

Monday

LOWER BODY MOVEMENTS

Item	Set 1	Set 2	Set 3
LINE 1	Back Squats 3x25 (hands locked behind head)	Crunches 3x10-20	RDLs 3x15 (hands locked behind head)
LINE 2	Front Squats 3x25 (hands folded in front of body with elbows up)	Back Extensions /Superman's 3x10-20	Calf Raises 3x30
LINE 3	Lunge (forward) opposite arm & leg 3x15 per leg	Leg Raises 3x10-20	Lunge (backward) opposite arm & leg 3x15

FIELD WORK

Sprints 20 yrd x 5 times
Shuttle Run 20 yds - 5x3 (run 20 yds & back 5 times straight for one set. Do 3 sets. Time yourself. Then try to beat your time. (ex: 20+20+20+20+20=set 1. Do this 5 times. Rest for 2.5 minutes between sets.
Striders - 100 yds x 12 times (Run then walk. Estimate distance at a park or resourceful area. Rest for 2.5 minutes between runs)

STRETCHING

Static Stretch
Toe Touch (Mid/LT/RT)
Splits (Rt/LT/Mid)
Calves (Mid/RT/LT)
Hip flexor (RT/LT)
Huddler Stretch (RT/LT/Front/Hip)
Spinal Twist
Butterfly
Plough (Kick legs over back of head while on your back)
Seated toe touch
Groin Stretch

Tuesday

EXPLOSIVE MOVEMENTS			
Item	Set 1	Set 2	Set 3
LINE 1	Squat Jumps DBL Leg 3x15	Scissor Kicks 3x15 per leg	Lateral Steppers LT/RT 3x10 steps per side
LINE 2	Push Ups Clappers 3x5-10	Back Extensions/Superman's 3x10-20 (Can be done on the floor)	Hand Walks LT/RT 3x10 yards per side (push up position, move laterally for 15-20 steps)
LINE 3	Broad Jumps Single Leg (Distance) 3x5 per leg	Planks 3x60 seconds	Power Skips DBL Arm (Height) 3x10

FIELD WORK
50 yrd Form Runs 3x5 (Estimate your distance on a field)
Striders 200 yds x 6 times - (Run then walk. Rest for 3 minutes. Estimate your distance on a field)

STRETCHING
Static Stretch
Toe Touch (Mid/LT/RT)
Splits (Rt/LT/Mid)
Calves (Mid/RT/LT)
Hip flexor (RT/LT)
Huddler Stretch (RT/LT/Front/Hip)
Spinal Twist
Butterfly
Plough (Kick legs over back of head while on your back)
Seated toe touch
Groin Stretch

Wednesday or Thursday

EXPLOSIVE MOVEMENTS

Item	Set 1	Set 2	Set 3
LINE 1	Push-Ups 3x10-20	Crunches 3x10-20	Push Ups with FRONT Tap 3x10
LINE 2	Pull Ups 3x10 (can be done by laying on back under a table)	Back Extensions /Superman's 3x10-20	Push Ups with SIDE Tap 3x10
LINE 3	Reverse Dip 3x10-20 (can be done by siting on bottom turned away from a chair.	Leg Raises 3x10-20	Lateral Raise 3x10 (Can use weight or arms, dumb bells or two items of equal weight.

FIELD WORK

50 yrd Form Runs 3x5

STRETCHING

Static Stretch

Toe Touch (Mid/LT/RT)

Splits (Rt/LT/Mid)

Calves (Mid/RT/LT)

Hip flexor (RT/LT)

Huddler Stretch (RT/LT/Front/Hip)

Spinal Twist

Butterfly

Plough (Kick legs over back of head while on your back)

Seated toe touch

Groin Stretch

Friday

Combination Exercises			
Item	Set 1	Set 2	Set 3
LINE 1	Wall Sits 3x60 seconds	Scissor Kicks 3x15 per leg	Standing Hamstring Curl 3x15 per leg (lean against a wall)
LINE 2	Step Ups 3x15 per leg	Back Extensions/Superman's 3x10-20 (Can be done on the floor)	Calf Raises 3x25
LINE 3	Lateral Step Downs 3x15 per leg	Planks 3x60 seconds	Backward Lunge 3x25

FIELD WORK
Sprints 20 yrd x 5 times
Shuttle Run 20 yds - 5x3 (run 20 yds & back 5 times straights for one set. Do 3 sets. Time yourself. Then try to beat your time. (ex: 20+20+20+20+20=set 1. Do this 5 times.
Striders - 100 yds x 12 times (Run then walk. Estimate distance at a park or resourceful area. Rest for 2.5 minutes)

STRETCHING
Static Stretch
Toe Touch (Mid/LT/RT)
Splits (Rt/LT/Mid)
Calves (Mid/RT/LT)
Hip flexor (RT/LT)
Huddler Stretch (RT/LT/Front/Hip)
Spinal Twist
Butterfly
Plough (Kick legs over back of head while on your back)
Seated toe touch
Groin Stretch