

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (2-leg landing)	3	5	30 seconds between sets
Med Ball crow hop throw	2	10	30 seconds between sets
Prime Timer's (15 yards)	1	5	Walk back to the start
Lean and Fall sprints (15 yard sprints)	1	5	Walk back to the start
Hill Sprints (15 seconds)	1	10	Walk back to the start

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise
<p><b>Cardiac Output:</b> Perform 30 minutes of aerobic work where your heart rate stays in the 120-150 bpm range for the entire time. You do not need to run for 30 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 15 minutes and then switch to another 5-6 exercises for the final 15 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + Tempo runs on grass (80% effort)</p>

### Day 3: Thursday

Exercise	Sets	Reps	Rest
Skate Hops w/a bounce-and-stick	2	3 per side	15 seconds
Medicine Ball Hip Hinge and Reach	2	5 per side	NA
Mini Band Knees Lateral Deceleration	2	10 per side	15 seconds
Lateral 5 Yard Shuffle to Forward Sprint (15 yards)	2	4 sprints per side	75 seconds
Backpedal 5 Yards to a Forward Sprint (15 yards)	1	5 sprints	75 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
18 to 18 Runs (linear runs) @ 90% effort	1	6	45 seconds
Tempo Run on Grass (80% effort)	1	20 minutes	NA

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (2-leg landing)	4	5	30 seconds between sets
Med Ball crow hop throw	3	10	1 minute after 10 throws
Prime Timer's (15 yards)	1	6	Walk back to the start
Lean and Fall sprints (15 yard sprints)	1	6	Walk back to the start
Hill Sprints (15 seconds)	1	12	Walk back to the start

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise
<p><b>Cardiac Output:</b> Perform 35 minutes of aerobic work where your heart rate stays in the 120-150 bpm range for the entire time. You do not need to run for 35 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 20 minutes and then switch to another 5-6 exercises for the final 15 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + 5 minutes of a medicine ball circuit (med ball throws) + 5 minutes of sled pushes. Rest 3 minutes and repeat.</p>

### Day 3: Thursday

Exercise	Sets	Reps	Rest
Skate Hops w/a bounce-and-stick	2	4 per side	15 seconds
Medicine Ball Hip Hinge and Reach	3	6 per side	NA
Mini Band Knees Lateral Deceleration	3	10 per side	15 seconds
Lateral 5 Yard Shuffle to Forward Sprint (20 yards)	2	5 sprints per side	65 seconds
Backpedal 5 Yards to a Forward Sprint (20 yards)	1	7	65 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
18 to 18 Runs (linear runs) @ 90% effort	1	8	40 seconds
Tempo Run on Grass (80% effort)	1	25 minutes	NA

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (2-leg landing)	4	6	30 seconds between sets
Med Ball crow hop throw	3	10	1 minute after 10 throws
Prime Timer's (20 yards)	1	6	Walk back to the start
Lean and Fall sprints (20 yard sprints)	1	8	Walk back to the start
Hill Sprints (20 seconds)	1	12	Walk back to the start

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise
Perform 40 minutes of aerobic work where your heart rate stays in the 120-150 bpm range for the entire time. You do not need to run for 40 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 20 minutes and then switch to another 5-6 exercises for the final 20 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + 5 minutes of a medicine ball circuit (med ball throws) + 5 minutes of sled pushes. Rest 3 minutes and repeat.

### Day 3: Thursday

Exercise	Sets	Reps	Rest
Skate Hops w/a bounce-and-stick	3	4 per side	15 seconds
Medicine Ball Hip Hinge and Reach	3	6 per side	NA
Mini Band Knees Lateral Deceleration	3	12 per side	15 seconds
Lateral 5 Yard Shuffle to Forward Sprint (25 yards)	2	5 sprints per side	60 seconds
Backpedal 5 Yards to a Forward Sprint (20 yards)	1	10 sprints	60 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
18 to 18 Runs (linear runs) @ 90% effort	1	8	40 seconds
Tempo Run on Grass (80% effort)	1	30 minutes	NA

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (single leg landing)	2	5 jumps per side	10 seconds between jumps
Med Ball Broad Jump and Throw to a Wall	2	10 throws (20 total)	10 seconds between throws
Linear Bounding-3 steps into a sprint (15 yards)	1	5	Walk back to the start
Tennis Ball Partner Sprints (10 yards)	1	5	Walk back to the start
Fly In Sprints (10 yard jog + 30 yard sprint)	1	5	Walk back to the start. Full recovery

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise	Sets	Reps	Rest
300-Yard Shuttle Run	2	1	60 seconds or HR under 130 bpm

**Note:** Set 2 cones 25 yds apart. You run up and back for a total of 300 yards.

### Day 3: Thursday

Exercise	Sets	Reps	Rest
Skate Hops and Stick	3	4 per side	15 seconds
Resisted Band Lateral Shuffle and Back	3	5 reps per side	30 seconds
Lateral Shuffle w/no Band (5 yards and back)	3	3 reps per side	30 seconds
Resisted Forward Sprints (10 yards)	2	5	75 seconds
Linear Sprints (20 yards)	1	5	75 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
Threshold Runs	3	3 minutes	3 minutes or HR under 120 bpm

**Note:** Runs are done below your anaerobic threshold (HR between 155-165 for most people). Effort is hard but not a sprint.

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (single leg landing)	3	5 jumps per side	10 seconds between jumps
Med Ball Broad Jump and Throw to a Wall	2	10 throws (20 total)	10 seconds between throws
Linear Bounding-3 steps into a sprint (15 yards)	2	3	Walk back to the start.
Tennis Ball Partner Sprints (10 yards)	2	4	Walk back to the start
Fly In Sprints (10 yard jog + 30 yard sprint)	1	8	Walk back to the start. Full recovery

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise	Sets	Reps	Rest
300-Yard Shuttle Run	2	1	60 seconds or HR under 130 bpm

**Note:** Set 2 cones 25 yds apart. You run up and back for a total of 300 yards.

### Day 3: Thursday

Exercise	Sets	Reps	Rest
Skate Hops and Stick	3	5 per side	15 seconds
Resisted Band Lateral Shuffle and Back	3	6 reps per side	30 seconds
Lateral Shuffle w/no Band (5 yards and back)	3	3 reps per side	30 seconds
Resisted Forward Sprints (10 yards)	2	6	75 seconds
Linear Sprints (20 yards)	1	8	75 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
Threshold Runs	3	3 minutes	3 minutes or HR under 120 bpm

**Note:** Runs are done below your anaerobic threshold (HR between 155-165 for most people). Effort is hard but not a sprint.

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (single leg landing)	3	5 jumps per side	10 seconds between jumps
Med Ball Broad Jump and Throw to a Wall	2	8 throws (20 total)	10 seconds between throws
Linear Bounding-3 steps into a sprint (15 yards)	2	4	Walk back to the start.
Tennis Ball Partner Sprints (10 yards)	1	5	Walk back to the start
Fly In Sprints (10 yard jog + 30 yard sprint)	1	10	Walk back to the start. Full recovery

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise	Sets	Reps	Rest
300-Yard Shuttle Run	2	1	60 seconds or HR under 130 bpm

**Note:** Set 2 cones 25 yds apart. You run up and back for a total of 300 yards.

### Day 3: Thursday

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Skate Hops and Stick	2	5 per side	15 seconds
Resisted Band Lateral Shuffle and Back	3	5 reps per side	30 seconds
Lateral Shuffle w/no Band (5 yards and back)	3	3 reps per side	30 seconds
Resisted Forward Sprints (10 yards)	1	8	75 seconds
Linear Sprints (20 yards)	1	5	75 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
1-Mile Time Trial	1	1 mile as fast as possible	NA

**Note:** After a good warm-up, test yourself in a 1-mile time trial on a track. Record how long it takes for your heart rate to get below 120 bpm.

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Lean and Fall Sprints (15 yard sprints)	2	5	Walk back to the start
Hill Sprints (15 seconds)	2	10	Walk back to the start

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 2: Tuesday

Exercise
<b>Cardiac Output:</b> Perform 30 minutes of aerobic work where your heart rate stays in the 120-150 bpm range for the entire time. You do not need to run for 30 minutes. You could do a circuit where you pick 5-6 exercises and rotate through them for 15 minutes and then switch to another 5-6 exercises for the final 15 minutes. Here is an example: Circuit #1: 5 minutes of continuous running + 5 minutes of jump rope + Tempo runs on grass (80% effort)

### Day 3: Thursday

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Medicine Ball Hip Hinge and Reach	3	5 per side	NA
Mini Band Knees Lateral Deceleration	3	10 per side	15 seconds
Lateral 5 Yard Shuffle to Forward Sprint (15 yards)	3	4 sprint per side	75 seconds
Backpedal 5 Yards to a Forward Sprint (15 yards)	2	5	75 seconds

**Note:** You can also use a heart rate monitor and begin each sprint when your heart returns to 130 bpm.

### Day 4: Saturday

Exercise	Sets	Reps	Rest
18 to 18 Runs (linear runs) @ 90% effort	2	6	45 seconds
Tempo Run on Grass (80% effort)	2	20 minutes	NA

### Day 1: Monday

Exercise	Sets	Reps	Rest
Box Jumps (2-leg landing)	5	5	30 seconds between sets
Med Ball Crow Hop Throw	4	10	1 minute after 10 throws
Prime Timer's (15 yards)	2	6	Walk back to the start
Lean and Fall Sprints (15 yard sprints)	2	6	Walk back to the start
Hill Sprints (15 seconds)	2	12	Walk back to the start

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### Day 4: Saturday

Exercise	Sets	Reps	Rest
18 to 18 Runs (linear runs) @ 90% effort	2	8	40 seconds
Tempo Run on Grass (80% effort)	2	25 minutes	NA