Week 9

#33	#34		#35	#36
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
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
Knee Drive: 3x10 sec.	Cross Drill: 3 reps	V	Knee Drive: 3x10 sec.	Pro Agility: 3 reps
Form Start: 7x10 yds.	T-Drill: 3 reps	I	Form Start: 7x10 yds.	30 Yard Shuffle Ladder: 3 reps
Position Start: 7x10 yds.	Cone Drill: 3 reps	I	Position Start: 7x10 yds.	40 Yard Ladder: 3 reps
Buildups: 3x30 yds.		V	Buildups: 3x30 yds.	
Flying 10's: 3 reps	D. PLYOMETRICS	I	Flying 10's: 3 reps	D. PLYOMETRICS
Start and Stop: 4 reps	Jump Tucks: 2x10	I	Start and Stop: 4 reps	Jump Tucks: 2x10
	Bound for Height: 2x20 yds	V		Bound for Height: 2x20 yds
D. LIFT	Bound for Distance: 2x20 yds	I	D. LIFT	Bound for Distance: 2x20 yds
See Strength Section	1 leg Hop: 2x10 reps	I	See Strength Section	1 leg Hop: 2x10 reps
	Power Skipping: 2x20 yds.	V		Power Skipping: 2x20 yds.
E. CORE TRAINING		I	E. CORE TRAINING	
Crunch: 4x25	E. LIFT	I	Full Sit Up: 4x25	E. LIFT
Bicycle Crunch: 2x25	See Strength Section	V	Half Twist: 2x25	See Strength Section
Opposite Superman: 3x10		I	Push Up Superman: 3x10	
2 Knee Up: 2x20	F. CORE TRAINING	I	1 Knee Up: 1x20	F. CORE TRAINING
Hurdles: 3x6 hurdles (Front)	Full/Up/Half/Up: 2x25	V	Hurdles: 3x6 hurdles (Front)	Heel Twist: 2x25
Hurdles: 3x6 hurdles (Left)	Side Crunch: 3x25	I	Hurdles: 3x6 hurdles (Left)	Rope Climb: 2x25
Hurdles: 3x6 hurdles (Right)	Diamond Push Up: 3x10	I	Hurdles: 3x6 hurdles (Right)	Push Up: 3x10
Hurdles: 3x6 hurdles (Back)	Leg Over: 3x15	V	Hurdles: 3x6 hurdles (Back)	Wall Sit: 3x45 sec.
		I		
F. CONDITIONING	G. CONDITIONING	I	F. CONDITIONING	G. CONDITIONING
V Sprint x8	Gasser x4	V	V Sprint x8	350
		I		
G. STRETCH	H. STRETCH	I	G. STRETCH	H. STRETCH
See Flexibility Section	See Flexibility Section	V	See Flexibility Section	See Flexibility Section