

Individual Conditioning Ideas and Workout Info

MUST KEEP IN MIND - THESE are OPTIONAL and INDIVIDUAL ONLY - (ABSOLUTELY NO TEAM/GROUP) and School District #1 Facilities are CLOSED.

Warm Ups – 3x2min stride warmups (180 strides in 2min.) followed by leg swings, arms, stretching, and running skill drills.

Dynamic Stretches (before workout) – Leg Swings, Knee Hugs, Quads, Toe Touch, Lunges, Side Lunges, Walk on Toes, Walk on Heals

Static Stretching (after workout)– Bench (Hamstring), Standing (Pecs and Lats), Wall (Back Leg, Achilles, Quads), Floor (Arch back/Abs, Glutes/R over L, Groin/Butterfly, Hip Flexor/Lunge)

Running Skill Drills (Backwards and Forwards) –Ankles Lift, Calves Lift, High Knees Lift, Butt Kickers, Quick Skip, A-Skip, B-Skip, Soldiers, High Knee Drive, Kerioka, Turkey (Each done twice)

BASE and SPEED Workouts should alternate each day. Never Back to Back

Possible Base Workouts

1. 5-6x200
(by time)
34-38 seconds - Full Recovery between each
2. 100-150-250-300-300-250-150-100 Pyramid (wog the same for each recovery)
(by time)
15 sec – 30 sec – 45 sec – 60 sec - 60 sec – 45 sec – 30 sec – 15 sec (double each time for recovery)
3. 10 – Minute Drill every (set a marker/cone at 80-100 yards, up and back in 1 minute), every minute start the next rep.

Possible Speed Workouts

1. Hill Work (FIND ONE) – 7-8 sprints/bounding up, followed by walk backwards down.
2. 10-15 Fly Accelerations (sprints) (10 meter acceleration zone and carry speed 30-60 meters or 15-20 seconds with a gradual deceleration.
- Concentrate on good, relaxed form and arms. Do not point the toe!!
3. Gradual downhill at 80% 10-15 seconds
- Don't overstride, slow down slow...

Weekend - Recovery (Long) Run or Bike

Cool Downs (light jog), Backwards Run, CORE (Crunches, Hungarians, Sit-ups, Scissors.....), and Stretch

Indoor Workout Options

1.) Dot Drill (or Jump Rope) - 5 drills, 4 times, 45 second rest

- DOT Drills
- 1.) Up & Back
 - 2.) Right Foot
 - 3.) Left Foot
 - 4.) Both Feet
 - 5.) Turn Around

2.) Stair Speed Drills – Plyo Ramps/Stairs

- every step, skip a step, high knees, bound, 3 or less
- 5 sets (30 second rest)

3. Ladders

- #### 4.) Box Jumps -
- 1.) 10 Vertical Jump on Wall (jump higher each time)
 - 2.) 3 sets of 3 Standing Long Jumps – EXPLOSION
 - 3.) 5 medium-size Box Jumps - EXPLOSION
 - 4.) 5 medium-size “Quick Box Jumps” - SPEED
 - 5.) 5 medium-size x 2 “Quick Box Jumps - SPEED
 - 6.) 5 varying size x 5 Quick Box Jumps - SPEED
 - 7.) 5 tallest “Standing Box Jumps” - EXPLOSION

- #### 5.) Medicine Ball –
- 1.) Chest Pass x 10
 - 2.) Swing Right x10
 - 3.) Swing Left x 10
 - 4.) Overhead Sit-up x 25 (if possible)

6.) Bands

7.) Treadmill/Bike

Primary Lifts Workouts

1. Body Weight Squats – To parallel is a must (double leg, single leg)

2. Weighted (light – kettle bell, bar only) Straight Leg Deads – strengthens and stretches glutes and
hamstrings

3. Light Power Cleans – develops explosive starts