**Week 1: Day 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 25 sec hold |
| Single Leg Balance | 3/leg | 1 | Alternating Leg | 10 sec hold |
| Walking Lunge | 8/side | 1 | N/A | 1:1:1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Energy Systems** | **Reps** | **Sets** | **Rest** |
| 25s | 5 | 7 | 25 yard jog |
| 5 Meter Figure 8 | 4-3-2-1 | 2 | 10 sec squat |
| 100s | 1 | 4 | 25 yard jog |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Power** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Body Weight Squat | 10 | 1 | 60 sec | 7 sec down/7 sec up |
| Push Up | Failure | 3 | 30 sec | 1:1:1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | Failure | 3 | 30 sec | Ballistic |
| Flexibility | Mandatory exercises | 2 |  | 60 sec hold |

**Week 1: Day 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 25 sec hold |
| Single Leg Balance | 3/leg | 1 | Alternate leg | 10 sec hold |
| Walking Lunge | 8/side | 1 | N/A | 1:1:1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Energy Systems** | **Reps** | **Sets** | **Rest** |
| Variety Shuttle | 4x16, 4x21, 4x25, 2x50 | 2 | 25 yard jog |
| 100s | 1 | 5 | 25 yard jog |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Power** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Body Weight Squat | 9 | 1 | N/A | 7 sec down/7 sec up |
| Push Up | Failure | 3 | 30 sec | 1:1:1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | 4 | 3 | 30 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |

**Week 1: Day 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 25 sec hold |
| Single Leg Balance | 3/leg | 1 | Alternate leg | 10 sec hold |
| Walking Lunge | 8/side | 1 | N/A | 1:1:1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Energy Systems** | **Reps** | **Sets** | **Rest** |
| Variety Shuttle | 4x16, 4x21, 4x25, 2x50 | 2 | 25 yard jog |
| 10m Shuttle | 4-3-2-1 | 1 | 16 yard jog |
| 5 meter figure 8 | 4-3-2-1 | 1 | 10 sec held squat |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Power** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Body Weight Squat | 8 | 1 | 60 sec | 7 sec up/7 sec down |
| Push Up | Failure | 3 | 30 sec | 1:1:1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | 5 | 3 | 30 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |