**Week 1: Day 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Front Bridge | 12 | 3 | 30 sec | 10 sec hold |
| Single Leg Floor Touches | 12/leg | 3 | 30 sec | 1:3:1 |
| Body Weight Squat | 16 | 3 | 60 sec | Quick:1:Explosive |
| Inverted Row | 16 | 3 | 60 sec | 1:1:Explosive |
| Push Up | Fatigue | 3 | 60 sec | 1:1:Explosive |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Skipping | 90 sec | 3 | 60 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |

**Week 1: Day 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Reps** | **Sets** | **Rest** |
| Long Shuttle | 6 | 7 | 1:4 |
| Continuous Run | 6 | 7 | 25 yard jog |

**Week 1: Day 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Load** | **Rest** | **Tempo** |
| Front Bridge | 12 | 3 | BW | 30 sec | 10 sec hold |
| Single Leg Floor Touches | 12/leg | 3 | BW | 30 sec | 1:3:1 |
| Lunge | 14 | 3 | 10RM | 60 sec | 1:1:Explosive |
| Tubing Row | 16 | 3 | Resistance Band | 60 sec | 1:1:Explosive |
| Push Ups | Fatigue | 2 | BW | 60 sec | 1:1:Explosive |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Skipping | 90 sec | 3 | 60 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |

**Week 1: Day 4**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Reps** | **Sets** | **Rest** |
| 5 point | 6 | 6 | 1:4 |
| 25s | 9 | 6 | 25 yard jog |