

Conditioning Week 4

Day 1

1. Resisted Sprints 2 x 10 Face partner- partner places hands on sprinter's shoulders- partner resists as sprinter tries to drive forward with good arm pump and high knee action-after 3-4 yards resister jumps aside as sprinter explodes forward for 5-10 yards- do 10 continuous reps and switch.
2. Transitional Carioca 4 x 20 sec. 15-20 yards- start by moving laterally- partner will call out command to change direction- try to perform 5-6 change of directions in 30 second period- switch
3. Stance Starts to 5 yard sprint to 3 step lateral slide to 5 yard backward sprint
3 x (both directions)
4. Agility Cuts (10 total) 5 x (both dir.) 4-square cuts (5 yards apart - sprint - lateral slide - backpedal - carioca)
* Set cones 5 yards apart in a square

Day 2

1. 200 Yard Shuttles (short-25 yards) 8 x :28- :36 sec.- 2 min. rest

Day 3

1. Circuit : Do these in succession- 4 x- one min rest between circuit
 - a. "H" Drill (high knee run to 10 yard sprint) 1 rep
 - b. Lateral Cone Hops (12-15") 30 total hops
 - c. 20 yard shuttle (5-10-5) 1
 - d. Squat thrust to tuck jump 10
2. 40 yard sprints (all out effort) 12- jog back after each sprint