

Summer Session 1&2 CONDITIONING PLAN

		<i>Week</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>
Monday	Hills - start at 8 reps (add 2 reps every week) *At 24 reps split into 3 sets of 8 or 4 sets of 6 Recovery: walk downhill		8	10	12	14	16	18	20	22	24*	26	28	30
Tuesday	1/2 Gassers - start at 4 reps (add 2 reps every week) Split into 2 groups Recovery: Midfield walk and back after 2nd group runs		4	6	8	10	12	14	16	18	20	22	24	26
Thursday	200's on Track Recovery: Walk 200 Start at 3 reps - add 1 rep every week		3	4	5	6	7	8	9	10	11	12	13	14
Friday	100's on FB Field - start at 5 reps (add 1 rep every week) Recovery: Jog 50yards/Walk 50yards		5	6	7	8	9	10	11	12	13	14	15	16

Preseason Conditioning Plan

		<i>Week</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
Monday	Metabolic Runs (On Reverse Side) Recovery: 3 mins Start with 3 sets (add 1 set every week)	<i>Reps:</i>	3	4	5	6	7	8
Tuesday	22's - split into 3 groups (start at 10 reps add 2 reps every week) Down/Back/Down/Back	<i>Reps:</i>	10	12	14	16	18	20
Wednesday	Agilities & Plyos - From Progression 2B Mini-T drills, Pro Agility, L-drill, Mirror drill, Box mirror drill, 4 cone-sprint/shuffle, MAT drills, Whistle reaction							
Thursday	55's - split into 2 groups Start with 5 reps add 1 rep every week Suicide & Reverse Suicide = 1	<i>Reps:</i>	5	6	7	8	9	10
Friday	Suicides - Every Minute Start With 20 min - Add 2min each week	<i>Minutes:</i>	20	22	24	26	28	30

Metabolic Run

Set 1

1	Sprint FT & Back x 3	15 sec
2	High Knees ½ court, sprint back	15 sec
3	Carioca ½ court & Sprint back x 2	15 sec
4	3 tuck jumps sprint full court x 2	15 sec
5	Backpedal ½ court sprint back x 2	15 sec
6	Shuffle R FT, sprint, L FT, sprint x 2	15 sec
7	5 burpees, sprint 1/2 court	15 sec
8	sprint free throw, backpedal back x 3	15 sec
9	Butt Kicks 1/2 court backpedal back x 2	15 sec
10	Sprint full court x2	15 sec
11	Fwd/Bck Line Hops x 20, Sprint ½ x 2	15 sec
12	SL Speed Hop ½ R/L, Sprint Back x 2	15 sec
13	Shuffle Hip Switch ½ court, Sprint x 2	15 sec
14	Backpedal FT turn R/L sprint to ½ x 2	15 sec

Set 2

Rest 3 min

1	Sprint full court x2	15 sec
2	Tapioca ½ court backpedal back	15 sec
3	Sprint FT, backpedal, Sprint ½ Backpedal	15 sec
4	5 Split Squat Jumps, sprint 1/2 court	15 sec
5	shuffle R ½ , sprint, shuffle L ½ , sprint	15 sec
6	Backpedal ½ court, sprint back x2	15 sec
7	5 BW Squats, sprint full court x2	15 sec
8	Fast A-Skips to FT Sprint to 1/2 court x 2	15 sec
9	Power Skips 1/2 court, sprint back x 2	15 sec
10	Sprint free throw line & back x 3	15 sec
11	Lateral Bounds x 5ea, sprint ½ x 2	15 sec
12	Drop to Push Up to Sprint 1/2 x 2	15 sec
13	Shuffle FT Shuffle Back x 5	15 sec
14	Up Down x 5, Backpedal 1/2, sprint back x 2	15 sec

Set 3

Rest 3 min

1	Sprint ½ court sprint back x 2	15 sec
2	10 mountain Climbers ea, sprint full court	15 sec
3	Vert Jumps x 3, Sprint FT and Back x 3	15 sec

4	Bear Crawl ½ court Sprint back x 2	15 sec
5	Sprint Full court x 2	15 sec
6	Grasshopper x 5 ea, Sprint ½ court x 2	15 sec
7	Sprint free throw line & back x 3	15 sec
8	20 Lat. Line Hops, Sprint ½ x 2	15 sec
9	5 Push Ups Sprint FT Turn Backpedal to 1/2	15 sec
10	5 Star Jumps, sprint 1/2 court x 2	15 sec
11	1/2 Kneeling to backpedal R/L 1/2 court, sprint x 2	15 sec
12	SL Ski Hop 1/2 court & Sprint back x 2	15 sec
13	1/2 Kneeling to Sprint 1/2 court R/L, Sprint Back x 2	15 sec
14	Suicide	15 sec
	DONE!	