Week 11

#41 MONDAY 27-Jul	#42 TUESDAY 28-Jul	WEDNESDAY 29-Jul	THURSDAY 30-Jul	FRIDAY 31-Jul
A. WARM UP	**A. WARM UP**	OFF	OFF	OFF
High Knees: 2x20 yds.	High Knees: 2x20 yds.	I	I	I
Butt Kicks: 2x20 yds.	Butt Kicks: 2x20 yds.	I	I	I
Prancer: 2x30 yds.	Prancer: 2x30 yds.	V	V	V
Toe Touches: 1x20 yds.	Toe Touches: 1x20 yds.	I	I	I
Skipping Arm Circle: 2x 20 yds.	Skipping Arm Circle: 2x 20 yds.	I	I	I
Shuffle Arm Swings: 2x 20 yds.	Shuffle Arm Swings: 2x 20 yds.	V	V	V
Parallel Slide: 2x20 yds.	Parallel Slide: 2x20 yds.	I	I	I
Forward Lunge Walk: 2x20 yds.	Forward Lunge Walk: 2x20 yds.	I	I	I
Reverse Lunge Walk: 2x20 yds.	Reverse Lunge Walk: 2x20 yds.	V	V	V
Side Lunge: 2x20 yds.	Side Lunge: 2x20 yds.	I	I	I
High Knee Carioca: 2x20 yds.	High Knee Carioca: 2x20 yds.	I	I	I
Quick Carioca: 2x20 yds.	Quick Carioca: 2x20 yds.	V	V	V
Lose Hip Walk: 1x20 yds.	Lose Hip Walk: 1x20 yds.	I	I	I
Lizard: 1x20 yds.	Lizard: 1x20 yds.	I	I	I
Leg Swing: 10 per leg	Leg Swing: 10 per leg	V	V	V
		I	I	I
B. STRETCH	**B. STRETCH**	I	I	I
See Flexibility Section	See Flexibility Section	V	V	V
		I	I	I
C. SPEED	**C. AGILITY**	I	I	I
Speed Arms: 3x10 sec.	Pro Agility: 3 reps	V	V	V
Knee Drive: 3x 10 sec.	30 Yard Shuffle Ladder: 3 reps	I	I	I
Form Starts: 7x10 yds.	40 Yard Ladder: 3 reps	I	I	I
Position Starts: 7x10 yds.		V	V	V
Half-Full-Half: 2 reps	**D. PLYOMETRICS**	I	I	I
Acceleration Course: 3 reps	Jump Tucks: 2x10	I	I	I
Start and Stop: 4 reps	Bound for Height: 2x20 yds	V	V	V
	Bound for Distance: 2x20 yds	I	I	I
D. LIFT	1 leg Hop: 2x10 reps	I	I	I
See Strength Section	Power Skipping: 2x20 yds.	V	V	V
		I	I	I
E. CORE TRAINING	**E. LIFT**	I	I	I
Crunch: 4x25	See Strength Section	V	V	V
Bicycle Crunch: 2x25		I	I	I
Superman: 3x10	**F. CORE TRAINING**	I	I	I
1 Knee Up: 1x20	Full/Up/Half/Up: 2x25	V	V	V
Hurdles: 3x6 hurdles (Front)	Side Crunch: 3x25	I	I	I
Hurdles: 3x6 hurdles (Left)	Push Up: 3x10	I	I	I
Hurdles: 3x6 hurdles (Right)	Leg Over: 3x15	V	V	V
Hurdles: 3x6 hurdles (Back)		I	I	I
	G. CONDITIONING	I	I	I
F. CONDITIONING	Gasser x6	V	V	V
U Sprint x8		I	I	I
	H. STRETCH	I	I	I
G. STRETCH	See Flexibility Section	V	V	V
See Flexibility Section				