

Program Guidelines

There are two workouts per week. To follow the program, look at the week and workout you are at and go down the column. To get full benefit from this program, skip at least one day between workouts.

Exercise Description:

Starts: Each start is followed by a 10 yard sprint. Rest 20-30 seconds between each start.

Push up – Get down on your belly. Hands should be in a push-up position. On a signal, push up and sprint 10 yards.

Seated – Sit facing opposite direction. On a signal, get up, turn and sprint 10yds. Next time around, turn to opposite side after getting up.

On back – Lay on your back. On a signal, roll over, get up and finish with 10yd sprint. Next time around, roll to opposite side before getting up.

Head N’Go – From a standing position, jump to head an imaginary ball then sprint 10yds. Even better if someone’s there to serve you the ball to head.

Speed: Sprint as fast as you can each time – don’t hold back! Resting times for each distance are as follows; 60yds = 60seconds 40yds = 40seconds 30yds = 30seconds
20 yds = 20 seconds 10 yds = 15 seconds

It’s important to follow the resting times outlined.

Agility: Rest for 30-40 seconds between each repetition for the following exercises. Rest for 60 seconds after the 5yd-10yd-5yd. Run as fast as you can without losing control as you change direction.

W-drill – You need 5 markers (cones, socks etc.). Mark the letter ‘W’ with the markers placing them 5yds apart;

- 1) sprint: sprint around the markers. Concentrate on making good cuts.
- 2) sprint and backpedal: sprint to the first marker, backpedal to the second, sprint to the third etc.
- 3) shuffle and sprint: shuffle to the first markers, sprint to the second marker, shuffle to the third marker etc.

5yd-10yd-5yd – Place two markers 10yds apart, place a third in the middle. Start at the middle marker. On a signal, sprint 5yds to the marker to the right of you, touch it with your hand and change direction to sprint to the marker furthest away i.e. the 10yd marker. Touch this marker and change direction to sprint to the middle marker to finish. Next time through, start to your left and continue.

Program Guidelines

Start drill – Make a square box with 4 markers 5yds apart. Place a fifth marker in the middle of the box. Start in the middle, sprint to one corner and back to the middle, sprint to a different corner and back to the middle until you have touched all four corners. Do not run a diagonal ... always change direction by cutting at the middle marker.

Conditioning: Run as hard as you possibly can during these drills ... time yourself frequently and record your times to measure your improvements. Rest 4 minutes between each 7 x 100yd and rest 2 minutes between each 300 yd shuttle.

7 x 100 – Place two markers 100yds apart. Run between the markers until you have finished 7 x 100yds without stopping.

300yd shuttle – 1) short-long: place markers at 10, 20, 30, 40, 50yds. Run to the 10yd marker and back, 20yd marker and back, 30yd marker and back, 40yd marker and back, and 50yd marker and back.

EXERCISE	Week1		Week 2		Week 3		Week 4		Week 6	
	1	2	1	2	1	2	1	2	1	
WARM UP										
STARTS:										
Push up	x 4	x 4	x 4	x 4	x 5	x 5	x 6	x 6	x 4	
Seated	x 4		x 4		x 5		x 6			
On Back		x 4		x 4		x 5		x 6		
Head N' Go									x 4	
SPEED:										
20 yds		x 4		x 4		x 4		x 4	x 4	
30 yds		x 3		x 3		x 4		x 4	x 4	
40 yds	x 3		x 3		x 4		x 4			
60 yds	x 2		x 2		x 2		x 2			
AGILITY:										
W-Drill -										
(1) sprint	x 2		x 2		x 2		x 2		x 2	
(2) sprint, backpedal	x 2		x 2		x 2		x 2		x 2	
(3) shuffle, sprint	x 2		x 2		x 2		x 2		x 2	
									x 4	
5 yds - 10 yds - 5yds		x 2		x 2		x 2		x 2		
Star drill	x 3		x 3		x 3		x 3			
CONDITIONING:										
7 x 100 yds	x 1		x 1		x 1		x 1			
300 yds shuttle -										
(1) short-long		x 1		x 1		x 1		x 1	x 1	