Week 1

#1	#2		#3	#4
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18-May	19-May	20-May	21-May	22-May
A. WARM UP	A. WARM UP	OFF	A. WARM UP	A. WARM UP
High Knees: 2x20 yds.	High Knees: 2x20 yds.	I	High Knees: 2x20 yds.	High Knees: 2x20 yds.
Butt Kicks: 2x20 yds.	Butt Kicks: 2x20 yds.	I	Butt Kicks: 2x20 yds.	Butt Kicks: 2x20 yds.
Prancer: 2x30 yds.	Prancer: 2x30 yds.	V	Prancer: 2x30 yds.	Prancer: 2x30 yds.
Toe Touches: 1x20 yds.	Toe Touches: 1x20 yds.	I	Toe Touches: 1x20 yds.	Toe Touches: 1x20 yds.
Skipping Arm Circle: 2x 20 yds.	Skipping Arm Circle: 2x 20 yds.	I	Skipping Arm Circle: 2x 20 yds.	Skipping Arm Circle: 2x 20 yds.
Shuffle Arm Swings: 2x 20 yds.	Shuffle Arm Swings: 2x 20 yds.	V	Shuffle Arm Swings: 2x 20 yds.	Shuffle Arm Swings: 2x 20 yds.
Parallel Slide: 2x20 yds.	Parallel Slide: 2x20 yds.	I	Parallel Slide: 2x20 yds.	Parallel Slide: 2x20 yds.
Forward Lunge Walk: 2x20 yds.	Forward Lunge Walk: 2x20 yds.	I	Forward Lunge Walk: 2x20 yds.	Forward Lunge Walk: 2x20 yds.
Reverse Lunge Walk: 2x20 yds.	Reverse Lunge Walk: 2x20 yds.	V	Reverse Lunge Walk: 2x20 yds.	Reverse Lunge Walk: 2x20 yds.
Side Lunge: 2x20 yds.	Side Lunge: 2x20 yds.	I	Side Lunge: 2x20 yds.	Side Lunge: 2x20 yds.
High Knee Carioca: 2x20 yds.	High Knee Carioca: 2x20 yds.	I	High Knee Carioca: 2x20 yds.	High Knee Carioca: 2x20 yds.
Quick Carioca: 2x20 yds.	Quick Carioca: 2x20 yds.	V	Quick Carioca: 2x20 yds.	Quick Carioca: 2x20 yds.
Lose Hip Walk: 1x20 yds.	Lose Hip Walk: 1x20 yds.	I	Lose Hip Walk: 1x20 yds.	Lose Hip Walk: 1x20 yds.
Lizard: 1x20 yds.	Lizard: 1x20 yds.	I	Lizard: 1x20 yds.	Lizard: 1x20 yds.
Leg Swing: 10 per leg	Leg Swing: 10 per leg	V	Leg Swing: 10 per leg	Leg Swing: 10 per leg
		I		
B. STRETCH	B. STRETCH	I	B. STRETCH	B. STRETCH
See Flexibility Section	See Flexibility Section	V	See Flexibility Section	See Flexibility Section
		I		
C. SPEED	C. AGILITY	I	C. SPEED	C. AGILITY
Form Starts: 5x10 yds.	Pro Agility: 2 reps	V	Form Starts: 5x10 yds.	4 Corner Drill: 2 reps
Position Starts: 5x10 yds.	30 Yard Shuffle Ladder: 2 reps	I	Position Starts: 5x10 yds.	Lines: 2 reps
Arm Swing: 2x30 sec.	40 Yard Ladder: 2 reps	I	Arm Swing: 2x30 sec.	Zig Zag Run: 4 reps
Buildups: 2x30 yds.		V	Buildups: 2x30 yds.	
Buildups: 2x40 yds.	D. PLYOMETRICS	I	Buildups: 2x40 yds.	D. PLYOMETRICS
	Jump Tucks: 2x10 reps	I		Jump Tucks: 2x10 reps
D. LIFT	Bound for Height: 2x20 yds.	V	D. LIFT	Bound for Height: 2x20 yds.
See Strength Section	Bound for Distance: 2x20 yds.	I	See Strength Section	Bound for Distance: 2x20 yds.
	1 leg Hop: 2x10 reps	I		1 leg Hop: 2x10 reps
E. CORE TRAINING	Power Skipping: 2x20 yds.	V	E. CORE TRAINING	Power Skipping: 2x20 yds.
Crunches: 3x25		I	Full Sit Up: 3x25	
Bicycle Crunch: 1x25	E. LIFT	I	Half Sit-up: 1x25	E. LIFT
Superman: 1x10	See Strength Section	V	Opposite Superman: 1x10	See Strength Section
Leg Raises: 3x30 sec.		I	2 Knee Up: 1x20	
Hurdles: 3x6 hurdles (Front)	F. CORE TRAINING	I	Hurdles: 3x6 hurdles (Front)	F. CORE TRAINING
Hurdles: 3x6 hurdles (Left)	Full/Up/Half/Up: 1x25	V	Hurdles: 3x6 hurdles (Left)	Heel Twist: 1x25
Hurdles: 3x6 hurdles (Right)	Side Crunch: 2x25	I	Hurdles: 3x6 hurdles (Right)	Rope Climb: 1x25
Hurdles: 3x6 hurdles (Back)	Push Up: 1x10	I	Hurdles: 3x6 hurdles (Back)	Clap Push Up: 1x7
	Wall Sit: 3x30	V		Leg Over: 1x15
F. CONDITIONING		I	F. CONDITIONING	
V Sprint: x4	G. CONDITIONING	I	V Sprint: x4	G. CONDITIONING
	Gasser: x2	V		Ladder: x1
G. STRETCH		I	G. STRETCH	
See Flexibility Section	H. STRETCH	I	See Flexibility Section	H. STRETCH
	See Flexibility Section	V		See Flexibility Section