



March 17 – 20, 2020 Conditioning & Footwork

Overall

1. See brlax.net under BLOG for details on the following:
 - a. Dynamic Stretching
 - b. Ladder Drills
 - c. Line Agility Drills

March 17, 2020 (Tuesday) - Ladder Day

1. Dynamic Stretching (See brlax.net under blog for details)
2. 180's - 2 x 40 back start, 2 x 40 front start
 - a. Sprint one direction at midpoint rotate 180 and finish other way
3. Get Ups (all 3 positions crab, situps, pushups)
 - a. 2 x 40 yards of each position 30 seconds off btw each sprint
4. Sprints
 - a. 6 x 40 yards
 - i. 30 seconds off btw each sprint
 - b. 6 x 20 yards
 - i. 15 seconds off btw each sprint
5. Ladder drills (2 x each) – See brlax.net under Blog for the drills.

March 18, 2020 (Wednesday) – Conditioning Day

1. Dynamic Stretching (See brlax.net under blog for details)
2. Starts (5 x 10 yards) (start from a Hand Clap, a 3 pt, a 4 pt stance)
3. High Knee to Striders (4 x 40 switch at 20 yards) – striders are just long steps
4. Place 2 cones 20 yards apart. On start complete the #of sprints between them listed below.
 - a. 15 x in 75 seconds
 - i. 2 minute rest
 - b. 12 x in 65 seconds
 - i. 90 second rest
 - c. 9 x in 45 seconds
 - i. 60 second rest
 - d. 6 x in 35 seconds
5. Backward sprints 3 x 20 yards
6. Pushups (4 sets of 10)
7. Crunches (4 sets of 20 or plank for 1 minute)



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March 19, 2020 (Thursday) – Footwork Day

1. Dynamic Stretching
2. Get Ups (all 3 positions crab, situps, pushups) – 2 x 40 yards
3. 180's - 2 x 40 back start, 2 x 40 front start
 - a. Sprint one direction at midpoint rotate 180 and finish other way
4. 10 yard single leg hops (2x each leg)
5. 6 sets of 20 yards to and back (run 20 yards touch line run 20 yards back for 1 set)
6. Ladder drills (2x each) **or** line agility drills (2x each) **or** jump rope (1x routine)
 - a. All these drills are on our website at www.brlax.net under Blog
7. Burpees (2 sets of 10)
8. Situps (2 sets of 20 or plank for 1 minute)
9. Mountain climbers(2 sets of 30 seconds)

March 20, 2020 (Friday) - Conditioning Day

1. Dynamic Stretching
2. Starts (5 x 10 yards) (start from a Hand Clap, a 3 pt, a 4 pt stance)
3. High Knee to Striders (4 x 40 switch at 20 yards) – striders are just long steps
4. Backward Sprints and Skips (4 x 20 yards)
5. 240 yards shuttles
 - a. Put 2 cones 40 yards apart.
 - b. Run down and back 3 x
 - c. You have 45-50 sec to complete
 - d. Rest for 2 minutes btw sets
 - e. Do 3 sets
6. Situps (4 sets of 10)