

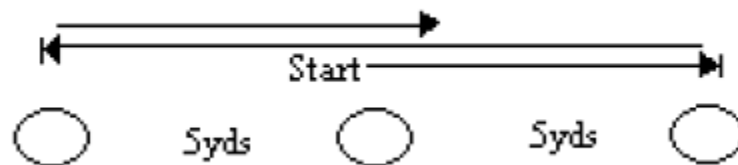
****Before running, always make sure you do a proper warm up!**
****It's important to do at least 3 days of aerobic conditioning with 1 or 2 days of footwork/agility drills mixed in.**

DYNAMIC WARM UP **(all distances are 15-20 yards)**

- **Walking knee to chest**
- **A skip**
- **Lunge w/ forearm to instep**
- **Walking Quad/toe touch**
- **Lateral Lunge-switch sides each time**
- **Shuffle**
- **High Knees**
- **Leg Swings**
- **Wide Squat**
- **Butt Kicks**
- **Backward run**
- **½ speed sprint**
- **Full sprint**

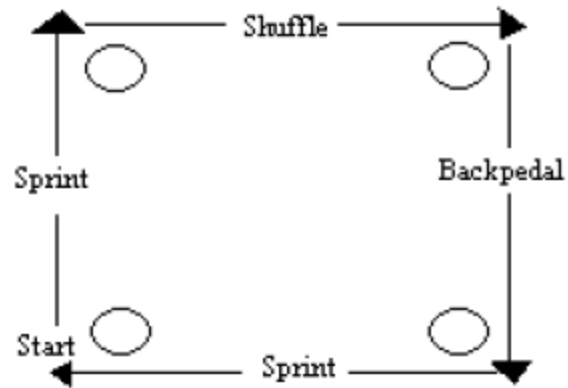
FOOTWORK DRILLS/AGILITY IDEAS

Pro Agility



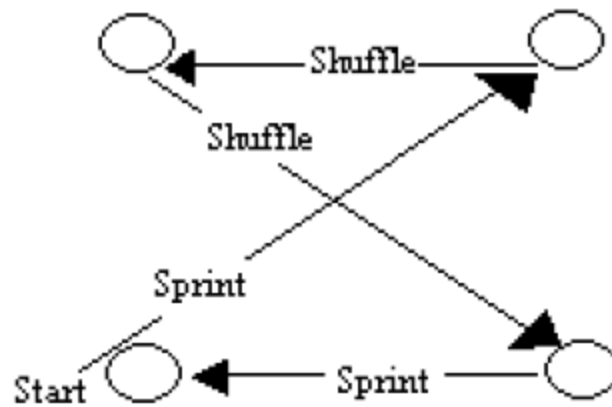
****perform at least 10 sets**

Box 4 Cone Drill (Cones 5 yds apart)



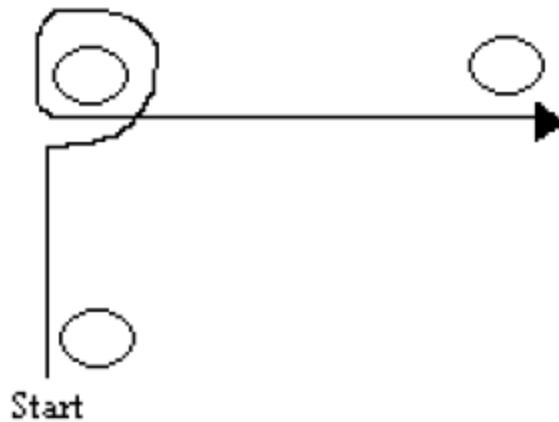
** go for 1 min, rest for 30 secs, and go again (5 sets)

X-Cone Drill



** go for 1 min, rest for 30 secs, and go again (5 sets)

3 Cone L drill



**perform at least 10 sets

CONDITIONING IDEAS

Manchester United Runs

Run repeat 100 yards, and jog back. There is 1 rep every minute.
100 yard sprint in 25 seconds, 1 minute to get back (10 Sets)

300 Yard Shuttles

25 yards X 12

Repetition 1: goal time should be around 65-70 seconds

Repetition 2: goal time should be around 68-73 seconds

Repetition 3: goal time should be around 75-80 seconds

100 Yard Ladders (to be performed on a football field)

Sprint 100 yards, jog back, sprint 90 yards, jog back, sprint 80 yards, jog back (continue this pattern until you have completed the last 10 yard sprint)

Rest 3 minutes and perform again.

Timed Miles

Run 1 timed mile under 8:00

5 minutes recovery

Run 1 timed mile under 8:30

1600 Meter Tempo Runs (to be performed on a track. One time around the track equals 400 meters...each straight away or curve equals 100 meters)

Run 100 meters, 200 meters, 300 meters, 200 meters, 300 meters, 200 meters, 200 meters, 100 meters.

20 second rest after 100's

30 second rest after 200's

50 second rest after 300's.

Half Mile Repeats

½ mile under 3:15

3 minutes of active recovery

½ mile under 3:30

3 minutes of active recovery

½ mile under 3:45

3 minutes of active recovery

Push Up Start Sprints

Starting in a push up position, sprint 50 yards and rest for 30 seconds. Repeat 10 times

*** Cross training work outs such as swimming, elipital, bike, etc are great exercise as well and can be used if any injuries occur.