KNIGHTS FOOTBALL

SPRINTS & CONDITIONING

SUMMER WORKOUT

		Week Ele	even (August 15 -	- August 21) Day One	
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
S K	Ab Workout #1	Jump Rope 3mins	60yd Pro Shuttle x2 (pick 2 variations) Pro Agility Drill x3	30 secs between reps		Walk 400m x1
L	Hip Mobility x1	Power Skip 2x25yds Backward Run	(pick 3 variations) Nebraska Agility Drill x3	2 to 3 mins between sets	1 mile < 7mins	Stretch 10mins (see stretch workout)
S	Abs / Hip Mobility	2x20yds Warm up	(pick 3 variations) Sprints	Rest	Conditioning	Cool Down
	Abs / Tilp Mobility		60yd Pro Shuttle x2	30 secs	Conditioning	COOI DOWII
В	Ab Workout #1	Jump Rope 3mins	(pick 2 variations) Pro Agility Drill x3	between reps		Walk 400m x1
G S	Hip Mobility x1	Power Skip 2x25yds Backward Run	(pick 3 variations) Nebraska Agility Drill x3	2 to 3 mins between sets	1 mile < 10mins	Stretch 10mins (see stretch workout)
	тър тоготу то	2x20yds	(pick 3 variations)			(000 000 0000)
			Week Eleven -	Day Two		
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
ა к	Ab Workout #4	Jump Rope 3mins	1x200m < 40secs	2 40 mins	METABOLICS	Walk 400m x1
Ľ		Power Skip 2x25yds	8x100m < 13secs	3 1/2 mins between	SETS 1, 2, 3	Stretch 10mins
L S	Hip Mobility x1	Backward Run 2x20yds		each rep.		(see stretch workout)
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
В	Ab Workout #4	Jump Rope 3mins	4.400		METADOLIOO	Walk 400m x1
I G		Power Skip 2x25yds	4x100m < 15secs 4x60m < 9secs	3 1/2 mins between	METABOLICS SETS 1, 2, 3	Stretch 10mins
S	Hip Mobility x1	Backward Run 2x20yds		each rep.		(see stretch workout)
			Week Eleven -	Day Three		
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
s K	Ab Workout #5	Jog 400m x1		4 mateu	Hallan Carinta	Walk 400m x1
L		Carioca 2x25yds	10x40yds	1 min between	Hollow Sprints 8x60yds	Stretch 10mins
L S	Hip Mobility x1	March-Skip-Run 2x40yds		each rep.		(see stretch workout)
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
В	Ab Workout #5	Jog 400m x1	- 45	, .		Walk 400m x1
I G		Carioca 2x25yds	5x15yds 5x20yds	1 min between	Hollow Sprints 8x60yds	Stretch 10mins
		March-Skip-Run	•	each rep.	•	(see stretch workout)