single, Double, Triple movement: 1 x 6 each leg/way
  - Half Claws (start at bottom): 2 x 6 each leg
  - Jump Rope: 2 x 20yds each way
  - - DL For. Hops, SL For. Hops, High Knee Run

**Speed Work**

- Speed Work: 2 to 1 rest on all plyo exercises
  - Box Drops (18in box): 4 x 3
  - Drop Jumps (18in box): 4 x 3
  - Standing Triple Jump: 2 x 3 leading w/ each leg
  - Forward Tuck Jumps: 3 x 10

**Conditioning**

- 30yd Resistance Sprints: 2 x 4
  - (5 Minute recovery between sets)
  - * if you do not have access to sleds or bands for resistance do hills
  - 40yd incline sprints (15 degree incline)

### Day 3
**Dynamic Warm-Up**

- Dynamic Warm-Up
  - A March Balance: 2 x 6 each leg
  - "A" March, "A" Skip, "A" Run: 1 x 15yds each
  - Wall Run Single, Double, Triple movement: 1 x 6 each leg/way
  - Half Claws (start at bottom): 2 x 6 each leg
  - Jump Rope: 3 x 25yds

**Speed Work**

- Speed Work

**Foot Work**

- Choose Jump Rope Routine

**Conditioning**

<table>
<thead>
<tr>
<th>Set</th>
<th>Distance</th>
<th>reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20yds</td>
<td>6</td>
<td>20 sec.</td>
</tr>
<tr>
<td>2</td>
<td>40yds</td>
<td>6</td>
<td>30 sec.</td>
</tr>
<tr>
<td>3</td>
<td>60yds</td>
<td>8</td>
<td>40 sec.</td>
</tr>
</tbody>
</table>
Day 1
Dynamic Warm-Up
Speed Work: 1 to 1 rest unless stated
- A March Balance 2 x 6 each leg
- "A" March, "A" Skip, "A" Run 1 x 15yds each
- Wall Run Single, Double, Triple movement 1 x 6 each leg/way
- Half Claws (start at bottom) 2 x 6 each leg
- 5yd Lead Off Sprints (30 sec. rest) x 5

Plyos 2 to 1 rest on all plyo exercises
- S.L. Vertical Jumps (land on both legs) 2 x 4 each leg
- S.L. Broad Jumps (land on both legs) 2 x 4 each leg
- Split Jumps 2 x 6 each leg
- Weighted Vertical Jumps 3 x 6
  - Use weight vest, S.L DB’s, or resistance bands

Conditioning
Sprints
- 100yds x 2 40 sec. rest
- 80yds x 3 40 sec. rest
- 60yds x 4 30 sec. rest
- 40yds x 4 20 sec. rest

Rest between reps

Day 2
Dynamic Warm-Up
Speed Work
- A March Balance 2 x 6 each leg
- "A" March, "A" Skip, "A" Run 1 x 15yds each
- Wall Run Single, Double, Triple movement 1 x 6 each leg/way
- Half Claws (start at bottom) 2 x 6 each leg
- Jump Rope 2 x 20yds each way
  - DL For. Hops, SL For. Hops, High Knee Run

Plyos 2 to 1 rest on all plyo exercises
- Box Drops (18in box) 4 x 3
- Drop jumps (18in box) 4 x 3
- Standing Triple Jump 2 x 3 leading w/ each leg
- Forward tuck Jumps 3 x 10

Conditioning
Sprints Progression x 2 - Lead off position for all starts
- 40yd Resistance Sprints 2 x 5
  - Recovery is 3 to 1 on all reps, 2 minute rest between sets
  - 3 Minute recovery between sets
  - * If you do not have access to sleds or bands for resistance do hills
  - 40 yd incline sprints (15 degree incline)

Day 3
Dynamic Warm-Up
Speed Work
- A March Balance 2 x 6 each leg
- "A" March, "A" Skip, "A" Run 1 x 15yds each
- Wall Run Single, Double, Triple movement 1 x 6 each leg/way
- Half Claws (start at bottom) 2 x 6 each leg
- Bounding 3 x 25yds

Foot Work
- Choose Jump Rope Routine

Conditioning
Sprints Progression x 2 - Lead off position for all starts

<table>
<thead>
<tr>
<th>Set</th>
<th>Distance</th>
<th>reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20yds</td>
<td>6</td>
<td>20 sec.</td>
</tr>
<tr>
<td>2</td>
<td>40yds</td>
<td>8</td>
<td>30 sec.</td>
</tr>
<tr>
<td>3</td>
<td>60yds</td>
<td>8</td>
<td>40 sec.</td>
</tr>
</tbody>
</table>
Day 1

Dynamic Warm-Up

1 to 1 rest unless stated

A March Balance 2 x 6 each leg
"A" March, "A" Skip, "A" Run 1 x 15yds each
Wall Run Single, Double, Triple movement 1 x 6 each leg/way
Half Claws (start at bottom) 2 x 6 each leg
5yd Lead Off Sprints(30 sec. rest) 5 x 5

Speed Work

- DL For. Hops, SL For. Hops, High Knee Run

Plyos 2 to 1 rest on all plyo exercises

S.L. Vertical Jumps(land on both legs) 2 x 4 each leg
S.L. Broad Jumps(land on both legs) 2 x 4 each leg
Split Jumps 2 x 6 each leg
Weighted Vertical Jumps 3 x 6
- use weight vest, SLB DB's, or resistance bands

Conditioning

Sprints

<table>
<thead>
<tr>
<th>Distance</th>
<th>Reps</th>
<th>Rest between reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>100yds</td>
<td>x 3</td>
<td>45 sec. rest</td>
</tr>
<tr>
<td>80yds</td>
<td>x 3</td>
<td>40 sec. rest</td>
</tr>
<tr>
<td>60yds</td>
<td>x 4</td>
<td>30 sec. rest</td>
</tr>
<tr>
<td>40yds</td>
<td>x 4</td>
<td>20 sec. rest</td>
</tr>
</tbody>
</table>

Rest between reps

Day 2

Dynamic Warm-Up

A March Balance 2 x 6 each leg
"A" March, "A" Skip, "A" Run 1 x 15yds each
Wall Run Single, Double, Triple movement 1 x 6 each leg/way
Half Claws (start at bottom) 2 x 6 each leg
Jump Rope 2 x 20yds each way

Speed Work

- DL For. Hops, SL For. Hops, High Knee Run

Plyos 2 to 1 rest on all plyo exercises

Box Drops (18in box) 4 x 3
Drop jumps (18in box) 4 x 3
Standing Triple Jump 2 x 3 leading w/ each leg
Forward tuck Jumps 3 x 10

Conditioning

Sprints Progression x 2 - Lead off position for all starts

40yd Resistance Sprints 3 x 4

- Recovery is 3 to 1 on all reps, 2 minute rest between sets

Day 3

Dynamic Warm-Up

A March Balance 2 x 6 each leg
"A" March, "A" Skip, "A" Run 1 x 15yds each
Wall Run Single, Double, Triple movement 1 x 6 each leg/way
Half Claws (start at bottom) 2 x 6 each leg
Bounding 3 x 25yds

Foot Work

Choose Jump Rope Routine

Conditioning

Sprints Progression x 2 - Lead off position for all starts

Set | Distance | Reps | Rest between sets |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20yds</td>
<td>8</td>
<td>20 sec.</td>
</tr>
<tr>
<td>2</td>
<td>40yds</td>
<td>8</td>
<td>30 sec.</td>
</tr>
<tr>
<td>3</td>
<td>60yds</td>
<td>8</td>
<td>40 sec.</td>
</tr>
</tbody>
</table>

- if you do not have access to sleds or bands for resistance do hills
40 yd incline sprints(15 degree incline)
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dynamic Warm-Up</strong></td>
<td><strong>Dynamic Warm-Up</strong></td>
<td><strong>NONE</strong></td>
</tr>
<tr>
<td><strong>Speed Work: 1 to 1 rest unless stated</strong></td>
<td><strong>Speed Work</strong></td>
<td></td>
</tr>
<tr>
<td>A March Balance</td>
<td>A March Balance</td>
<td></td>
</tr>
<tr>
<td>Wall Run Single, Double, Triple movement</td>
<td>Wall Run Single, Double, Triple movement</td>
<td></td>
</tr>
<tr>
<td>Half Claws (start at bottom)</td>
<td>Half Claws (start at bottom)</td>
<td></td>
</tr>
<tr>
<td>5yd Lead Off Sprints(30 sec. rest)</td>
<td>Jump Rope</td>
<td></td>
</tr>
<tr>
<td><strong>Plyos</strong> 2 to 1 rest on all plyo exercises</td>
<td><strong>Plyos</strong> 2 to 1 rest on all plyo exercises</td>
<td></td>
</tr>
<tr>
<td>S.L. Vertical Jumps (land on both legs)</td>
<td>S.L. Vertical Jumps (land on both legs)</td>
<td></td>
</tr>
<tr>
<td>S.L. Broad Jumps (land on both legs)</td>
<td>S.L. Broad Jumps (land on both legs)</td>
<td></td>
</tr>
<tr>
<td>Split Jumps</td>
<td>Split Jumps</td>
<td></td>
</tr>
<tr>
<td>Weighted Vertical Jumps</td>
<td>Weighted Vertical Jumps</td>
<td></td>
</tr>
<tr>
<td>- use weight vest, SLB DB's, or resistance bands</td>
<td>- use weight vest, SLB DB's, or resistance bands</td>
<td></td>
</tr>
<tr>
<td><strong>Conditioning</strong></td>
<td><strong>Conditioning</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Sprints</strong></td>
<td><strong>Rest between reps</strong></td>
<td></td>
</tr>
<tr>
<td>100yds x 2</td>
<td>45 sec. rest</td>
<td></td>
</tr>
<tr>
<td>80yds x 2</td>
<td>40 sec. rest</td>
<td></td>
</tr>
<tr>
<td>60 yds x 3</td>
<td>30 sec. rest</td>
<td></td>
</tr>
<tr>
<td>40yds x 3</td>
<td>20 sec. rest</td>
<td></td>
</tr>
<tr>
<td><strong>Sets</strong></td>
<td><strong>Distance</strong></td>
<td><strong>reps</strong></td>
</tr>
<tr>
<td>1</td>
<td>20yds</td>
<td>6</td>
</tr>
<tr>
<td>2</td>
<td>40yds</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>60yds</td>
<td>6</td>
</tr>
</tbody>
</table>

**UNLOAD WEEK**