

KNIGHTS FOOTBALL

SPRINTS & CONDITIONING

SUMMER WORKOUT

Week Eleven (August 15 - August 21) Day One

	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
SKILLS	Ab Workout #1	Jump Rope 3mins	60yd Pro Shuttle x2 (pick 2 variations)	30 secs between reps	1 mile < 7mins	Walk 400m x1 Stretch 10mins (see stretch workout)
		Power Skip 2x25yds	Pro Agility Drill x3 (pick 3 variations)	2 to 3 mins between sets		
	Hip Mobility x1	Backward Run 2x20yds	Nebraska Agility Drill x3 (pick 3 variations)			
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
BIGS	Ab Workout #1	Jump Rope 3mins	60yd Pro Shuttle x2 (pick 2 variations)	30 secs between reps	1 mile < 10mins	Walk 400m x1 Stretch 10mins (see stretch workout)
		Power Skip 2x25yds	Pro Agility Drill x3 (pick 3 variations)	2 to 3 mins between sets		
	Hip Mobility x1	Backward Run 2x20yds	Nebraska Agility Drill x3 (pick 3 variations)			

Week Eleven - Day Two

	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
SKILLS	Ab Workout #4	Jump Rope 3mins	1x200m < 40secs 8x100m < 13secs	3 1/2 mins between each rep.	METABOLICS SETS 1, 2, 3	Walk 400m x1 Stretch 10mins (see stretch workout)
		Power Skip 2x25yds				
	Hip Mobility x1	Backward Run 2x20yds				
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
BIGS	Ab Workout #4	Jump Rope 3mins	4x100m < 15secs 4x60m < 9secs	3 1/2 mins between each rep.	METABOLICS SETS 1, 2, 3	Walk 400m x1 Stretch 10mins (see stretch workout)
		Power Skip 2x25yds				
	Hip Mobility x1	Backward Run 2x20yds				

Week Eleven - Day Three

	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
SKILLS	Ab Workout #5	Jog 400m x1	10x40yds	1 min between each rep.	Hollow Sprints 8x60yds	Walk 400m x1 Stretch 10mins (see stretch workout)
		Carioca 2x25yds				
	Hip Mobility x1	March-Skip-Run 2x40yds				
	Abs / Hip Mobility	Warm up	Sprints	Rest	Conditioning	Cool Down
BIGS	Ab Workout #5	Jog 400m x1	5x15yds 5x20yds	1 min between each rep.	Hollow Sprints 8x60yds	Walk 400m x1 Stretch 10mins (see stretch workout)
		Carioca 2x25yds				
	Hip Mobility x1	March-Skip-Run 2x40yds				