MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Toe Touch - 20 yards	Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
High Knee Crossover - 20 yards	Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Backward Skip - 20 yards	Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
High Knees (reps) - 20 yards	Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
Backward High Knees (reps) - 20 yards		Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Speed Ladder 5 - 7 Sets	Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Jump Rope - Stationary - 1:00-1:30 minutes
<u> Ab - Core Development</u>	Ab - Core Development	Ab - Core Development	Ab - Core Development
Hokie Leg Raises - 1 X 20	Flutter Kick - 1 X 30 - 45 seconds	Partner Leg Throws - 1 X 30, 1 X 20	Pikes 10 reps
Twisting Sit Ups - 1 X 20	Bicycle - 1 X 30 - 45 seconds	Partner Sit Ups - 1 X 30, 1 X 20	Front Plank 1:00
ABC Sit Ups - 1 X 10	Dying Cockroach - 1 X 30 - 45 seconds		Side Plank- 30 sec. each
			Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Resisted Running-Acceleration-Cond.	Agility	Agility- Accelerartion	Conditioning - Running
Prowler Sled Push	Programmable Drill	Programmable Drill	5 Modified Suicides
6-8 reps - 15 yards	Cone Drills	5-10-5 Shuttle	10 yards and back,
	A. Perimeter Drill	4 timed shuttles	15 yards and back,
Flex-Recover	B. 360's		20 yards and back
Hurdle Routine	C. Figure 8's	Acceleration Drill	OL, DT - 22 seconds
High Hurdles - Scissor Kick, 2 sets	D. Backward L	Speed Sack Pulls	Combo Group 20 sec.
Low Hurdles Forward/Backward Step Over	Reaction Drill	25-50 pounds	Speed-Skill Group- 18 Sec.
Lateral Step Over	Cone Reaction Drill (sight)	8 reps - 25 yards	Rest 1:00 between sets
6 Hurdles Each	4 Sets		
	Competitive Drill	Flex - Recover	Flex -Recover
	Get Up and Sprint	Hurdle Routine	Static Stretch
	4-6 sets Multiple Stances	High Hurdle	Foam Roller
		Mike Tyson's	
	Flex-Recover	2 sets	
	Static Stretch		
	Foam Roller		

Pre Strength/Power Workout Dynamic Warm Up	Pre Strength/Power Workout	Pre Strength/Power Workout
Dynamic Warm Up		
	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
	Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development
Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Jump Rope - Stationary - 1:00-1:30 minutes
Ab - Core Development	Ab - Core Development	Ab - Core Development
Flutter Kick - 1 X 30 - 45 seconds	Partner Leg Throws - 1 X 30, 1 X 20	Pikes 10 reps
Bicycle - 1 X 30 - 45 seconds	Partner Sit Ups - 1 X 30, 1 X 20	Front Plank 1:00
Dying Cockroach - 1 X 30 - 45 seconds		Side Plank- 30 sec. each
		Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Speed - Agility	Agility - Acceleration	Conditioning - Running
Speed Technique	Accelertion	6 Modified Suicides
Start Technique 6-8 Starts	Wall Runs on Cadence and for time	OL,DT 22 Sec.
	4 total reps	Combo Group 20 Sec.
Agility		Speed- Skill Group - 18 Sec.
Programmable Agility	Agility	Rest 45 sec. between Sets
Texas Cone Drill - 4 reps - 2 from each side	Progammable Agility	
	L-Drill 4 reps	Flex - Recover
Reactive Agility		Static Stretch
2 Point Wave Drill - 4 sets	Acceleration	Foam Roller
	Speed Sack Pulls - 25 -50 pounds	
Flex-Recover	6 sets - 20 yards	
Strap - Active Isolation Stretches		
Foam Roller	Flex - Recover	
	Hurdle Routine 3 hurdles each	
	High - Low HurdlesDuck Under/ Step Over 2 sets	
E FI AFEC SS AFT F2 FS	Backward Lunge and Reach - 20 yards Foot Speed Development Jump Rope - Moving - 5-6 sets - 20 yards Ab - Core Development Flutter Kick - 1 X 30 - 45 seconds Bicycle - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds Dying Cockroach - 1 X 30 - 45 seconds Strength/Power Workout Speed - Agility Speed Technique Start Technique 6-8 Starts Agility Programmable Agility Texas Cone Drill - 4 reps - 2 from each side Reactive Agility 2 Point Wave Drill - 4 sets Flex-Recover Strap - Active Isolation Stretches	Backward Lunge and Reach - 20 yards Backward Skip - 20 yards Starts - 2 - 4 5 yard starts Starts - 2 - 4 5 yard starts Foot Speed Development Foot Speed Development Butter Kick - 1 X 30 - 45 seconds Dat Drills 3 - 4 sets - 10 seconds each Bicycle - 1 X 30 - 45 seconds Partner Leg Throws - 1 X 30, 1 X 20 Dying Cockroach - 1 X 30 - 45 seconds Strength/Power Workout Strength/Power Workout Strength/Power Workout Speed Technique Acceleration Agility Acceleration Programmable Agility Agility Programmable Agility Programmable Agility Fexas Cone Drill - 4 reps - 2 from each side Programmable Agility Programmable Agility Speed Sack Pulls - 25 -50 pounds Starap - Active Isolation Stretches Speed Sack Pulls - 25 -50 pounds Foat Subation Stretches Fiex - Recover Flax - Recover Hurdle Routine 3 hurdles each High - Low HurdlesDuck Under/ Step Over Hurdle Routine 3 hurdles each

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Toe Touch - 20 yards	Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
High Knee Crossover - 20 yards	Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Backward Skip - 20 yards	Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
High Knees (reps) - 20 yards	Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
Backward High Knees (reps) - 20 yards		Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Speed Ladder 5 - 7 Sets	Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Jump Rope - Stationary - 1:00-1:30 minutes
Ab - Core Development	Ab - Core Development	Ab - Core Development	Ab - Core Development
Hokie Leg Raises - 1 X 20	Flutter Kick - 1 X 30 - 45 seconds	Partner Leg Throws - 1 X 30, 1 X 20	Pikes 10 reps
Twisting Sit Ups - 1 X 20	Bicycle - 1 X 30 - 45 seconds	Partner Sit Ups - 1 X 30, 1 X 20	Front Plank 1:00
ABC Sit Ups - 1 X 10	Dying Cockroach - 1 X 30 - 45 seconds		Side Plank- 30 sec. each
			Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Resisted Running- Acceleration -Cond.	Speed - Agility	Agility - Acceleration	Conditioning - Running
Prowler Sled Push 8 reps 10 yards	Speed Technique	Acceleration	6 Modified Suicides
4 reps low handles, 4 reps high handles	Starts 6-8 Starts	Aceleration Ladder - 6 reps	OL,DT 22 Sec.
			Combo Group 20 Sec.
Flex- Recover	Programmable Agility	Agility	Speed- Skill Group - 18 Sec.
Hurdle Routine	Star Cone Drill 2-3 reps each sde	Programmable Agility	Rest 45 sec. between Sets
Low Hurdles 6 hurdles		5-10-5 Shuttle	
Walk Overs	Reactive Agility	4 timed shuttles	Flex - Recover
Forward, Backward, Lateral	Tennis Ball Drops 4-6 reps		Static Stretches
<u>2 sets each</u>	Standing, Kneeling, Prone Position	Acceleration	Foam Roller
		Speed Sack Pulls	
	Flex - Recover	4-6 sets 25-50- pounds	
	Strap Active Isolation Stretches		
	Foam Roller	Flex- Recover	
		Hurdle Routine	
		High Hurdles6 hurdlees	
		Mike Tyson's 2 sets	

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Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Toe Touch - 20 yards	Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
High Knee Crossover - 20 yards	Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Backward Skip - 20 yards	Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
High Knees (reps) - 20 yards	Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
Backward High Knees (reps) - 20 yards		Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Speed Ladder 5 - 7 Sets	Jump Rope - Stationary - 1:00-1:30 minutes
Ab - Core Development	Ab - Core Development	Ab - Core Development	Ab - Core Development
Medicine Ball Sit Ups w/Partner - 1 X 20	Flutter Kick - 1 X 30 - 45 seconds	Partner Leg Throws - 1 X 30, 1 X 20	Pikes 10 reps
Hokie Leg Raises - 1 X 20	Bicycle - 1 X 30 - 45 seconds	Partner Sit Ups - 1 X 30, 1 X 20	Front Plank 1:00
	Dying Cockroach - 1 X 30 - 45 seconds		Side Plank- 30 sec. each
			Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Resisted Running- Acceleration- Cond.	Speed- Acceleration - Agility	Agility - Competitive	Conditioning Running
Acceleration	Speed-Technique	Programmable Agility	6 Modified Suicides
Board Pushes 10 reps 10 yards	Starts- 6 Starts	Cone Drills	10 yards and back
		A. Perimeter	15 yards and back
Flex - Recover	Acceleration	B. 360's	20 yards and back
Hurdle Routine	Bullet Belt Starts- 4 reps	C. Figure 8	OL,DT 22 Sec.
High Hurdles- Stepping Leg Swings		D. Backward L	Combo Group 20 Sec.
2 sets	Reactive Agility	Reactive Agility	Speed- Skill Group 18 Sec
High Hurdles- Skipping Leg Swings	Cone Reaction Drills	Tennis Ball Drops	Rest 45 Sec. between sets
2 sets	A. Visual	A. Forward	
Low Hurdles Walk Overs	B. Sound	B. Lateral	Flex - Recover
Walk Overs	C. Colors	C. Back to Coach	Static Stretch
Forward, Backward and Lateral		Competitive Game	Foam Roller
2 sets each	Flex - Recover	Shark in the Tank Tag Game	
	Strap Active -Isolation Stretches	4 reps - 12 sec. each	
	Foam Roller	Flex- Recover	
		Hurdle Routine High\Low- Over Under	

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Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Toe Touch - 20 yards	Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
High Knee Crossover - 20 yards	Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Backward Skip - 20 yards	Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
High Knees (reps) - 20 yards	Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
Backward High Knees (reps) - 20 yards		Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Speed Ladder 5 - 7 Sets	Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Jump Rope - Stationary - 1:00-1:30 minutes
Ab - Core Development	Ab - Core Development	Ab - Core Development	Ab - Core Development
Hokie Leg Raises - 1 X 20	Flutter Kick - 1 X 30 - 45 seconds	Partner Leg Throws - 1 X 30, 1 X 20	Pikes 10 reps
Twisting Sit Ups - 1 X 20	Bicycle - 1 X 30 - 45 seconds	Partner Sit Ups - 1 X 30, 1 X 20	Front Plank 1:00
ABC Sit Ups - 1 X 10	Dying Cockroach - 1 X 30 - 45 seconds		Side Plank- 30 sec. each
			Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Resisted Running Acceleration	Speed - Acceleration- Agility	Agility - Competitive	Conditioning Running
Prowler Sled Push	Speed Technique	Programmable Agility	6 Modified Suicides
10 reps - 10 yards	Starts 6 Starts	5-10-5 Shuttle	10 yards and back
		4 timed reps	15 yards and back
Flex - Recover	Acceleration		20 yards and back
Hurdle Routine	Acceleration Ladder - 6 reps	Competitive- Acceleration	OL,DT 22 Sec.
High- Low Hurdles		Get Up and Sprint Various Stances	Combo Group 20 Sec.
Duck under - Step over	Agility	6-8 reps -10 yards	Speed- Skill Group 18 Sec
Forward, Lateral	Reactive Agilty		Rest 45 Sec. between sets
2 sets each	2 Point Wave Drill - 4 sets	Flex - Recover	
		Hurdle Routine	Flex- Recover
	Flex - Recover	Low Hurdles - 6 hurdles	Static Stretches
	Strap Active - Isolation Stretches	Walk Overs-Forward	Foam Roller
	Foam Roller	Backward, Lateral	
		2 sets each	

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Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout	Pre Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Walking/Skipping Toe Touch - 20 yards	Walking/Skipping Knee Hugs - 20 yards	Inch Worm - 10 yards	Walking/Skipping Toe Touch - 20 yards
High Knee Crossover - 20 yards	Low Slow Shuffle - 20 yards	Backward Reach - 20 yards	Dyno Walks - 10 yards
Backward Skip - 20 yards	Lunge and Twist - 20 yards	Lunge Elbow to Ankle - 20 yards	Straight Leg Shuffle - 20 yards
High Knees (reps) - 20 yards	Backward Lunge and Reach - 20 yards	Backward Skip - 20 yards	Carioca
Backward High Knees (reps) - 20 yards		Starts - 2 - 4 5 yard starts	
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Jump Rope - Moving - 5-6 sets - 20 yards	Dot Drills 3 - 4 sets - 10 seconds each	Speed Ladder 5 - 7 Sets	Jump Rope - Stationary - 1:00-1:30 minutes
<u>Ab - Core Development</u>	Ab - Core Development	Ab - Core Development	Ab - Core Development
Medicine Ball Sit Ups w/Partner - 1 X 20	Medicine Ball Sit Ups Throws - 2 X 30	Hokie Leg Raises - 1 X 20	Pikes 10 reps
Hokie Leg Raises - 1 X 20	Bicycle - 1 X 30 - 45 seconds	Flutter Kick - 1 X 20	Front Plank 1:00
	Dying Cockroach - 1 X 30 - 45 seconds	Sit Ups - 1 X 20	Side Plank- 30 sec. each
			Front Plank 1:00
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Resisted Running - Acceleration-Cond.	Speed - Agility - Competitive	Agility - Competitive	Running - Conditioning
Prowler Sled Push	Speed Technique	Programmable Agility	6 Modified Suicides
8 reps-10-15 reps	Starts 6 Starts	L-Drill	10 yards and back
		4 timed reps	15 yards and back
Flex - Recover	Programmable Agility		20 yards and back
Hurdle Routine	Bag Drills	Reactive Agility	OL,DT 22 Sec.
High Hurdles - 6 hurdles	A. High Knee	Cone Reaction Drills	Combo Group 20 Sec.
Mike Tyson's Duck Unders	B. Double Leg Hop	A. Visual	Speed- Skill Group 18 Sec
2 sets	C. Zig Zag	B. Sound	Rest 45 Sec. between sets
	D. Lateral Shuffle	C. Colors	
	Competitive	Competitive	Flex - Recover
	Shark in the Tank Tag Game	Get Up and Sprint Various Stances	Static Stretches
	4-5 reps	6-8 reps 10 yards	Foam Rollers
	12 Sec. each	Flex - Recover	
	Flex - Recover	Hurdle Routine	
	Strap Active Isolation Stretches	Low Hurdles - 6 hurdles	
	Foam Roller	Walk overs - Forward, Backward, Lateral	
		2 sets each	