

Conditioning

Week 6

Day 1

1. Resisted Sprints (partner) 3x8 Resist for 3-4 yards – release – both partner and sprinter will turn and sprint 20 yards switch and repeat – rest 2 min. after each set.
2. Transitional Carioca 5x20 sec. place cones 15-20 yds. apart. 30 second rest.
3. 30 yard sprints 3x6 sprint – jog back – go again – 2 min. rest after 6 reps.

Day 2

1. Accelerated Sprints (100 yds.) 3x4 gradually build up speed for the first 20 yds - sprint all out for 40 yards – gradually reduce speed for the last 20 yds – jog back to start and go again – rest 3 mins. after 4 reps.
2. Stance Starts 30 reps – think of your position – hold a stick if your sport requires one – get in your starting stance and explode for 10 yards – repeat until you have done all reps – practice in all directions

Day 3

1. J-Drill 12 reps (6 each direction)
2. 5-10-5 drill 12 reps (6 each direction)
3. 15 – 20 minute run