Week 1	M	Т	W	Th	F	S	Sun
	Upper Body	Stretch (30	Lower Body			Recovery (30-60	
24-May	Weights Boy	minutes every	Weights	Buildup 1	Ladder Work	minutes light	
	Weights	muscle group) 10-12 mile bike (60-				work)	
	Shuttle 3x3	min goal)	Mile Repeat	300 Split x5	Gassers 3x6		
Week 2	М	Т	W	Th	F	S (20.60	Sun
31-May	Upper Body	Lower Body	Stretch (30 minutes every	Core Work	Build up 3	Recovery (30-60 minutes light	
31-iviay	Weights	Weights	muscle group)	Core Work	Build up 3	work)	
	Build Up 1	Mile Repeats	Shuttle 3x4	300 Split x5			
M l 2		-		TI.	-		<u> </u>
Neek 3	M Upper Body	T Lower Body	W	Th	F 12 minute 30/30	S	Sun
7-Jun	Weights	Weights	Core Work	Mile Repeats	interval		
	Shuttle 4x4	120's x8	Build up 2				
Week 4	M	Т	W	Th	F	S	Sun
VEEK 4	IVI	'		111	Stretch (30	3	Juli
14-Jun	Shuttle 4x4	Build Up 2	14 minute 30/30	300 Split x7	minutes every		
			Interval		muscle group)		
Week 5	M	T	W	Th	F	S	Sun
21-Jun	Upper Body Weights	120s x8	Lower Body Weights	Gassers 3x6	10-12 mile bike (60- min goal)	Speed Play 3	
	Speed Play 1	Shuttle 4x4	Weights		min goar)		
Week 6	M	Т	W	Th	F	S (22.52	Sun
28-Jun	Upper Body	15 min 30/30	Lower Body	120s x8	Speed Play 3	Recovery (30-60 minutes light	
	Weights	Interval	Weights	1205 X6	Speed Play 3	work)	
	Shuttle 4x4	300 Split x8	Build up 2	Speed Play 1	Mile Repeats		
Maal. 7	N4	T	W	Th	-	S	C
Neek 7	M	T		Th	F	Recovery (30-60	Sun
5-Jul	Upper Body	Shuttle 3x5	Lower Body	10-12 mile bike (60-	Core Work	minutes light	
	Weights		Weights	min goal)		work)	
	Gassers 3x8	120s x8	Speed Play 2		15 min 30/30		
					Interval		
Neek 8	М	Т	W	Th	F	S	Sun
	P90X Back and		P90X Legs and	10-12 mile bike (60-		Recovery (30-60	
12-Jul	Biceps	P90X Yoga	Back	min goal)	Core Work	minutes light	
	Shuttle 3x6	Buildup 3	Mile Repeats		300 Split x8	work)	
Week 9	M	T	W	Th	F	S	Sun
19-Jul	Upper Body	Gassers 3x8	Lower Body	Build up 2	Core Work	Recovery (30-60 minutes light	
	Weights	G033C13 3A0	Weights	Dalla up Z	COIC WOIR	work)	
	Shuttle 4x5	120s x10	Speed Play 2	16 min 30/30		,	
	Shattle 4x5	1203 ×10	Speculitay 2	Interval			
Veek 10	M	Т	W	Th	F	S	Sun
	Upper Body		Lower Body		10-12 mile bike (60-	Recovery (30-60	
26-Jul	Weights	Speed Play 2	Weights	Core Work	min goal)	minutes light	
	300 Split x9	Shuttle 3x6	Mile Repeats	Speed Play 3	Buildup 3	work)	
	Joo Juit va	Silutile 3AU	wine nepeats	эрсси гіау э	bulldup 3		
Veek 11	М	Т	W	Th	F	S	Sun
2-Aug Week 12	Upper Body	و جند اماندرو	Lower Body	Speed Die 2	Coro West	Recovery (30-60	
	Weights	Build up 3	Weights	Speed Play 3	Core Work	minutes light work)	
	Ch	120: 10	Canadal a	20 min 30/30	C 1 0	WOIN	
	Shuttle 4x5	120s x10	Speed Play 3	Interval	Gassers 4x8		
	N 4	T	W	Th	F	c	C=
9-Aug	M	I	vv	Th	Г	S	Sun
				Storm Camp			

### 25yd Shuttle

Set cones 5yds apart. Cone at start, 5yd, 10yd, 15yd, 20yd, 25yd.

1 rep = sprint 5yds and sprint back, 10yds and back, 15yds and back, 20yds and back, 25yds and back.

Rest 35seconds between reps and 90 seconds between sets.

### **Build ups**

Sprint out and jog back to start, immediately begin the next sprint. Rest 30 seconds between distance increases.

Build Up 1: (4) 20yd sprints, (3) 40yd sprints, (2) 60yd sprints, (2) 80yd sprints, (1) 100yd sprints

Build Up 2: (6) 20yd sprints, (5) 40yd sprints, (3) 60yd sprints, (3) 80yd sprints, (2) 100yd sprints

Build Up 3: (8) 20yd sprints, (7) 40yd sprints, (4) 60yd sprints, (4) 80yd sprints, (2) 100yd sprints

#### 30/30 Intervals

Sprint 30 seconds, recovery jog 30 seconds. Do this continuously for the specified time.

## 300 Split

1 rep = Run 120yds down and back in 60 seconds (full length of field). Rest 30 seconds. Run 60yds (to midfield). Walk back to start. Rest 60 seconds between reps

### Mile Repeat

Run 1 mile < 7:15.

Rest/stretch for 5 minutes.

Run another mile < 7:30

#### Gassers

Set two cones 30yds apart. 1 rep = (1) 30 yd sprint. Rest 10sec between each rep. Rest 90sec between each set.

## 120's

Sprint full length of field in 19 seconds. Rest remainder of minute.

## Speed Play 1 – 30 Minutes in Duration

2 minutes – walk 15 seconds, jog 45 seconds 3 minutes – walk 25 seconds, stride 35 seconds

10 minutes – walk 45 seconds, sprint 15 seconds

2 minutes – walk 15 seconds, jog 45 seconds 3 minutes – jog 15 seconds, stride 45 seconds 5 minutes – walk 40 seconds, sprint 20 seconds

5 minutes – jog

## Speed Play 2 – 35 Minutes in Duration

2 minutes – walk 10 seconds, jog 50 seconds

5 minutes – walk 20 seconds, stride 40 seconds

5 minutes – walk 35 seconds, sprint 25 seconds

5 minutes – walk 10 seconds, jog 50 seconds 5 minutes – Jog 45 seconds, sprint 15 seconds

5 minutes – walk 50 seconds, sprint 10 seconds

3 minutes – walk 30 seconds, jog 30 seconds

5 minutes – walk 15 seconds, stride 45 seconds

# Speed Play 3 – 40 Minutes in Duration

2 minutes – walk 20 seconds, jog 40 seconds

3 minutes – jog 20 seconds stride 40 seconds 10 minutes – walk 35 seconds, sprint 25 seconds

5 minutes – walk 30 seconds, stride 30 seconds

2 minutes – jog 40 seconds, sprint 20 seconds 3 minutes – walk 35 seconds, sprint 25 seconds

10 minutes – jog 30 seconds, stride 30 seconds 5 minutes – jog