



April 20 – April 24, 2020 Conditioning & Footwork

Overall

See brlax.net under BLOG for details on the following:

- a) Dynamic Stretching
- b) Ladder Drills
- c) Line Agility Drills
- d) Jump Roping Drills

April 20 (Monday) – Footwork 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) 2 x Ladder drills or line drills or jump rope for 10 minutes

April 21 (Tuesday) - 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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April 22 (Wednesday) – Footwork Day

- 6) Dynamic Stretching
- 7) Get ups 2 x 4 position
- 8) 4 corner (10 one way, 10 other way) forward sprint, left cari's, back, sidestep. (10 yard box)
 - a) Do 6 sets
- 9) Triangle drills
 - a) Three cones 10 yards apart in triangle. From cone 1 to 2 shuffle to left, From 2 to 3 shuffle right shoulder leads. From 3 to 1 backpedal. Do 3 times in a row. (4 sets)
- 10) 5 x 40 yards – 20 second rest between
- 11) 2 x Ladder drills or line drills or jump rope for 10 minutes

April 23 (Thursday) - Conditioning Day

- 2) Dynamic Stretching (See brlax.net under blog for details)
- 3) Get ups 2 x 4 position
- 4) Ins and outs (Drill description; mark a course 40 yds long and divide into equal 10 yd segments.)
 - a) Each "In" is an acceleration push that is followed by an "out," which is relaxing (while running fast), taking some sips of air, and coasting off the previous acceleration push.
 - b) **IN** = With a standing start, stride to the first mark. When the athlete hits the 10 yd mark, with maximum acceleration, exert maximum force and speed while holding the breath through the first "in phase".
 - c) **OUT** = After the "in," slightly coast (relax while running fast) and breathe while maintaining speed through "out" section. Once the athlete hits the next mark (acceleration POINT), this is followed by another "in" acceleration push.
- 5) 3 x 100 yards – 40 second rest between
- 6) 6 x 40 yards – 20 second rest between
- 7) 17s (3 sets)
 - a) Set out 2 cones 15 yards apart.
 - b) On go you sprint from 1 cone to the other 17x
 - c) The goal is less than 1 minute
 - d) Take a 2 minute rest
 - e) Do 3 sets of this.

April 24 (Friday) – The Widow Maker

- 1) Dynamic Stretching
- 2) For Time
 - a) 40 Push-Ups or Pull ups or Burpees
 - b) 50 meter Run
 - c) 30 Push-Ups or Pull ups or Burpees
 - d) 100 meter Run
 - e) 20 Push-Ups or Pull ups or Burpees
 - f) 200 meter Run
 - g) 10 Push-Ups or Pull ups or Burpees
 - h) 400 meter Run