

## **DAY 1: Straight Ahead Day**

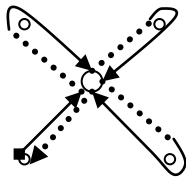
- 1) **Warm Up:** 5 min Jog
- 2) **Dynamic Flexibility:** Distance 15yards
  - a. Scorpions (lying face down on ground): x8 each way
  - b. High Knee Grab
  - c. Heel to Butt Grab and Lean Over
  - d. Figure 4 Walk
  - e. Lunge, Lean Back, & Twist
  - f. Straight Leg March
  - g. Straight Leg Skip
  - h. Power Skips
  - i. Backward Open Skip
  - j. Groin Stretch (in place)
  - k. High Knee Run
  - l. Butt Kicks
  - m. Build Up Runs (50%, 75%, 100%)
- 3) **Workout:**
  - a. **Week 1:**
    - i. 4 x 100yds; Work 15 sec; Rest 45 sec
    - ii. 4 x 60yds; Work 9 sec; Rest 30 sec
    - iii. 6 x 30yds; Work 4 sec; Rest 20 sec
  - b. **Week 2:**
    - i. 3 x 100yds; Work 15 sec; Rest 45 sec
    - ii. 3 x 60yds; Work 9 sec; Rest 30 sec
    - iii. 4 x 40yds; Work 5 sec; Rest 15 sec
    - iv. 4 x 20yds; Work 3 sec; Rest 12 sec
  - c. **Week 3:**
    - i. 4 x 100yds; Work 15 sec; Rest 45 sec
    - ii. 4 x 40yds; Work 5 sec; Rest 15 sec
    - iii. 4 x 20yds; Work 3 sec; Rest 12 sec
    - iv. 4 x 10yds; Work <2 sec; Rest 9 sec
- 4) **Cool Down:** 5 min Jog
- 5) **Static Stretch:** Hold each stretch for 15 seconds & Repeat
  - a. Supine Lying Hamstring Stretch
  - b. Supine Lying IT Band Stretch (take leg across body)
  - c. Supine Lying Figure 4 Stretch
  - d. Seated Forward Straddle
  - e. Seated Side Straddle
  - f. Quad Stretch (either side-lying or standing)
  - g. Groin Stretch (either standing or seated – butterfly)
  - h. Calf Stretch

## DAY 2: Agility Day

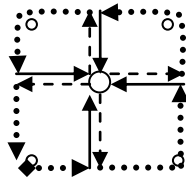
- 1) **Warm Up:** 5 min Jog
- 2) **Dynamic Flexibility:** Distance 15 yards
  - a. High Knee Grab
  - b. Heel to Butt Grab and Lean Over
  - c. Figure 4 Walk
  - d. Lateral Lunges (x2)
  - e. Lunge, Lean Back, & Twist
  - f. Backward Open Skip
  - g. Lateral Shuffle (x2)
  - h. High Knee Run
  - i. Butt Kicks
  - j. Carioca (x2)
- 3) **Workout:** Use the Square-Shaped 5-Cone Drills for this day (described below)  
 \*Set Up: Use 5 cones. Make 10yd x 10yd box. Place 1 cone in the center  
**Week 1:** Choose 3 drills x3 reps (flip drill & repeat)  
**Week 2:** Choose 3 drills x4 reps (flip drill & repeat)  
**Week 3:** Choose 4 drills x3 reps (flip drill & repeat)
- 4) **Cool Down:** 5 min Jog
- 5) **Static Stretch:** See Day 1 List

### Square-Shaped 5-Cone Drills

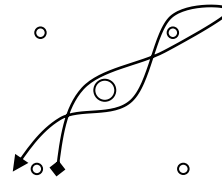
1) **Butterflies:**



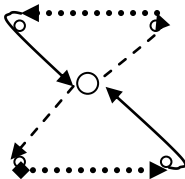
2) **Attack & Retreat**



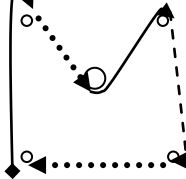
3) **Figure 8**



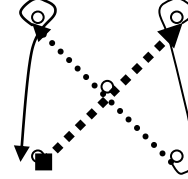
4) **Hourglass**



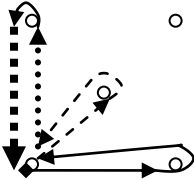
5) **"M" Drill**



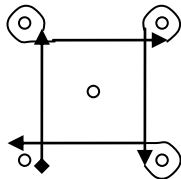
6) **Criss-Cross**



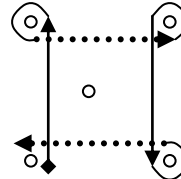
7) **Arrow**



8) **4 Corner Sprint**



9) **4 Corners**



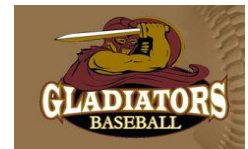
Key:

Sprinting Forward { ————— }  
 Lateral Shuffle { ..... }

Backward Run { - - - - - }  
 Carioca { ■■■■■■ }



*Holiday Conditioning Program*



## **DAY 3: Cardio/Endurance Day**

### **Week 1:**

- 1) **30-Minute Run**
  - a. *Warm-Up: 10-Minute Jog*
  - b. *10 minute Interval Run (Sprint 15sec, Jog 45 sec)*
  - c. *Cool-Down: 10-Minute Jog*
- 2) **Static Stretch:** See bottom of sheet

### **Week 2:**

- 1) **35-Minute Run**
  - a. *Warm-Up: 15-Minute Jog*
  - b. *10 minute Interval Run (Sprint 15sec, Jog 45 sec)*
  - c. *Cool-Down: 10-Minute Jog*
- 2) **Static Stretch:** See bottom of sheet

### **Week 3:**

- 1) **35-Minute Run**
  - a. *Warm-Up: 13-Minute Jog*
  - b. *12 minute Interval Run (Sprint 15sec, Jog 45 sec)*
  - c. *Cool-Down: 10-Minute Jog*
- 6) **Static Stretch:** Hold each stretch for 15 seconds & Repeat
  - a. Supine Lying Hamstring Stretch
  - b. Supine Lying IT Band Stretch (take leg across body)
  - c. Supine Lying Figure 4 Stretch
  - d. Seated Forward Straddle
  - e. Seated Side Straddle
  - f. Quad Stretch (either side-lying or standing)
  - g. Groin Stretch (either standing or seated – butterfly)
  - h. Calf Stretch

\*Note: Supine means lying on your back (face up)

