Wayzata High School

Speed, Agility, & Conditioning Manual

Created By: XL Athlete

WAYZATA HIGH SCHOOL

How To Use Your Manual

The Optimal Training Session

1. Choose a Dynamic Warm Up to complete
2. Perform Speed or Agility Training First
3. Perform any Strength Training Next
4. Perform Core Training Third
5. Perform Conditioning Fourth
6. Finish your training with Post-Workout Recovery
7. Refuel your body using proper Nutrition

This manual is linked to the internet

If you do not know what a particular exercise is, simply click on it and a video will play in your internet browser demonstrating how it is done. All other text appearing blue and underlined is also linked to the internet.

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DYNAMIC WARM UP

The purpose of a dynamic warm up is to get your body moving in ways comparable with the demands of your training. While your body gets moving, the temperature inside your body and muscles rises and the heart starts to pump more blood throughout the body. The further you progress in the dynamic warm up, the more functional your body becomes and the easier it is to get the major muscle groups "loose" and ready for an intense workout.

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On-Court Dynamic Warm Up

1) Jogging With Arm Circles
Forward End Line to Half Court

2) Jogging with Cross Over Step
Forward Half Court to End Line

3) Shuffle Cross Arm Swing
End Line to Half Court

4) Skipping Backward Flaring Knees
Backward Half Court to End Line

5) Carioca High Knee
Face Left End Line To Half Court

6) Carioca High Knee
Face Right Half Court to End Line

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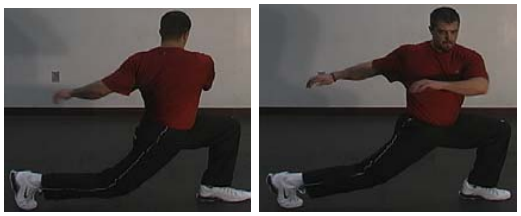
On-Court Dynamic Warm Up

7) Walking Lunge with Twist
End Line to Half Court

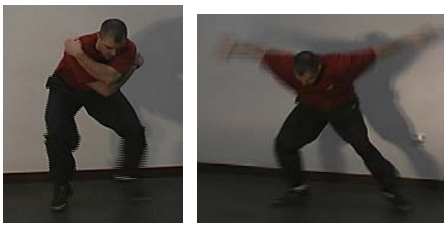


8) Reverse Walking w/ Toe Touch Hold
Half Court to End Line

9) Walking Ankle Grab
End Line to Half Court

10) Frankenstein
Half Court to End Line

11) Shuffle Bent-Over Arm Swing
Face Left End Line to Half Court
Face Right Half Court to End Line



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On-Court Dynamic Warm Up

12) Messier Squats
5 Reps Each Way

13) Neck Rolls
10 reps

14) Trunk Rolls
5 Each Direction

15) Trunk Twist
5 Each Direction

16) Spread Eagle Leg Swings
5 Side to Side Each Leg

17) Scorpion
5 Times Each Side Leg To Hand

18) Cat Cows on All Fours
5 Times Up and Down

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On-Field Dynamic Warm Up

1) Jogging

Around Perimeter of Half the Field
End Zone – Side Line – 50 Yard Line – Side Line – Then Back to End Zone

2) Backward "DB Shuffle"

15 Yds - End Zone to 15 Yard Line
15 Yds - 15 Yard Line to End Zone

3) Carioca High Knee

15 Yds - Face Left End Zone to 15 Yard Line
15 Yds - Face Right 15 Yard Line to End Zone

4) Backward Long Stride Reach

15 Yds - End Zone to 15 Yard Line
15 Yds - 15 Yard Line to End Zone

5) Walking Lunge to Straight Leg Kick

10 Yds – End Zone to 10 Yard Line
Then Jog Forward Final 5 Yards

6) Walking Backward w/ Flare Knee

10 Yds – 15 Yard Line to 5 Yard Line
Then Turn and Jog Forward 5 Last Yards

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On-Field Dynamic Warm Up

7) Shuffle Drag Foot
10 Yds Facing Right– End Zone to 10 Yard Line
10 Yds Facing Left – 10 Yard Line to End Zone

8) Long Stride Reverse Reach
10 Yards – End Zone to 10 Yard Line

9) Walking High Knee Pull
10 Yards – 10 Yard Line to End Zone

10) Frankenstein
10 Yards – End Zone to 10 Yard Line

11) Reverse Walking w/ Toe Touch Hold
10 Yards – 10 Yard Line to End Zone

12) Standing Arm Circles
Forward and Backward
5 to 8 Seconds Each Direction

13) Neck Rolls
10 reps

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On-Field Dynamic Warm Up

14) Trunk Rolls
5 Each Direction

15) Trunk Twist
5 Each Direction

16) Jogging
25 Yds - End Zone – 25 Yard Line

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SPEED & AGILITY TRAINING

Speed and agility training must be performed when the body is fresh, which is why we do it prior to strength training or conditioning. The only way to become FASTER is to give maximum effort in each speed drill. If you tire the body before doing speed training, you will not become faster. Complete each drill as fast and with as much effort as you can.

There are several different speed and agility drills you can choose from in the following pages.

Choose only 1 or 2 drills to complete per day.

Train for speed 3 to 4 times per week.

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Plyometric Workout For Sport 1

Plyometrics can improve speed and explosiveness. They must be completed when the body is fresh, right after a warm up and before strength training.

Choose Your Level	
Level 1	Level 2
2 Sets of 3 Reps	2 Sets of 5 Reps

This file is linked to the internet. If you do not know what an exercise is, simply click on it for a video preview. These exercise videos, and others, are located at the XL Athlete website. All videos and content is free.

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1) Squat Jump Pause

20 – 30 Seconds Rest Between Sets

2) Tuck Jump

20 – 30 Seconds Rest Between Sets

3) Power Step Up

20 – 30 Seconds Rest Between Sets

4) Relaxed Box Jump

20 – 30 Seconds Rest Between Sets

5) Speed Skater For Distance

20 – 30 Seconds Rest Between Sets
***These can be performed with or without the boxes (on the ground)**

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Plyometric Workout For Sport 2

Choose Your Level	
Level 1	Level 2
2 Sets of 3 Reps	2 Sets of 5 Reps

Plyometrics can improve speed and explosiveness. They must be completed when the body is fresh, right after a warm up and before strength training.

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1) Squat Jump Pause

20 – 30 Seconds Rest Between Sets

2) Pike Jump

20 – 30 Seconds Rest Between Sets

3) Power Step Up

20 – 30 Seconds Rest Between Sets

4) Iso Release Box Jumps

20 – 30 Seconds Rest Between Sets

5) 1/2 Squat jump

20 – 30 Seconds Rest Between Sets

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Plyometric Workout For Sport 3

Choose Your Level	
Level 1	Level 2
2 Sets of 3 Reps	2 Sets of 5 Reps

Plyometrics can improve speed and explosiveness. They must be completed when the body is fresh, right after a warm up and before strength training.

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1) Squat Jump

20 – 30 Seconds Rest Between Sets

2) Referee Double Knee Jump

20 – 30 Seconds Rest Between Sets

3) Lateral Single Leg Bench Hops

20 – 30 Seconds Rest Between Sets

4) Depth Drop

20 – 30 Seconds Rest Between Sets

5) Alternating Split Lunge Jump

20 – 30 Seconds Rest Between Sets

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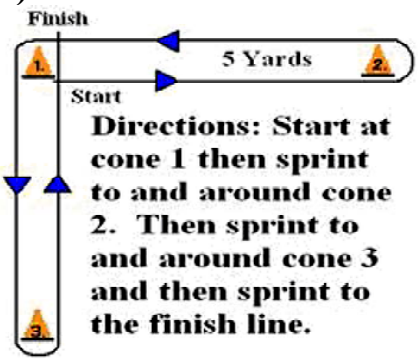
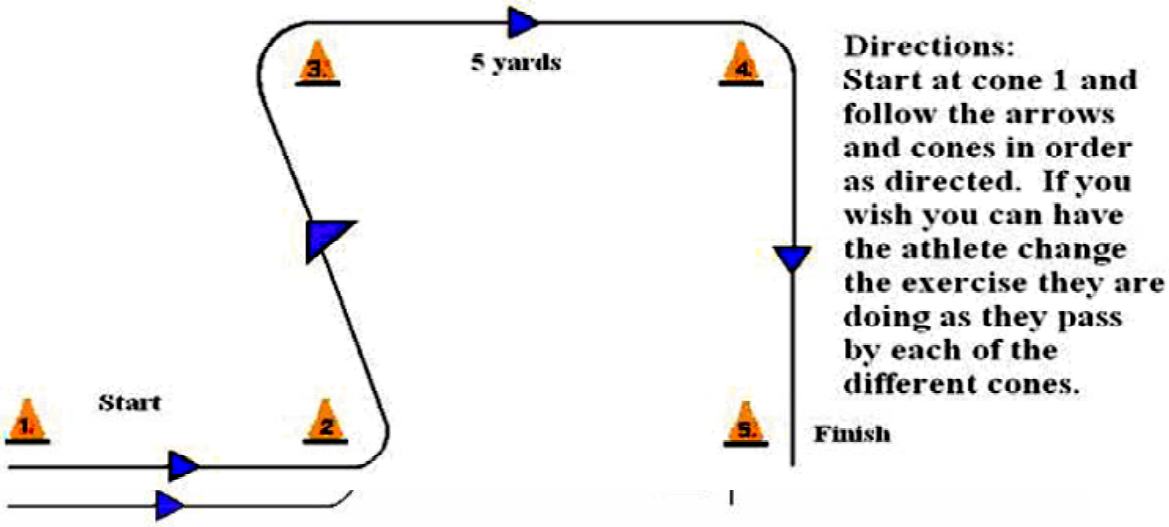
Cone Agility Drill 1

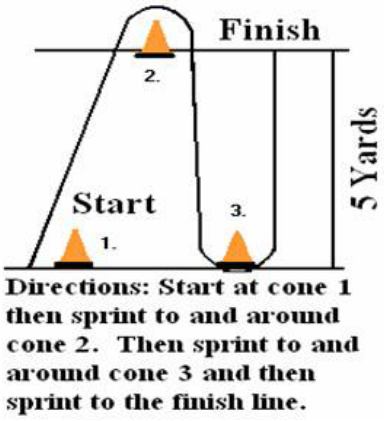
1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



2) 5 Cone Corner Cut Drill – 2 to 3 Reps- 45 Second to 1-Minute



3) 3 Cone Sprint Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



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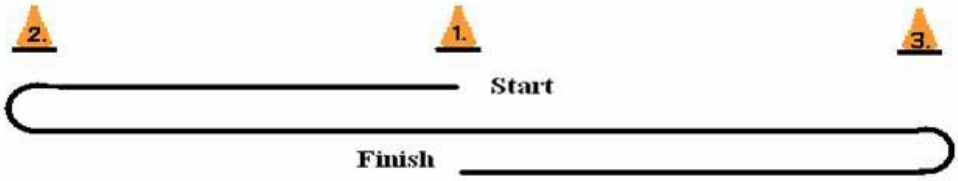
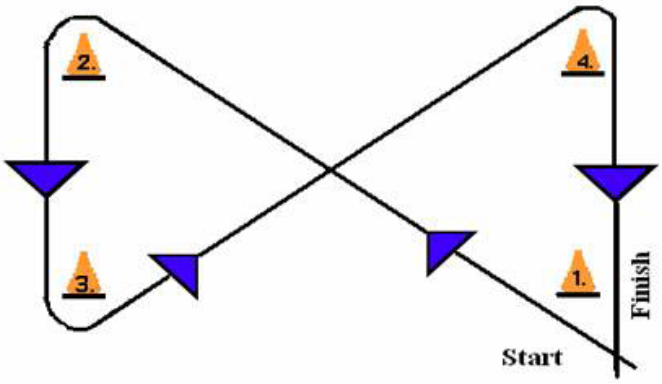
Cone Agility Drill 2

1) Pro Agility – 2 to 3 Reps- 45 Second to 1-Minute Rest



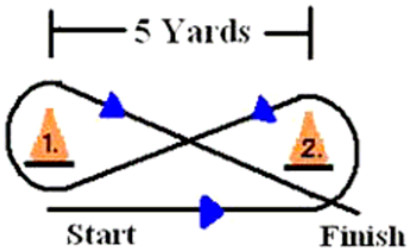
Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

2) 4 Cone "X" Pattern – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and follow the arrows and cones in order as shown. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

3) 5 Yard Figure 8 Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2, and then back to and around cone 1, ending at cone 2.

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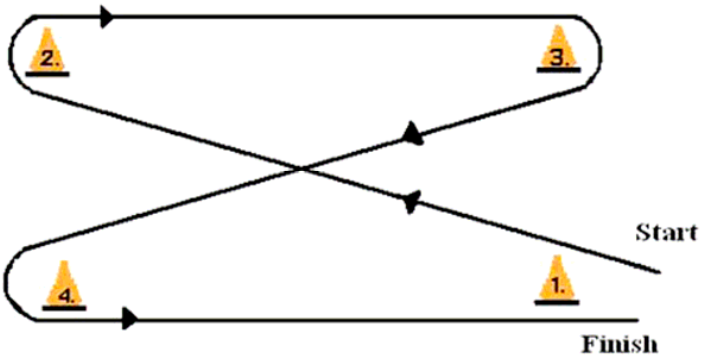
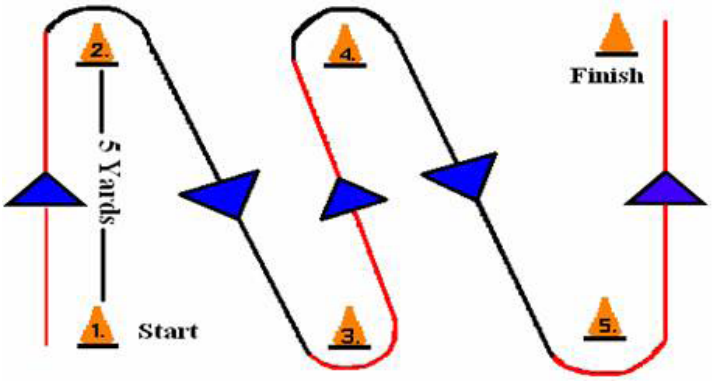
Cone Agility Drill 3

1) 4 Cone Cross – 2 to 3 Reps- 45 Second to 1 Minute-Rest



Directions:
Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

2) Back Peddle Sprint Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start by facing backwards at cone 1, and back peddle to cone 2. Sprint to cone 3, back peddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

3) "D" Shuffle Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest

Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

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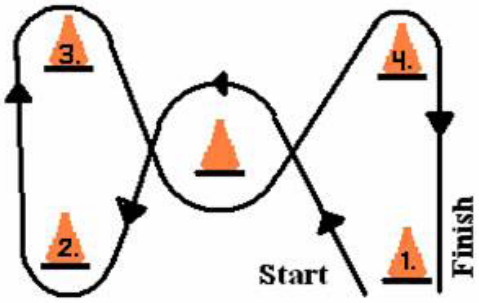
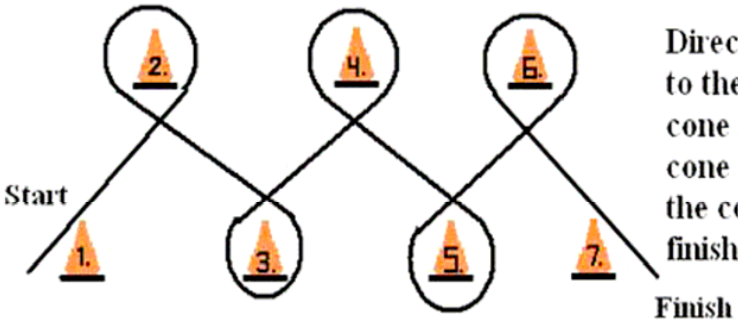
Cone Agility Drill 4

1) 5 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute-Rest



Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

2) "S" Pattern Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and sprint to the far side of cone 2. Go around cone 2 and sprint to the far side of cone 3. Continue doing this until all of the cones have been rounded and you finish at cone 7.

3) 4 Cone Tennis Ball Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest

Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

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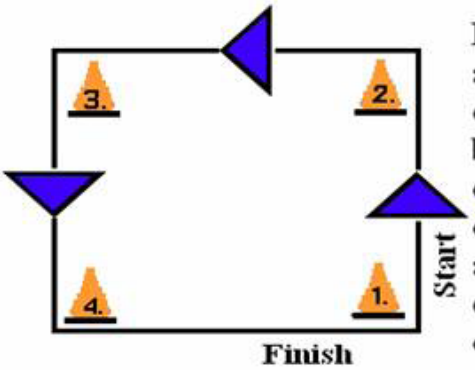
Cone Agility Drill 5

1) Snake Cone Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest

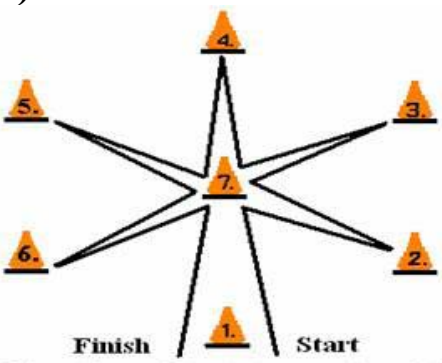
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving though all the cones.

2) 4 Corner Drill– 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

3) 7 Cone Star Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7. Continue this order until a full circle is completed and you finish at cone 1.
Order of Cones Touched:
1-7-2-7-3-7-4-7-5-7-6-7-1

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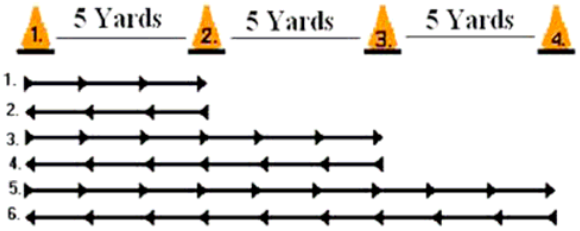
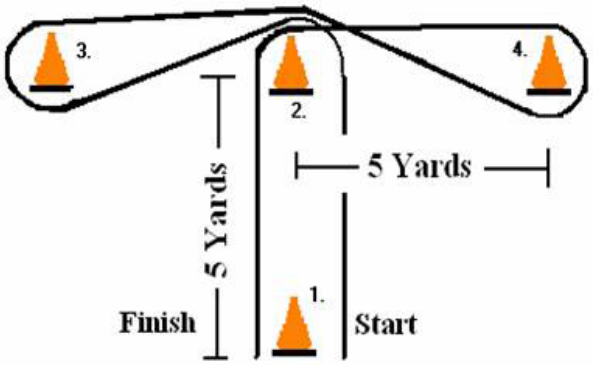
Cone Agility Drill 6

1) Shuttle Cone Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



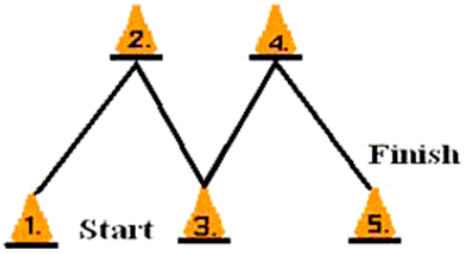
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

2) "T" Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

3) 5 Cone "M" Drill – 2 to 3 Reps- 45 Second to1-Minute Rest



Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

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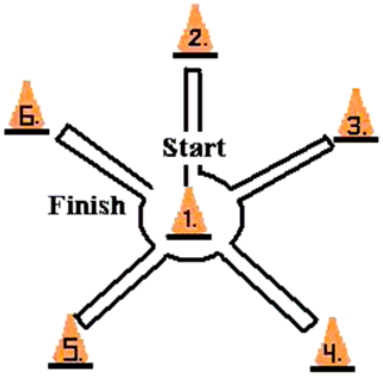
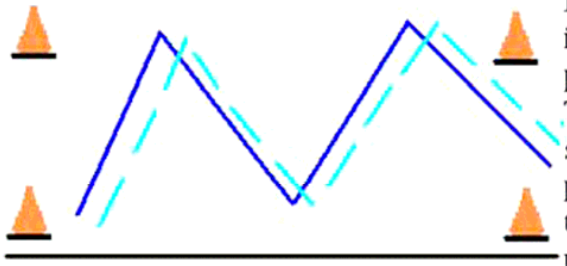
Cone Agility Drill 7

1) Star Cone Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



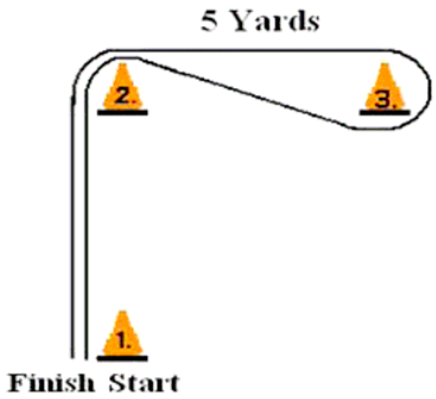
Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

2) Mirror Drill– 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make separate your self from the defensive player. The goal of the defensive player is to not allow separation from the offensive player.

3) 5 Cone "L" Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1. Sprint around cone 2 to cone 3. Sprint around cone 3, back around cone 2 and finishing at cone 1.

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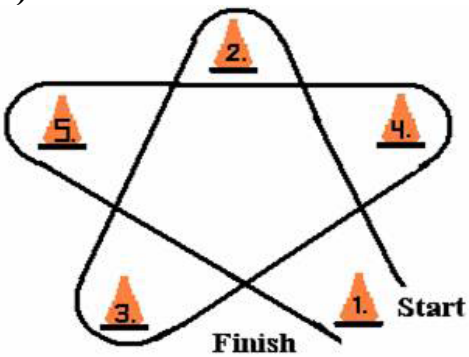
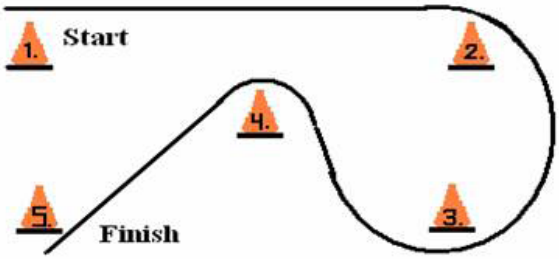
Cone Agility Drill 8

1) Star Cone Drill #5 – 2 to 3 Reps- 45 Second to 1-Minute Rest



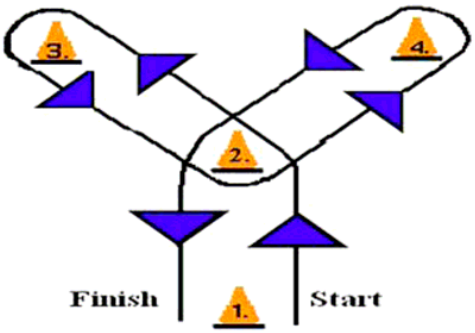
Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

2) "R" Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at con 1 and run and run an "R" pattern finishing at cone 5.

3) 4 Cone "Y" Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and sprint to cone 2 then to cone 3 and then back to cone 2. Sprint around cone 4 then back around cone 2 back to cone 1.

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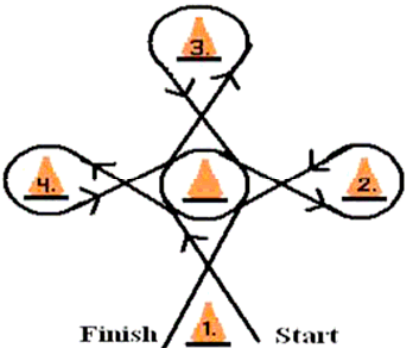
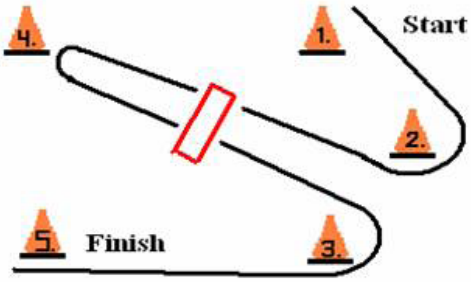
Cone Agility Drill 9

1) Star Cone Drill #4 – 2 to 3 Reps- 45 Second to 1 Minute-Rest



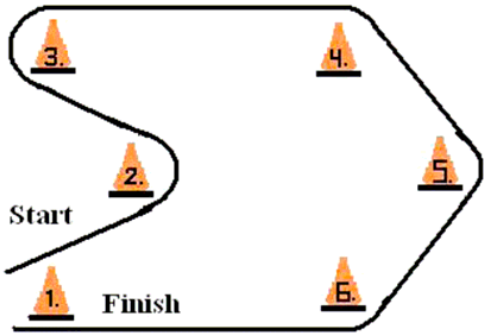
Directions: Start at the right of cone 1, run to the left side of the center cone where you will make a right turn around the center cone and run towards cone 2. Run to the right side of cone 2 and go around it back to the left side of the center cone. Make a right turn around the center cone and run towards cone 3. Follow the same pattern until you end back up at cone 1.

2) Agility Jump Drill– 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

3) 6 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute-Rest



Direction: start at the bottom left with cone 1. Following the pattern and returning at cone 1.

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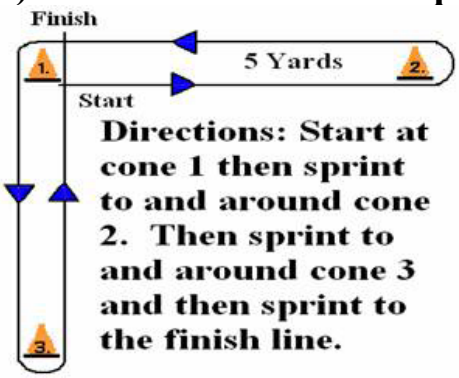
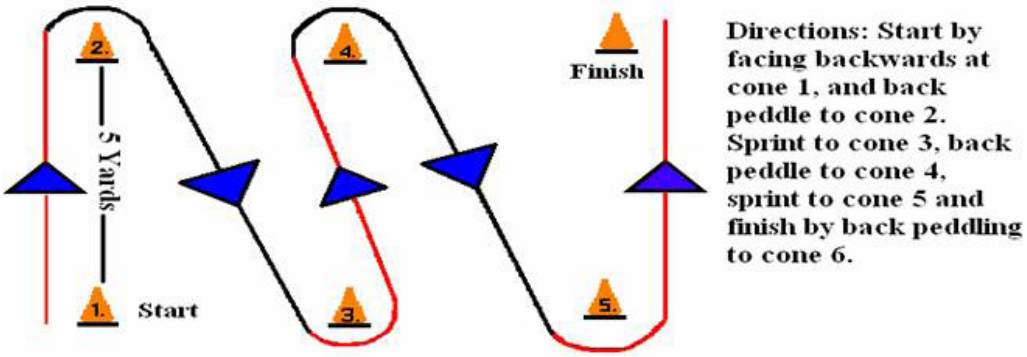
Cone Agility Drill 10

1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



2) Back Peddle Sprint Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest



3) "D" Shuffle Drill – 2 to 3 Reps- 45 Second to 1-Minute Rest

Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

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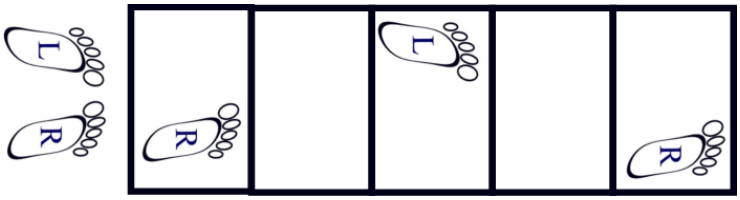
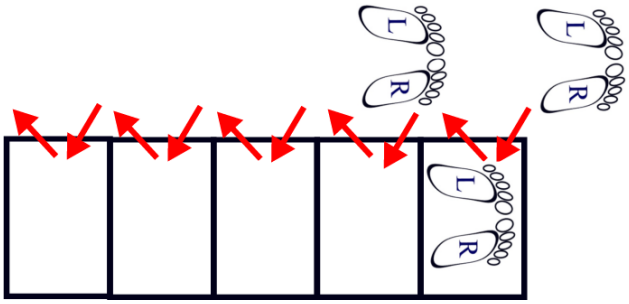
Ladder Drills

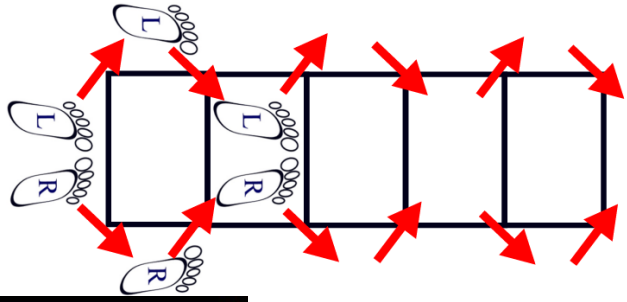
1) **One Foot Every Other Square – Forward and Backward <u>2 times</u>**



2) **2 In 2 Out (Left Side) – Backward and Forward <u>2 Times</u>**



3) **Jumping Jacks For Power – Forward and Backward**



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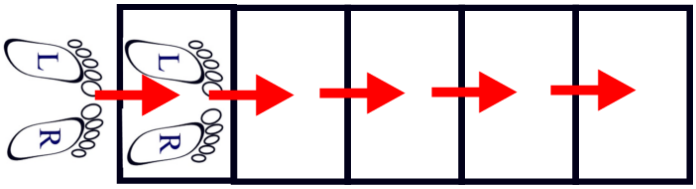
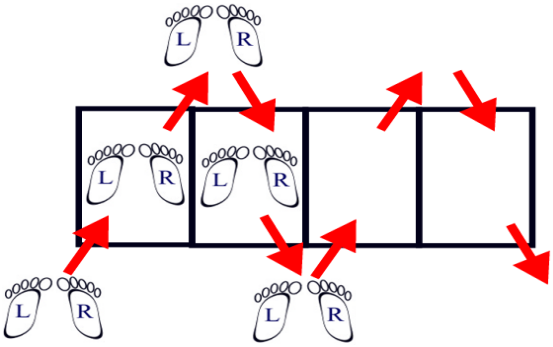
Ladder Drills

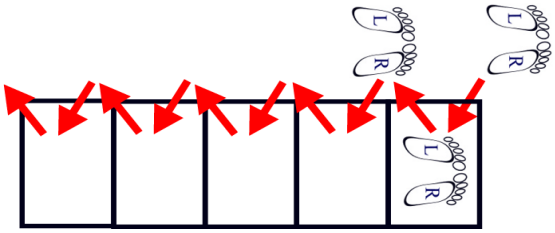
4) Two Feet Every Square – Forward and Backward <u>2 times</u>



5) 2 In 2 Out (Forward/Backward) – Left and Right <u>2 Times</u>



6) 2 In 2 Out (Right Side) – Backward and Forward <u>2 Times</u>



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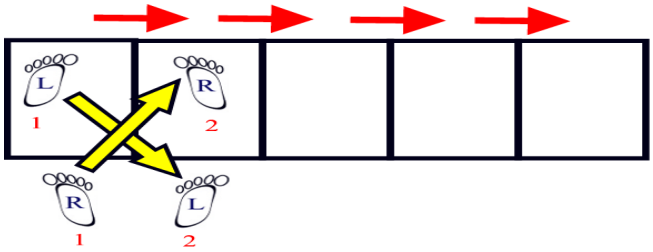
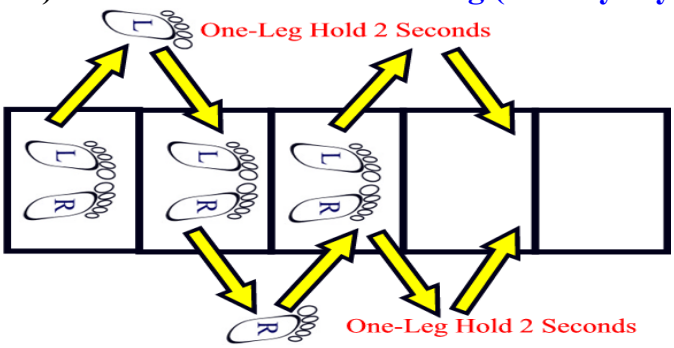
Ladder Drills

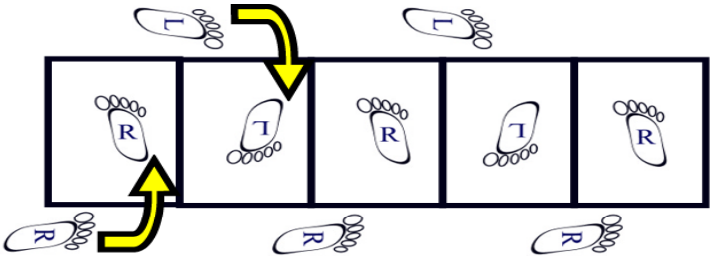
7) Scissor – Left and Right 2 times



8) 2 In 2 Out Hold On One Leg (Hockey Style) – Forward 3 Times



9) One Leg Snake– Backward and Forward 2 Times



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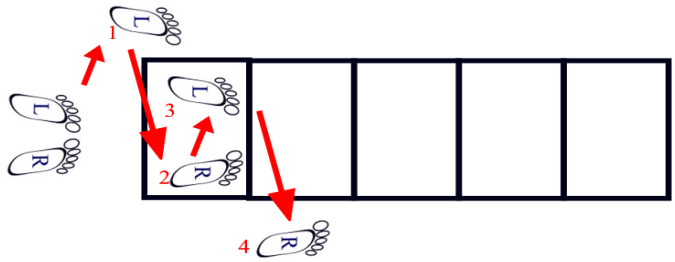
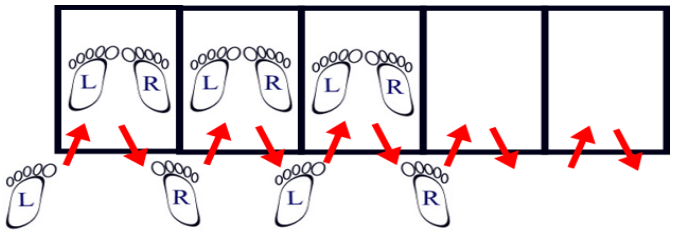
Ladder Drills

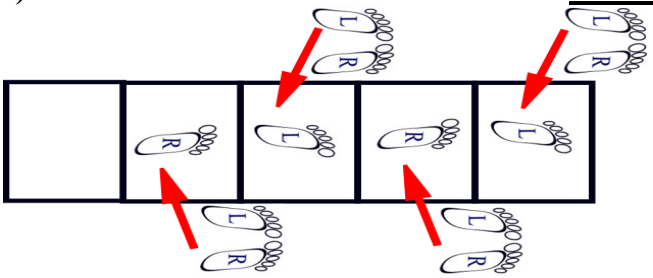
10) Ickey Shuffle – Forward and Backward 2 times



11) 2 In 1 Out Right and Left – 2 Times



12) Outside Foot In Behind– Backward 2 Times



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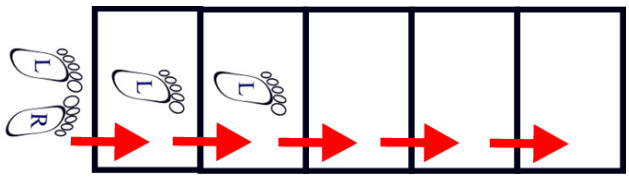
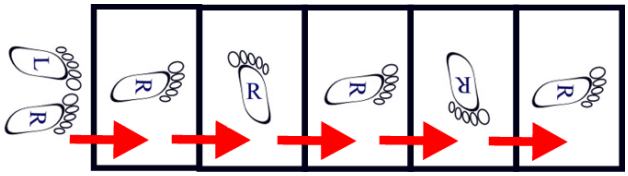
Ladder Drills

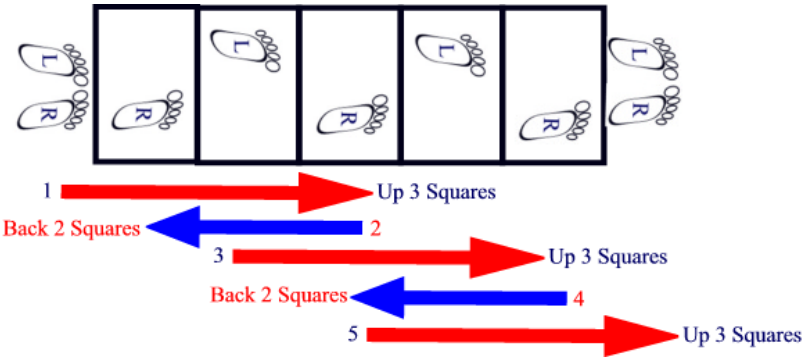
13) One Leg Hops – Forward and Backward, Left Foot and Right Foot 2 times



14) 90º Side Turns – Forward and Backward, Left Foot and Right Foot 2 Times



15) Hesitation Drill – Forward and Backward 2 Times



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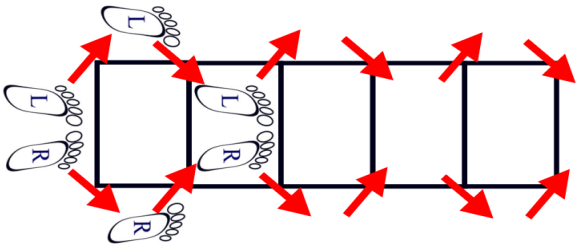
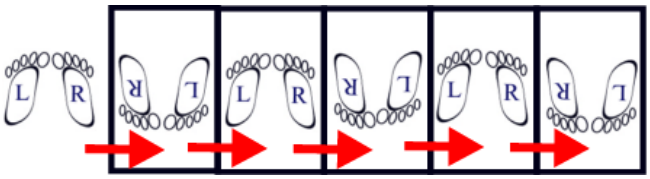
Ladder Drills

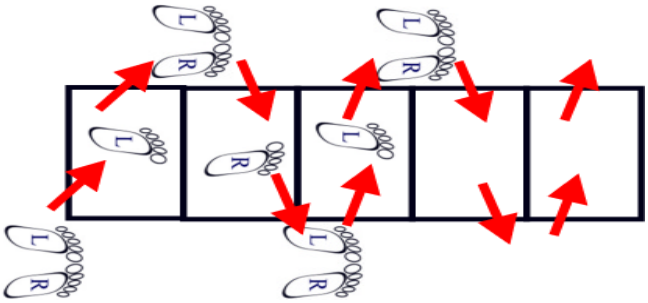
16) Jumping Jacks For Speed – Forward and Backward 2 times



17) 180º Side Turns – Forward and Backward, Left Foot and Right Foot 2 Times



18) Ice Skater 2 Feet Out – Forward and Backward 2 Times



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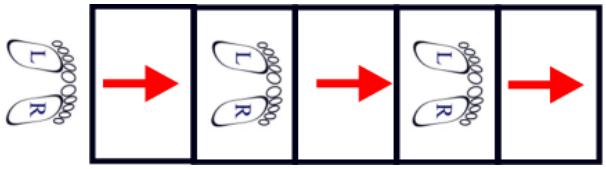
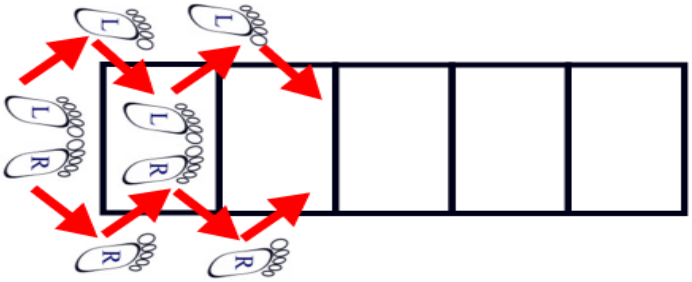
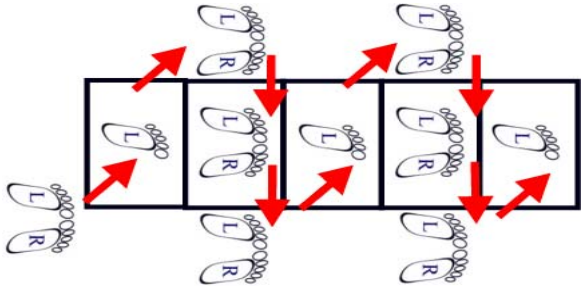
19) 2 Feet Every Other Square – Forward and Backward 2 times



20) In and Out – Forward and Backward 2 Times



21) Lightning Bolt – Forward and Backward 2 Times 2 Times



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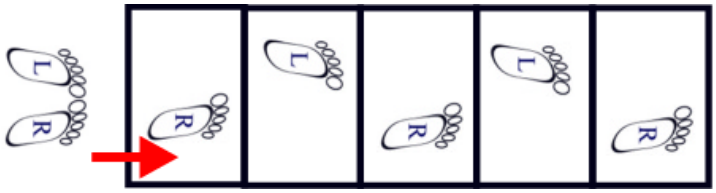
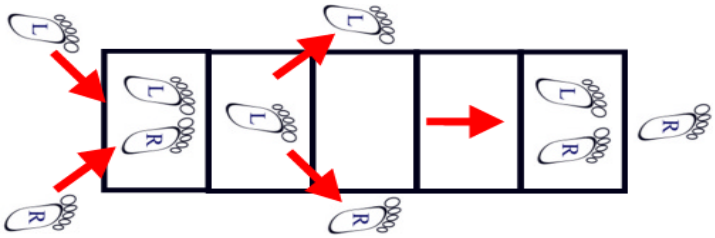
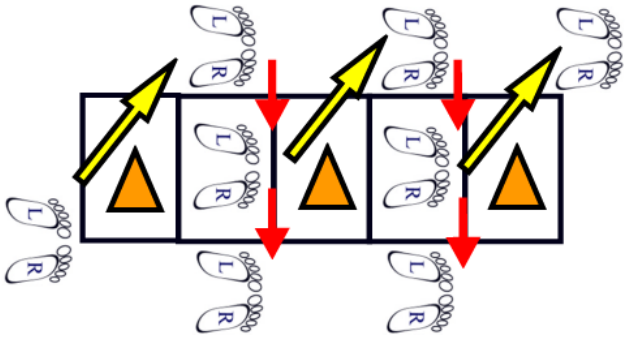
22) 1 Foot In – Forward and Backward 2 times



23) Hop Scotch – Backward and Forward 2 Times



24) Power Lightning Bolt Shuffle (w/ Cones) – Forward and Backward 2 Times



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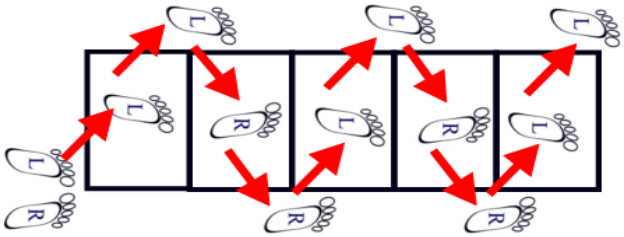
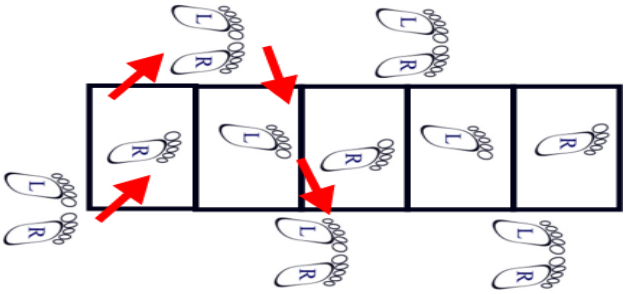
Ladder Drills

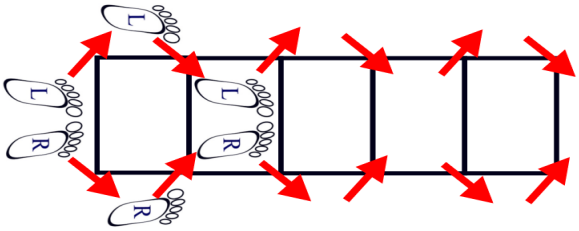
25) Ice Skater 1 Foot - Forward and Backward 2 times



26) Outside Foot In Front – Forward 2 Times



27) Jumping Jacks For Power – Forward and Backward 2 Times



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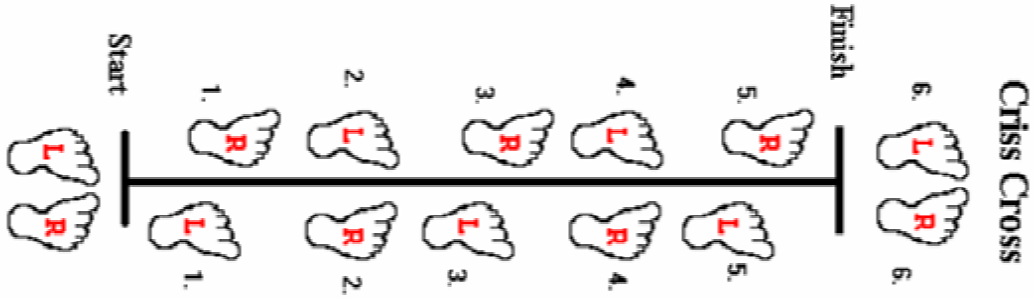
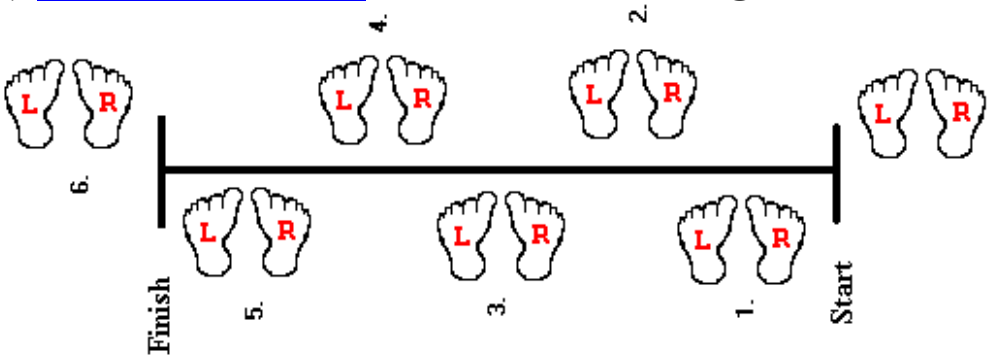
WAYZATA HIGH SCHOOL

Line Agility Drills

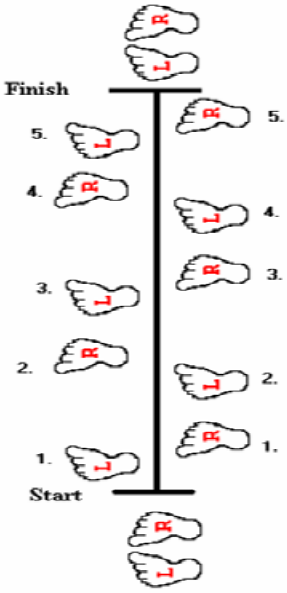
1) Criss Cross Drill – 2x's Forward & Backward



2) Lateral Two Feet – 2x's to Left & Right



3) Scissor Drill –2x's to Left and Right



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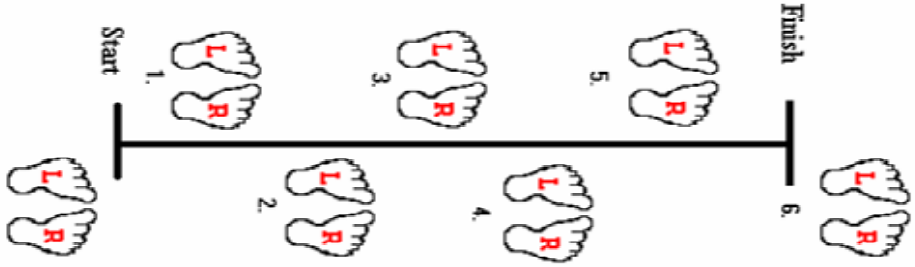
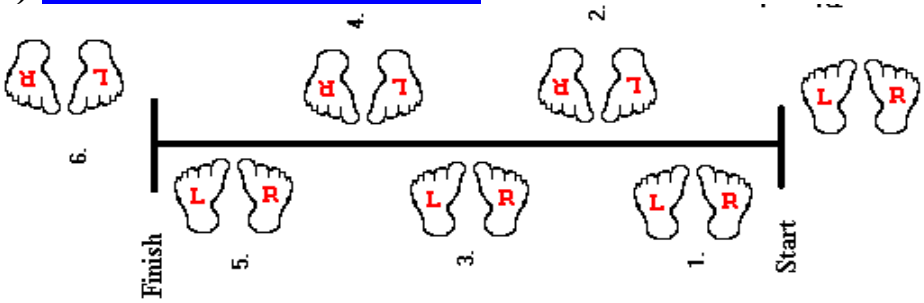
Line Agility Drills

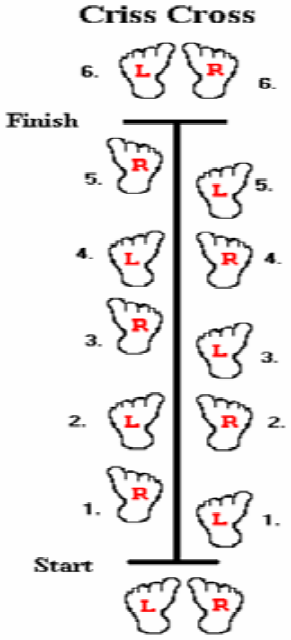
1) Two Feet Down – 2x's Forward & Backward



2) Lateral Two Feet 180's - 2X's Both Directions



3) Criss Cross Drill – 2x's Forward & Backward



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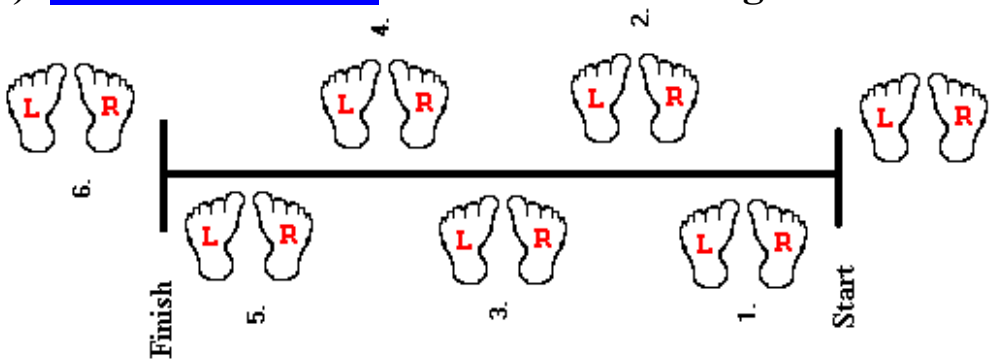
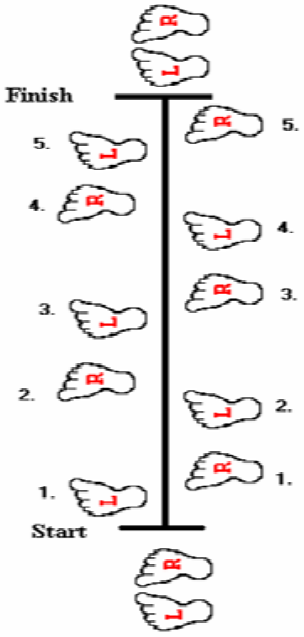
Line Agility Drills

1) Lateral Two Feet – 2x's to Left & Right



2)) Two Feet Down – 2x's Forward & Backward

3) Scissor Drill –2x's to Left and Right



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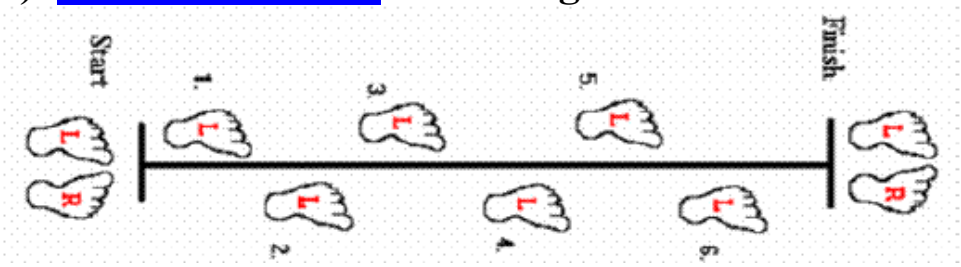
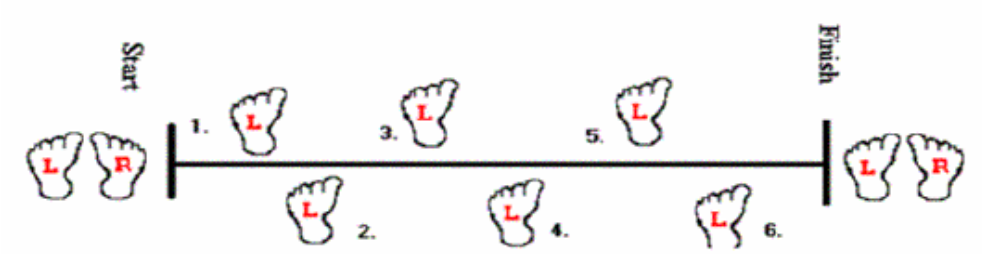
Line Agility Drills

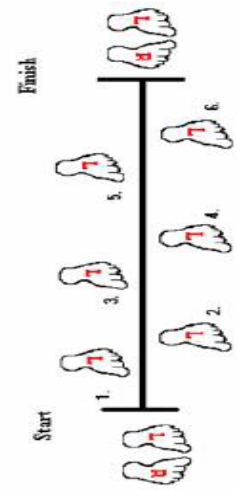
1) Same Foot Down – 2x's Right & Left Foot



2) Lateral One Foot Move Internally – 2x's Left & Right Foot



3) Lateral One Foot Move Externally – 2x's Left & Right Foot



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WAYZATA HIGH SCHOOL

Jungle Run

Purpose

- Conditioning in a fun, game-like manner

Requirements

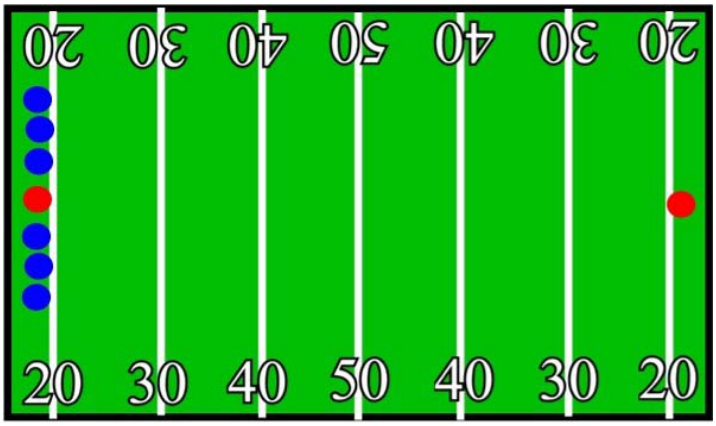
- Football field – lines marked clearly
- At least 2 coaches

Goals

- Run from one 20-yard line to the other first <u>without</u> being tagged
    - Athletes who finish first move up to the next fastest group
- If tagged, tag another athlete and race to the finish without being last
- If an athlete cannot tag another, and finishes last, that athlete must do pushups and move down to the next slower group

Execution

- Begin with groups of athletes (up to six) organized from fastest group to slowest group
- Place the fastest group on one 20-yard line, with the next slower group on the opposite 20-yard line
    - Continue to equally distribute the remaining groups in this manner
    - Coaches stand on opposite 20-yard lines
- In the illustration below, the athletes are in blue and the coaches are in red

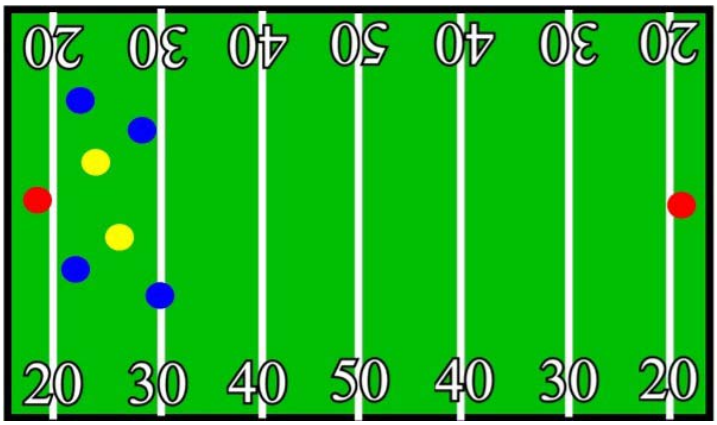


WAYZATA HIGH SCHOOL

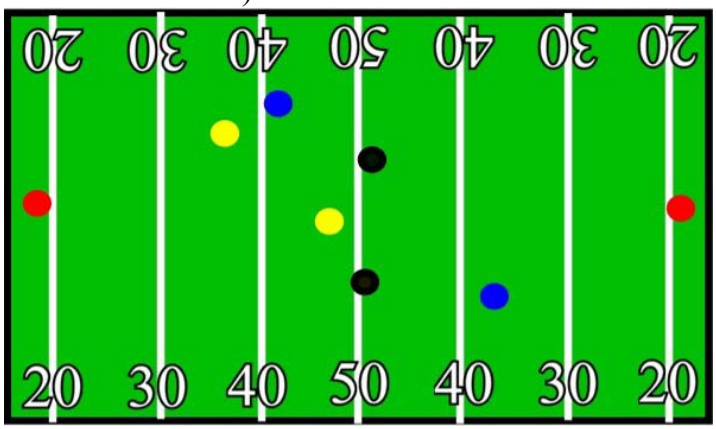
Jungle Run

<u>Execution</u> (Continued)

- Start the first group running toward the other 20-yard line
- Call out the names of two to three athletes (in yellow) who MUST tag another runner as fast as possible



- The athletes will strive to finish first if untagged to move up to the next group
- If tagged, the athletes must try to tag another athlete as fast as possible to avoid finishing last
- The tagged athlete CANNOT immediate tag back the athlete who tagged them (in black)
    - He or she MUST find someone other than who has tagged them (in blue)

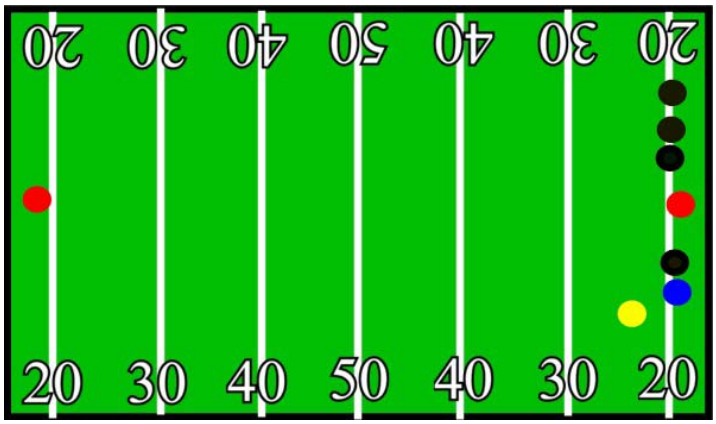


WAYZATA HIGH SCHOOL

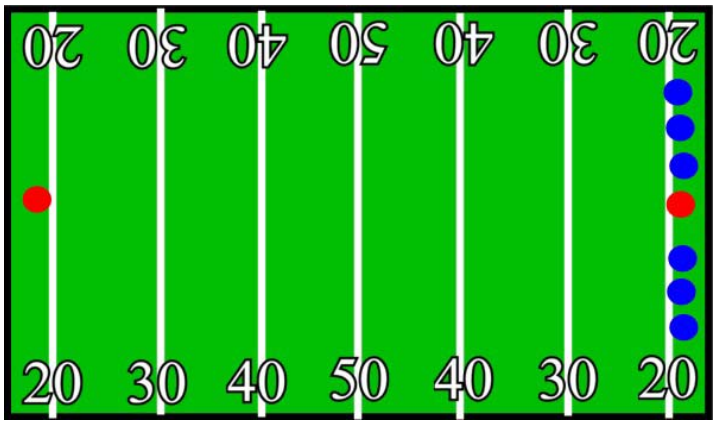
Jungle Run

<u>Execution</u> (Continued)

- The athlete who is untagged, and/or finishes first moves up to the next fastest group
- The athlete who cannot tag another and finishes last (in yellow) must perform push-ups and be moved down to the next slower group waiting at the finish line and starting <u>NEXT</u>



- Begin the next slower group, including the last-place finisher from the previous group
- Repeat the game as described above



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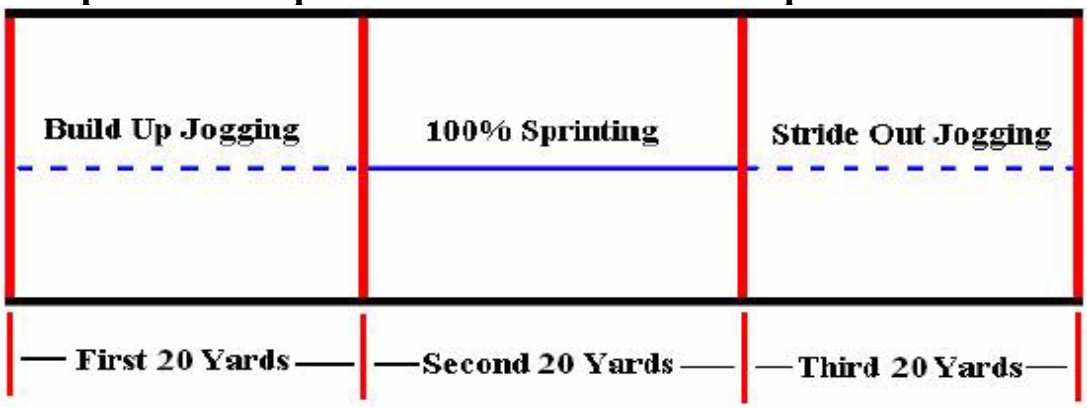
WAYZATA HIGH SCHOOL

Flying 60's – Top End Speed Development

Complete each rep with 100% effort - 4 to 8 reps – 1:30 to 2:00 Rest



First – 20 Yards
This is a gradual build up of speed for twenty yards, reaching top speed at the start of the second twenty. This is a great time to work proper running form.

Second – 20 Yards
This is a complete full sprint at top speed for twenty yards while maintaining proper running form during the complete duration at full speed.

Third – 20 Yards
This is a gradual decreasing of speed for twenty yards; ending at the speed of a slow jog.

The purpose of this drill is to complete each rep at max speeds.

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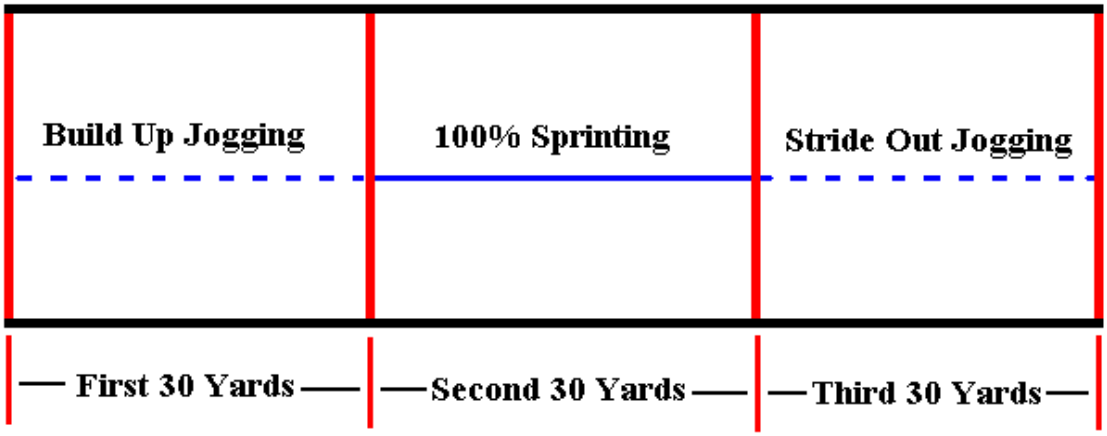
WAYZATA HIGH SCHOOL

Flying 90's – Top End Speed Development

Complete each rep with 100% effort - 4 to 8 reps – 1:30 to 2:00 Rest



First – 30 Yards
This is a gradual build up of speed for thirty yards, reaching top speed at the start of the second thirty. This is a great time to work proper running form.

Second – 30 Yards
This is a complete full sprint at top speed for thirty yards while maintaining proper running form during the complete duration at full speed.

Third – 30 Yards
This is a gradual decreasing of speed for thirty yards; ending at the speed of a slow jog.

The purpose of this drill is to complete each rep at max speeds.

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 1

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 2

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 3

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 4

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 5

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 6

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	1	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	2	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 7

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 8

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	1	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	2	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 9

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	4	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 10

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 11

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 12

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	5	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 13

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	4	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 14

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 15

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	4	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	4	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	3	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	4	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 1 MINUTE			
4	30 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds
	REST 3 MINUTES			
1	5 Yards	5	100%	5 Seconds
	REST 1 MINUTE			
2	10 Yards	4	100%	5 Seconds
	REST 1 MINUTE			
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

16-Week Short Sprint Program: Week 16

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	5	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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WAYZATA HIGH SCHOOL

STRENGTH TRAINING

Strength training will be assigned by your sport coach.

If no training is available, XL Athlete provides workouts for free at its website. When you sign up (free), you can enter in your estimated maxes for a number a lifts, then receive customized workouts to download and print off.

Website: www.xlathlete.com

Questions or requests for information can be emailed to:

xlathlete@yahoo.com or xlathlete@sbwireless.net

WAYZATA HIGH SCHOOL

CORE TRAINING

Core training exercises focus on strengthening the muscles of the abdomen and back. These muscles support every movement the body makes, and are very important for preventing injury as well as improving sport performance.

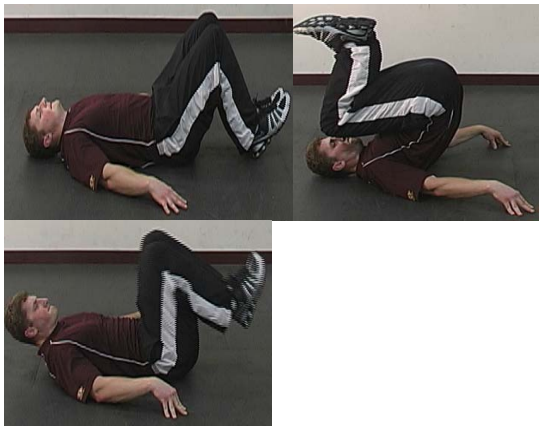
Core training should be done after the strength training workout, but before conditioning.

WAYZATA HIGH SCHOOL

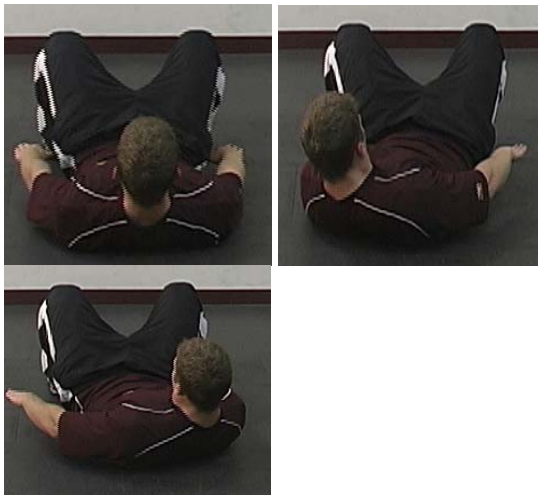
Core Workouts Without Equipment For Sport

WORKOUT 1 - Complete Exercises in Order 1 – 3 Times

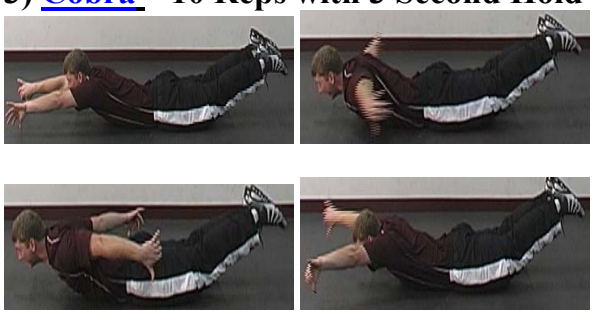
1.) Supine Curl Ups – 10 Reps



2) Side Touch – 15 Each Way



3) Cobra – 10 Reps with 3 Second Hold



4) Pike Toe Drag – 10 Reps

5) Alternating V Up Iso Hold – 12 Reps
3-Second Hold Each Leg

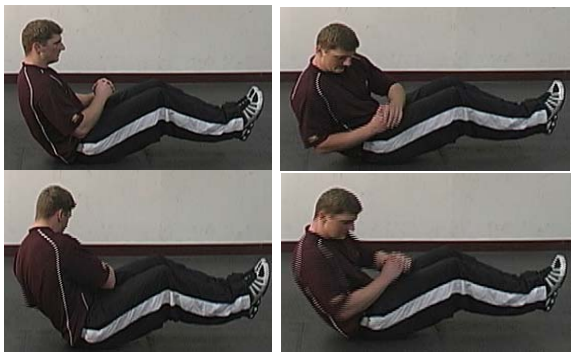
WAYZATA HIGH SCHOOL

Core Workouts Without Equipment For Sport

WORKOUT 2 - Complete Exercises in Order 1 – 3 Times

1.) Straight Leg Up Crunch – 25 Reps

2) Half Twist – 20 Reps Each Way



3) Double Leg V Up – 12 Reps

4) Oblique Double Leg Lift Crunch
15 Reps Each Side

5) Prone Forearm Bridge – 45 Seconds

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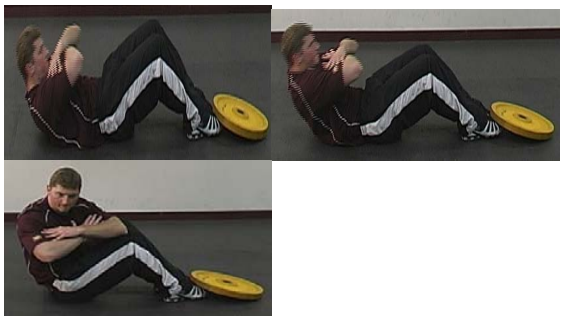
Core Workouts Without Equipment For Sport

WORKOUT 3 - Complete Exercises in Order 1 – 3 Times

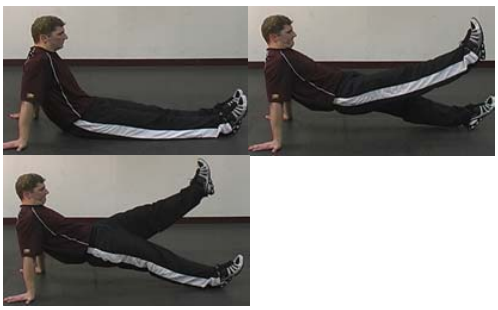
1) Bent Knee Tuck – 20 Reps

2) Sit Up With Twist – 8 Reps E. Way



3) Supine Leg Circles – 8 Reps Each Way

4) Supine Bridge Alternating Leg Lift
8 Reps Each Leg with 3 Second Hold



5) Superman – 12 Reps with 3 Second Hold

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Core Workouts Without Equipment For Sport

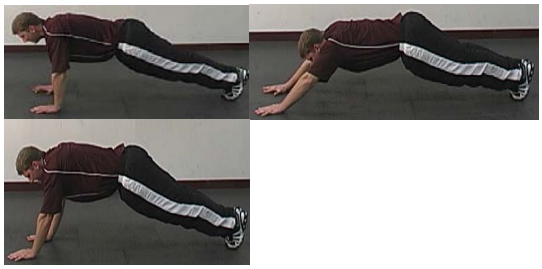
WORKOUT 4 - Complete Exercises in Order 1 – 3 Times

1) Sit Up – 20 Reps

2) Oblique Leg Lift Crunch
8 Reps Each Side

3) Supine Bridge – 30 Second Hold

4) Inch Worm – 12 Reps



5) Side Bridge – 30 Second Hold E. Way

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WAYZATA HIGH SCHOOL

Team Core Workout for Sport 1

The following workout would be used for teams that want to supplement core work all together as a team building experience.

Exercises are linked to the XL Athlete website, so if you are unaware of what the exercise is, simply click on it to see a video.

1) Pike Ups

2) Cobra

3) Side Touch
(Count Reps Each Way)

4) Half Twist
(Count Reps Each Way)

5) Side Bridge Leg Circle
(Count Reps Each Way)

6) Glute Bridge Ups

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

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Team Core Workout for Sport 2

The following workout would be used for teams that want to supplement core work all together as a team building experience.

Exercises are linked to the XL Athlete website, so if you are unaware of what the exercise is, simply click on it to see a video.

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

1) Double Leg V Up

2) Gopher U Abs
(Count Reps Each Way)

3) Straight Leg Crunch

4) Superman

5) Supine Scissors
(Count Reps Each Way)

6) Pike Under Twist

7) Supine Bridge Alternating Leg Lift

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WAYZATA HIGH SCHOOL

CONDITIONING

The following pages contain ideas for conditioning. Each is unique, and not every conditioning workout contains running. Remember to perform conditioning only at the end of your training day, when it will not have a negative effect on your strength or power performance. Follow conditioning with post-workout recovery and proper nutrition.

WAYZATA HIGH SCHOOL

Tabata Intervals For Sport: On-Field Training

Introduction

Tabata intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

How To Perform The Intervals

Intense exercise is performed for 20 seconds, followed by 10 seconds of rest. This repeats, without stoppage, for 8 bouts. In order to receive maximum benefit from each interval routine, the athlete must exert a maximum amount of effort. Failure to do so will yield little to no results and wasted time. Try to complete as many repetitions of the required exercise as possible within the allotted 20 seconds.

Recovery After The Workout

Following the workout, be sure to perform some post-workout activity to enhance recovery. This may include some or all of the following:
Slow walk/bike for 10-15 minutes

- Laying wall shakes
- Glute ham hang
- Foam roller or stretching

Exercises: Listed Below

Bout	Time	Performance
1	20 Sec	MAX SPEED SPRINT
	10 Sec	REST
2	20 Sec	CARIOCA FACE LEFT
	10 Sec	REST
3	20 Sec	MAX SPEED SPRINT
	10 Sec	REST
4	20 Sec	CARIOCA FACE RIGHT
	10 Sec	REST
5	20 Sec	MAX SPEED SPRINT
	10 Sec	REST
6	20 Sec	POWER SKIP
	10 Sec	REST
7	20 Sec	MAX SPEED SPRINT
	10 Sec	REST
8	20 Sec	BACKPEDAL
	10 Sec	REST

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WAYZATA HIGH SCHOOL

Tabata Intervals For Sport: Total Body Training

Introduction

Tabata intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

How To Perform The Intervals

Intense exercise is performed for 20 seconds, followed by 10 seconds of rest. This repeats, without stoppage, for 8 bouts. In order to receive maximum benefit from each interval routine, the athlete must exert a maximum amount of effort. Failure to do so will yield little to no results and wasted time. Try to complete as many repetitions of the required exercise as possible within the allotted 20 seconds.

Recovery After The Workout

Following the workout, be sure to perform some post-workout activity to enhance recovery. This may include some or all of the following:
Slow walk/bike for 10-15 minutes

- Laying wall shakes
- Glute ham hang
- Foam roller or stretching

Exercises: Listed Below

Bout	Time	Performance
1	20 Sec	PUSH UP
	10 Sec	REST
2	20 Sec	PULL UP
	10 Sec	REST
3	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
4	20 Sec	SQUAT JUMP
	10 Sec	REST
5	20 Sec	PUSH UP
	10 Sec	REST
6	20 Sec	PULL UP
	10 Sec	REST
7	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
8	20 Sec	SQUAT JUMP
	10 Sec	REST

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WAYZATA HIGH SCHOOL

Tabata Intervals For Sport: Jump Rope

Introduction

Tabata intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

How To Perform The Intervals

Intense exercise is performed for 20 seconds, followed by 10 seconds of rest. This repeats, without stoppage, for 8 bouts. In order to receive maximum benefit from each interval routine, the athlete must exert a maximum amount of effort. Failure to do so will yield little to no results and wasted time. Try to complete as many repetitions of the required exercise as possible within the allotted 20 seconds.

Recovery After The Workout

Following the workout, be sure to perform some post-workout activity to enhance recovery. This may include some or all of the following:
Slow walk/bike for 10-15 minutes

- Laying wall shakes
- Glute ham hang
- Foam roller or stretching

Exercise: Jump Rope

Bout	Time	Performance
1	20 sec	MAX EFFORT
	10 sec	REST
2	20 sec	MAX EFFORT
	10 sec	REST
3	20 sec	MAX EFFORT
	10 sec	REST
4	20 sec	MAX EFFORT
	10 sec	REST
5	20 sec	MAX EFFORT
	10 sec	REST
6	20 sec	MAX EFFORT
	10 sec	REST
7	20 sec	MAX EFFORT
	10 sec	REST
8	20 sec	MAX EFFORT
	10 sec	REST

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Field

Complete Each Sprint with 60% Effort - Level 1

Set 1

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint 20 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg in front 25 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg behind 20 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Field

Complete Each Sprint with 80% Effort - Level 2

Set 1

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint 20 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg in front 25 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg behind 20 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Field

Complete Each Sprint with 100% Effort - Level 3

Set 1

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint 20 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg in front 25 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg behind 20 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Field

Complete Each Sprint with 100% Effort - Level 4

Set 1

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
Power skip 50 yards and sprint backwards back to Goal Line
Rest 2:00

Set 2

Shuffle 5 yards – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint 20 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg in front 25 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 20 Seconds
12 split squat jumps
Rest 2:00

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg behind 20 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 20 Seconds
Power skip 40 yards and sprint backwards back to Goal Line
Rest 2:00

Set 4

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
Power skip 40 yards and sprint backwards back to Goal Line

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Field

Complete Each Sprint with 100% Effort - Level 5

Set 1

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
Power skip 50 yards and sprint backwards back to Goal Line
Rest 20 Seconds
Sprint 50 yards – back and forth 2 times
Rest 2:00

Set 2

Shuffle 5 yards – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint 20 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg in front 25 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 20 Seconds
12 split squat jumps
Rest 20 Seconds
Sprint 50 yards – back and forth 2 times
Rest 2:00

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Carioca same leg behind 20 yards back and forth 2 times
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 4 times
Rest 20 Seconds
Power skip 40 yards and sprint backwards back to Goal Line
Rest 20 Seconds
Sprint 50 yards – back and forth 2 times
Rest 2:00

Set 4

Sprint 5 yards – back and forth 3 times
Rest 20 Seconds
Carioca 20 yards – back and forth 2 times
Rest 20 Seconds
Backward Shuffle 25 yards
Sprint back to Goal Line
Backward Shuffle 25 yards
Sprint back to Goal Line
Rest 20 Seconds
Sprint forward 5 yards and backpedal 5 yards back and forth 3 times
Rest 20 Seconds
Power skip 40 yards and sprint backwards back to Goal Line
Rest 20 Seconds
Sprint 50 yards – back and forth 2 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Gym

Complete Each Sprint with 60% Effort - Level 1

Set 1

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg in front to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg behind to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Gym

Complete Each Sprint with 80% Effort - Level 2

Set 1

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg in front to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg behind to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Gym

Complete Each Sprint with 100% Effort - Level 3

Set 1

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg in front to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg behind to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Gym

Complete Each Sprint with 100% Effort - Level 4

Set 1

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Power skip full court and sprint backwards back to End Line
Rest 2:00

Set 2

Shuffle to foul line – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg in front to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 20 Seconds
12 split squat jumps
Rest 2:00

Set 3

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg behind to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 20 Seconds
Power skip full court and sprint backwards back to End Line 2 times
Rest 2:00

Set 4

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 20 Seconds
Power skip full court and sprint backwards back to Goal Line 2 times

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WAYZATA HIGH SCHOOL

Game Speed Conditioning – Gym

Complete Each Sprint with 100% Effort - Level 5

Set 1

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Power skip full court and sprint backwards back to End Line
Rest 20 Seconds
Sprint full court – back and forth 2 times
Rest 2:00

Set 2

Shuffle to foul line – back and forth 3 times
Rest 20 Seconds
5 tuck jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg in front to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 20 Seconds
12 split squat jumps
Rest 20 Seconds
Sprint full court – back and forth 2 times
Rest 2:00

Set 3

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
5 squat jumps
Sprint to half court
Sprint back to End Line
Rest 20 Seconds
Carioca same leg behind to half court back and forth 2 times
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 4 times
Rest 20 Seconds
Power skip full court and sprint backwards back to End Line 2 times
Rest 2:00

Set 4

Sprint to the foul line – back and forth 3 times
Rest 20 Seconds
Carioca to half court – back and forth 2 times
Rest 20 Seconds
Backward Shuffle to half court
Sprint back to End Line
Backward Shuffle to half court
Sprint back to End Line
Rest 20 Seconds
Sprint forward to foul line and backpedal back to end line back and forth 3 times
Rest 20 Seconds
Power skip full court and sprint backwards back to Goal Line 2 times
Rest 20 Seconds
Sprint full court – back and forth 2 times

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 1

Workout 1

Set #1
4 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
4 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
4 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout 2

Set #1
3 Repetitions of 20 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
3 Repetitions of 40 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
2 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout 3

Set #1
5 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 2

Workout 1

Set #1
4 Repetitions of 15 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
3 Repetitions of 30 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
3 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout 2

Set #1
3 Repetitions of 50 Yards
35 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
3 Repetitions of 100 Yards
45 Seconds Rest Between Reps

Workout 3

Set #1
5 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 3

Workout 1

Set #1
3 Repetitions of 20 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
4 Repetitions of 30 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout 2

Set #1
3 Repetitions of 50 Yards
35 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
4 Repetitions of 100 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 4

Workout 1

Set #1

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

6 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout 2

Set #1

4 Repetitions of 20 Yards
25 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #2

4 Repetitions of 40 Yards
30 Seconds Rest Between Reps

2:00 Minutes Rest Between Sets

Set #3

4 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout 3

Set #1

6 Repetitions of 90 Yards

45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 5

Workout 1

Set #1
6 Repetitions of 15 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
5 Repetitions of 30 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout 2

Set #1
4 Repetitions of 20 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
4 Repetitions of 40 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
4 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout 3

Set #1
7 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 6

Workout 1

Set #1
7 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
7 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
7 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout 2

Set #1
5 Repetitions of 20 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
5 Repetitions of 40 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
5 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout 3

Set #1
5 Repetitions of 50 Yards
35 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
5 Repetitions of 100 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 7

Workout 1

Set #1
6 Repetitions of 15 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
6 Repetitions of 30 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
5 Repetitions of 50 Yards
35 Seconds Rest Between Reps

Workout 2

Set #1
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout 3

Set #1
8 Repetitions of 90 Yards
45 Seconds Rest Between Reps

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WAYZATA HIGH SCHOOL

8-WEEK CONDITIONING PLAN

Complete Each sprint with 100% Effort

WEEK 8

Workout 1

Set #1
6 Repetitions of 20 Yards
25 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
6 Repetitions of 40 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
6 Repetitions of 60 Yards
35 Seconds Rest Between Reps

Workout 2

Set #1
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #3
8 Repetitions of 25 Yards
30 Seconds Rest Between Reps

Workout 3

Set #1
5 Repetitions of 50 Yards
35 Seconds Rest Between Reps
2:00 Minutes Rest Between Sets

Set #2
5 Repetitions of 100 Yards
45 Seconds Rest Between Reps

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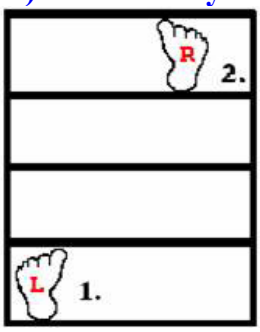
WAYZATA HIGH SCHOOL

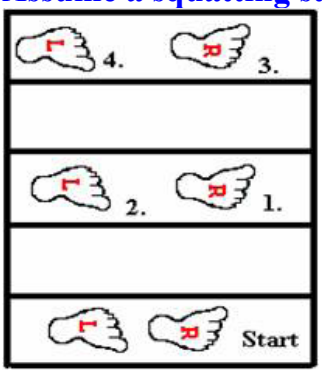
Stadium Step Workouts

Workout 1

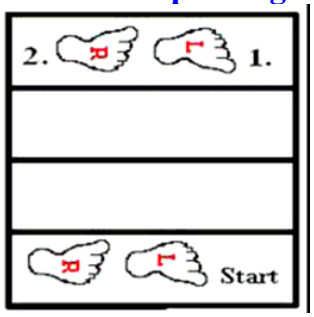
1.) Walk Every Third Stair



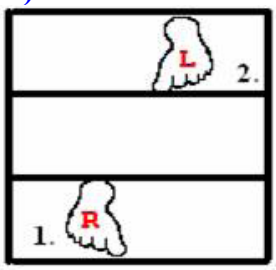
2.) Cross-Over Steps Face Left & Right
Assume a squatting stance



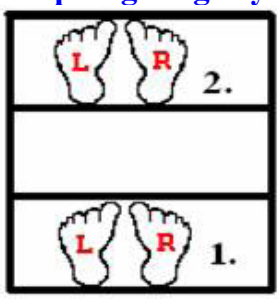
3.) Internal Steps Face Left & Right
Assume a squatting stance



4.) Walk Backwards Every Other Stair



5.) Double Leg Hops Every Other Stair
Keeps legs slightly bent



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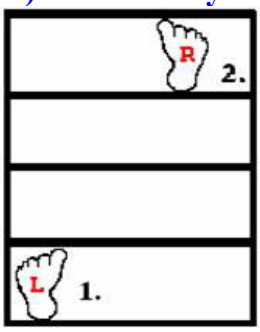
WAYZATA HIGH SCHOOL

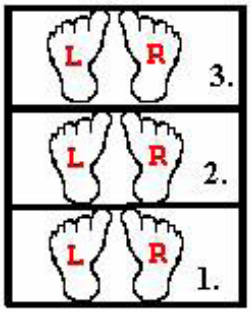
Stadium Step Workouts

Workout 2

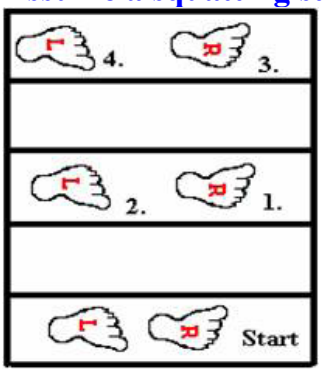
1.) Walk Every Third Stair



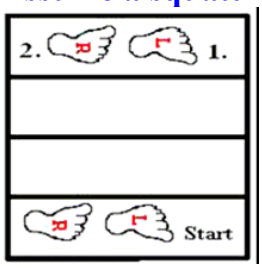
2.) Double Leg Hops Every Stair
Keeps legs slightly bent



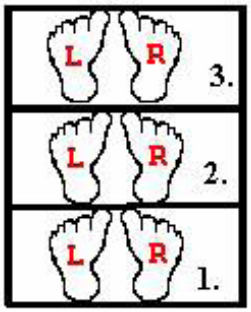
3.) Cross-Over Steps Face Left & Right
Assume a squatting stance



4.) Internal Steps Face Left & Right
Assume a squatting stance



5.) Squatting Double Leg Hops Every Stair



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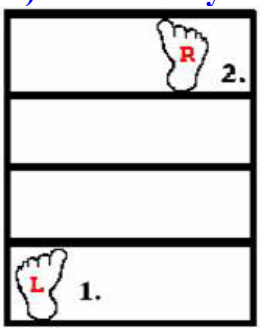
WAYZATA HIGH SCHOOL

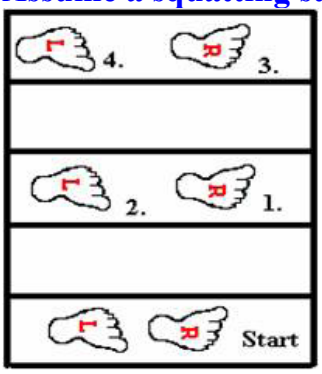
Stadium Step Workouts

Workout 3

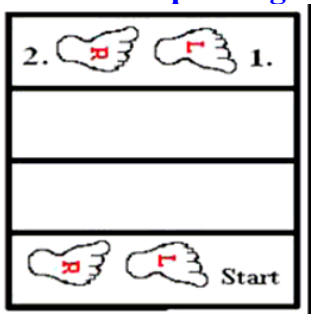
1.) Walk Every Third Stair



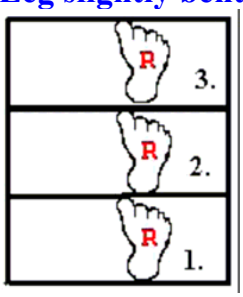
2.) Cross-Over Steps Face Left & Right
Assume a squatting stance



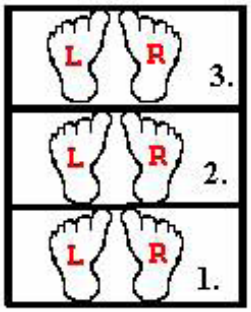
3.) Internal Steps Face Left & Right
Assume a squatting stance



4.) Single Leg Hops Left & Right
Leg slightly bent



5.) Squatting Double Leg Hops Every Stair



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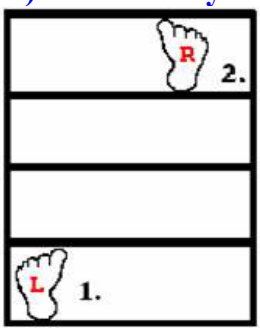
WAYZATA HIGH SCHOOL

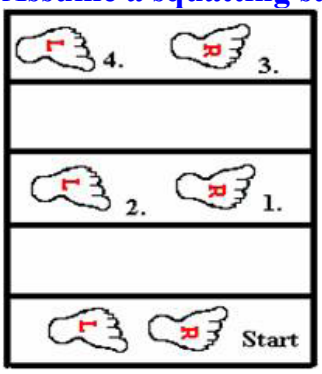
Stadium Step Workouts

Workout 4

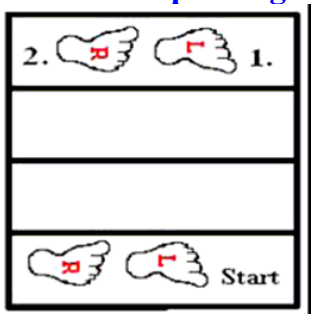
1.) Walk Every Third Stair



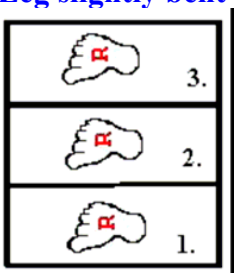
2.) Cross-Over Steps Face Left & Right
Assume a squatting stance



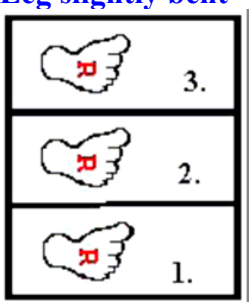
3.) Internal Steps Face Left & Right
Assume a squatting stance



4.) Internal Single Leg Hops Left & Right
Leg slightly bent



5.) External Single Leg Hops Left & Right
Leg slightly bent



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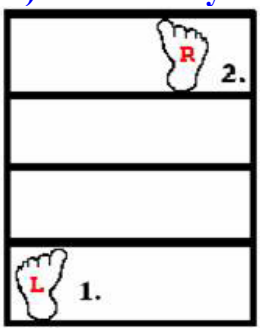
WAYZATA HIGH SCHOOL

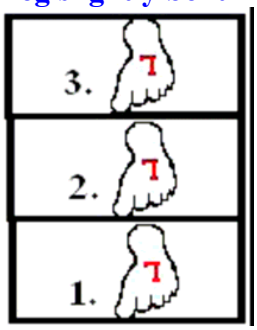
Stadium Step Workouts

Workout 5

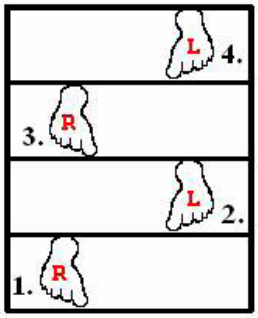
1.) Walk Every Third Stair



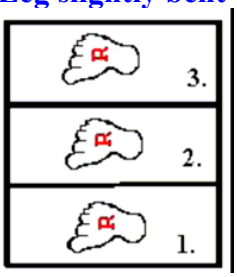
2.) Backward Single Leg Hops Left & Right Leg slightly bent



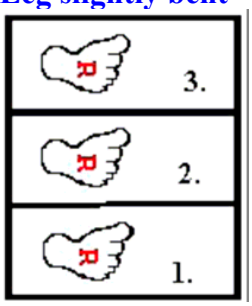
3.) Walking Backward Upward



4.) Internal Single Leg Hops Left & Right Leg slightly bent



5.) External Single Leg Hops Left & Right Leg slightly bent



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POST-WORKOUT RECOVERY

Post workout recovery is a beneficial and often overlooked portion of the training session. The post workout recovery movements/exercises essentially serve two primary purposes. First, they help to rid the body of lactic acid and other exercise metabolites. Second, they help teach the muscles to relax in order to naturally enhance the healing process.

Static stretching (holding positions for at least 30 seconds) should be done after the workout for maximum effectiveness, and to minimize the negative effects of stretching on muscle strength and power performance. Foam rolling is an excellent method used to relax and message the muscles.

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Post Workout Recovery

Choose between 2 and 5 of the following.

1) Laying Wall Shakes
30 – 45 Seconds Each Leg

2) Isometric Chest Hold
30 – 45 Seconds

3) Hang Twist
30 – 45 Seconds

4) Isometric Split
30 – 45 Seconds Each Leg

5) Glute Ham Hang
2 Minutes

6) Laying Relaxation
2 Minutes

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Foam Roller

1) Glutes
20-30 seconds continuously slow rolling

2) Hamstrings
20-30 seconds continuously slow rolling

3) Proximal Calf
20-30 seconds continuously slow rolling

4) Iliotibial Band (I.T. Band)
20-30 seconds continuously slow rolling

5) Quadriceps
20-30 seconds continuously slow rolling

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Foam Roller

6) Vastus Medialus and Adductors
20-30 seconds continuously slow rolling

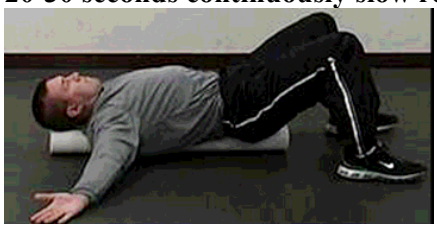
7) Lats and Trapezius
20-30 seconds continuously slow rolling

8) Lower Back and Multifidus
20-30 seconds continuously slow rolling

9) Erector Spinae and Trapezius
20-30 seconds continuously slow rolling

10) Erector Spinae and Trapezius
20-30 seconds continuously slow rolling

11) Erector Spinae and Trapezius
20-30 seconds continuously slow rolling



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Self-Stretching

1) Standing Toe-Touch - 20-30 Seconds

2) Leg Cross-Over – Each Leg – 20-30 Seconds

3) Wide Leg Reach Right – 20-30 Seconds

4) Wide Leg Middle Reach – 20-30 Seconds

5) Wide Leg Reach Left – 20-30 Seconds

6) Kneeling Hip Flexor Stretch – Each Leg 20-30 Seconds

7) Kneeling Hamstring Stretch – Each Leg 20-30 Seconds

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Self-Stretching

8) Hamstring Stretch – Each Leg - 20-30 Seconds

9) Laying Glute/Hamstring Stretch – Each Leg – 20-30 Seconds

10) Laying Adductor/Hamstring Stretch – Each Leg – 20-30 Seconds

11) Laying Glute Stretch – Each Leg – 20-30 Seconds

12) Laying Knee Pull To Chest – 20-30 Seconds

13) Laying Abductor/Back Stretch – Each Leg – 20-30 Seconds

14) Cross-Leg Groin Stretch – Each Leg – 20-30 Seconds

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RESTORATIVE SHOWER

TAKE 2 SHOWER HEADS AND FACE THEM TOWARDS EACH OTHER IF AVALIABLE. TURN THEM BOTH ON TO VERY COLD. TAKE 2 MORE SHOWER HEADS AND FACE THEM TOWARDS EACH OTHER TURN THEM ON TO VERY WARM.

STAND UNDER THE COLD

For 60 Seconds focusing on one body part. (Legs, Chest, or Shoulders)

STAND UNDER THE ***WARM***

For 60 Seconds focusing on the same body part.

REPEAT CYCLE FOR A TOTAL OF 6 TIMES PER SESSION.

DO THIS ONLY 2 TIMES PER WEEK PER BODY MAJOR PART. THIS CAN BE USED POST PRACTICE OR WORKOUT.

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NUTRITION

Proper nutrition is critical for health and sports performance. Without the correct nutrients, the body will not adapt to training, and performance will not improve. A coach may use the finest training program in existence, but unless his or her athletes are eating properly, the program will be of little benefit. The following articles may help you to gain a better understanding of just what it takes to properly fuel athletes.

XL Athlete Nutrition Article Links:

Benefits of a High Protein Diet

Milk as a Post-Workout and Post-Game Recovery Aid

Muscle-Building Protein Requirements

Post Workout Nutrition For The High School Athlete

WAYZATA HIGH SCHOOL

Food Charts

Name	Date	Bodyweight

Breakfast			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Lunch			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Dinner			
Time	Food Consumed	Amount	Notes

Post-Workout or Snack			
Time	Food Consumed	Amount	Notes

Workout or Practice 1			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 2			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 3			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

Workout or Practice 4			
Time	Type	Duration	Difficulty Level
			1-easy 2-average 3-hard 4-maximum

WAYZATA HIGH SCHOOL

Post-Workout Nutrition For The High School Athlete

Every athlete wants to gain a leg up on the competition and high school athletes are no different. Supplements and recovery drinks are popping up everywhere, and so are people's theories about them. Many high school athletes have access to, and utilize, such supplements as recovery drinks. Many high school administrators are fearful of any substance that could be involved in any form of litigation and are hesitant to see them in a school setting.

The NSCA standard 9.1 states that strength and conditioning professional must not prescribe supplements that are harmful or illegal to athletes, and only recommend or provide those that have been scientifically proven to be beneficial. (1) Depending on your state, coaching bylaws the process of providing or recommending supplements may or may not be appropriate. In addition to the NSCA and State guidelines, high school coaches have school administration policies to follow as well. A high school coach views a protein recovery drink with no creatine as relatively safe; the school administration may see it as potentially harmful as it is considered a supplement. Several studies have focused on the importance of recovery nutrition and maximal protein uptake timing. Ready to drink protein shakes are an example of an immediate nutrition, however high school cafeteria items may provide the same results.

Research has found that an excellent recovery drink may be as simple as a childhood favorite. "Chocolate milk contains an optimal carbohydrate to protein ratio, which is critical for helping refuel tired muscles after strenuous exercise and can enable athletes to exercise at a high intensity during subsequent workouts." (2) These findings suggest that with all the products available on the market that regular chocolate milk may actually be better for athletes for recovery from glycogen-depleting exercise. This information most certainly surprised coaches and athletes.

A larger double blind, placebo-controlled study (3) investigated the effects of a 10 week strength training program and recovery drinks. Their study used a commercial recovery drink that contained creatine, whey protein, amino acids, and carbohydrates for the supplement group and a carbohydrate only drink in the control group. Their findings saw little to no difference in the two, however a trend to higher fat free mass gain in the commercial drink was noted that warrants further research. In addition to these findings it was noted that no improvements were recorded in 1-RM bench press, and leg press, muscular endurance, or anaerobic power.

WAYZATA HIGH SCHOOL

Post-Workout Nutrition For The High School Athlete

These findings suggest that it may not be quite as important as to what recovery drink is being ingested but rather the timing of the recovery drink as both groups were given their drinks immediately after training.

Protein supplementation is effective at promoting increases in fat free mass and muscle endurance during the initial stages of a resistance training program (4). This finding pertains specifically to whey protein and casein protein, both ingredients in recovery drinks. Additional research (5) found whey protein plus creatine increased fat free mass more then a control group but noted a limitation in the study as there was no dietary analysis to determine protein intakes before or after the supplements were given.

It is agreed that athletes need to refuel their bodies after exercise to replenish, repair, and grow properly. In the high school community this can become tricky with so many layers of administration and uncertainty. However, the above information lets us look at a high school friendly alternative to post workout recovery nutrition.

After reading the results of these studies I visited our high school cafeteria and recorded the nutritional information of a carton of chocolate milk and a single serving of a Smuckers Uncrustable peanut butter and jelly sandwich. One serving of fat free chocolate milk contained 140 cal, 27g Carb, and 8g Protein. One serving of peanut butter and jelly sandwich contained 320 cal, 33g Carb, 9g of Protein, and 16g of Fat. The totals for this recovery meal are 460 cal, 60g Carb, 17g protein, 16g Fat, and cost a grand total of $1.20.

Other then the possibility of a nut allergy*, I can see absolutely no interference on behalf of any national, state, or school administration policies with the practice of recommending this nutritional meal as a means of recovery as well as a source of weight gain by eating this meal between classes. The other additional bonus is that our lunch room carries this food on its ala carte line so it is readily available any time the ala carte line is open. Our school day is over at 2:20 and our after school training program runs from 3:00 – 4:15. Many of our athletes are stopping by the ala carte line and buying 2 of each, they have a snack prior to training and then another immediately after our training session. This provides 920 cal, 120g Carb, 34g Protein, and 32g Fat for $2.40. This money comes from their school lunch accounts.

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Post-Workout Nutrition For The High School Athlete

Obviously some recovery options work better then others depending on the situation you are in. Athletes need to be educated about the importance of post exercise recovery nutrition and this may be a healthy safe alternative to recovery drinks.

*Nut allergy alternative may include substituting 3oz serving of Tuna which contains approximately 150 calories and 25 grams protein.

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Benefits of a High Protein Diet

High protein diets have become popular for weight loss in the past decade or so. What many people fail to realize is that bodybuilders and recreational weight lifters have been touting their benefits for years. High protein diets typically call for about 30% of your daily caloric intake from protein. Depending on the diet the other 70% of your calories may come from primarily carbohydrates, fats, or a combination of the two.

Three Primary Benefits

Supplies the amino acids your body needs to build muscle.

Since muscle is made up largely of protein, it makes sense that you need protein to build additional muscle. As the muscle fibers tear during weight lifting or other exercise, the body must repair these torn fibers with the amino acids which make-up protein. By repairing these muscle fibers you not only build bigger and stronger muscle, but also increase your metabolic rate, which helps to keep off fat.

The calories in protein replace calories from other sources.

A meal high in protein tends to make you feel full faster and for longer than a meal of primarily carbohydrates. This prevents you from eating as many calories as you normally would if you were consuming a lower protein diet without feeling hungry.

Protein takes more energy to digest and convert to energy than carbs or fats.

Converting 1 gram of protein to energy that your body can use requires a lot of energy in itself. This is known as the "Thermic Effect." The Thermic Effect is much higher for protein than it is for either fat or carbs. So when we consume 100 calories from protein the net result is actually much less than that.

Summary

High protein diets are safe for nearly everyone, except those with kidney or liver problems, or those with gout. If you are unsure of the safety of high protein diets for your particular situation, check with your doctor before making any dietary changes. Keep in mind that high-protein diets are not magical, but they do offer some distinct benefits over low-protein diets. High protein diets typically call for around 30% of your caloric intake from protein. Going beyond this number will likely not help you to gain more muscle, but it may help to accelerate your fat loss slightly. It is important to remember that there are other nutrients that are crucial to consume. Things like vitamins, minerals, phytochemicals, and essential fatty acids need to be consumed daily. Make sure not to take your protein intake so high that you are not taking-in ample amounts of these and other nutrients.

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XL Athlete also provides on-site strength and conditioning clinics, as well as nutrition consultation, Olympic weightlifting instruction, and many other services and products available at the XL Athlete Online Store

If you have any questions or comments, please email us at xlathlete@sbwireless.net