**Week 4: Day 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 20 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** |
| 25s | 6 | 7 | 25 yard jog |
| Diamond Drill | 4-3-2-1 | 2 | 16 yard jog |
| 100s | 1 | 4 | 25 yard jog |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | 7 | 3 | 30 sec | Ballistic |
| Flexibility | Mandatory Exercises | 2 |  | 60 Sec hold |

**Week 4: Day 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 30 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 | 6x16, 5x21, 4x25, 4x50 | 2 | 25 yard jog |
| 5 meter figure 8 | 4-3-2-1 | 1 | 10 sec held squat |
| 100s | 1 | 6 | 25 yard jog |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | 7 | 3 | 30 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |

**Week 4: Day 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plank | 1 | 3 | 30 sec | 30 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** |
| 25s | 6 | 7 | 25 yard jog |
| 10m Shuttle | 7-6-5-4-3-2-1 | 1 | 16 yard jog |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Plyometric Jump | 7 | 3 | 30 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |