

**WEEK: 1**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

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

**WEEK: 2**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

MONDAY	TUESDAY	THURSDAY	FRIDAY
<p align="center"><b>Pre Strength/Power Workout</b></p>	<p align="center"><b>Pre Strength/Power Workout</b></p>	<p align="center"><b>Pre Strength/Power Workout</b></p>	<p align="center"><b>Pre Strength/Power Workout</b></p>
<p><b><u>Dynamic Warm Up</u></b>            Walking/Skipping Toe Touch - 20 yards            High Knee Crossover - 20 yards            Backward Skip - 20 yards            High Knees (reps) - 20 yards            Backward High Knees (reps) - 20 yards</p> <p><b><u>Foot Speed Development</u></b>            Speed Ladder 5 - 7 Sets</p> <p><b><u>Ab - Core Development</u></b>            Hokie Leg Raises - 1 X 20            Twisting Sit Ups - 1 X 20            ABC Sit Ups - 1 X 10</p>	<p><b><u>Dynamic Warm Up</u></b>            Walking/Skipping Knee Hugs - 20 yards            Low Slow Shuffle - 20 yards            Lunge and Twist - 20 yards            Backward Lunge and Reach - 20 yards</p> <p><b><u>Foot Speed Development</u></b>            Jump Rope - Moving - 5-6 sets - 20 yards</p> <p><b><u>Ab - Core Development</u></b>            Flutter Kick - 1 X 30 - 45 seconds            Bicycle - 1 X 30 - 45 seconds            Dying Cockroach - 1 X 30 - 45 seconds</p>	<p><b><u>Dynamic Warm Up</u></b>            Inch Worm - 10 yards            Backward Reach - 20 yards            Lunge Elbow to Ankle - 20 yards            Backward Skip - 20 yards            Starts - 2 - 4 5 yard starts</p> <p><b><u>Foot Speed Development</u></b>            Dot Drills 3 - 4 sets - 10 seconds each</p> <p><b><u>Ab - Core Development</u></b>            Partner Leg Throws - 1 X 30, 1 X 20            Partner Sit Ups - 1 X 30, 1 X 20</p>	<p><b><u>Dynamic Warm Up</u></b>            Walking/Skipping Toe Touch - 20 yards            Dyno Walks - 10 yards            Straight Leg Shuffle - 20 yards            Carioca</p> <p><b><u>Foot Speed Development</u></b>            Jump Rope - Stationary - 1:00-1:30 minutes</p> <p><b><u>Ab - Core Development</u></b>            Pikes 10 reps            Front Plank 1:00            Side Plank- 30 sec. each            Front Plank 1:00</p>
<p align="center"><b>Strength/Power Workout</b></p>	<p align="center"><b>Strength/Power Workout</b></p>	<p align="center"><b>Strength/Power Workout</b></p>	<p align="center"><b>Strength/Power Workout</b></p>
<p><b>Resisted Running- Acceleration- Cond.</b>            Board Push 8-10 reps 10-15 yards</p> <p><b><u>Flex - Recover</u></b>            Hurdle Routine            Low Hurdles -- 6 hurdles            Step Overs- Forward, Backward, Lateral</p>	<p><b>Speed - Agility</b>  <b>Speed Technique</b>            Start Technique 6-8 Starts</p> <p><b>Agility</b>  <b>Programmable Agility</b>            Texas Cone Drill - 4 reps - 2 from each side</p> <p><b>Reactive Agility</b>            2 Point Wave Drill - 4 sets</p> <p><b>Flex-Recover</b>            Strap - Active Isolation Stretches            Foam Roller</p>	<p><b>Agility - Acceleration</b>  <b>Accelertion</b>            Wall Runs on Cadence and for time            4 total reps</p> <p><b>Agility</b>  <b>Programmable Agility</b>            L-Drill 4 reps</p> <p><b>Acceleration</b>            Speed Sack Pulls - 25 -50 pounds            6 sets - 20 yards</p> <p><b>Flex - Recover</b>            Hurdle Routine 3 hurdles each            High - Low Hurdles --Duck Under/ Step Over            2 sets</p>	<p><b>Conditioning - Running</b>            6 Modified Suicides            OL,DT 22 Sec.            Combo Group 20 Sec.            Speed- Skill Group - 18 Sec.            Rest 45 sec. between Sets</p> <p><b>Flex - Recover</b>            Static Stretch            Foam Roller</p>

**WEEK: 3**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

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

**WEEK: 4**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

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

**WEEK: 5**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

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

**WEEK: 6**

**2014 Winter Off Season Sample  
Speed Agility Quickness**

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