Summer Conditioning Weeks 1-8

Day 1

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up								
Rudiment	1x15y	1x15y	1x15y	2x15y	2x15y	2x15y	2x15y	2x15y
Sprints								
Starts								
3 Point Build up					4x5-10yds	4x5-10yds	4x5-10yds	5x5-10yds
Sprints								
2 Point	4x10yds	4x12.5yds	5x15yds	5x17.5yds	4x20yds	4x10yds	5x10yds	6x10yds
Flying 10s					3x10yds	3x10yds	3x10yds	3x10yds
Resisted Sprints								
Heavy Sled Pull	3x15yds	3x15yds	4x15yds	4x15yds				
Plyo's								
Depth Jumps	3x3	3x3	3x3	3x3				
Bag Jumps					6x4	6x6	6x6	6x6
Band Ass. Jumps								
Cool Down								

Day 2

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up								
Tennis Ball Traveling Drill	3x20y	3x20y	3x20y	4x20y	4x20y	4x20y	5x20y	5x20y
Football Throw								
Shuffle Drill								
Bag Shuffle w/ MB				x4	x4	x5	x5	x6
Bag Shuffle F/B				x4	x4	x5	x5	x6
Cone Drill								
Zig Zag 5 Cone				3yds x 3	3yds x 3			
Big Box 5 Cone 3yds				3yds x 3e	3yds x 3e	4yds x 4e	4yds x 4e	5yds x 3e
Reactive Drill								
3,5,7						x2	x2	x4
1,2,3						x2	x2	x4
Conditioning								

Day 3

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up								
Rudiment	1x15y	1x15y	1x15y	2x15y	2x15y	2x15y	3x15y	3x15y
Sprints								
Starters								
3 Point Build up					3x5-10yds	3x5-10yds	3x5-10yds	3x5-10yds
Sprints								
2 Point	4x10yds	4x12.5yds	5x15yds	5x17.5yds	4x20yds	4x10yds	5x10yds	6x10yds
Flying 10s								
Resisted Sprints								
Heavy Sled Push	3x15yds	3x15yds	3x15yds	4x15yds				
Light Sled Push					4x15yds	4x15yds	5x15yds	5x15yds
Plyo's								
Depth Jumps w/MB	3x3	3x4	3x5	3x6				
Depth Jumps					3x3	3x3	3x3	3x3
Band Ass. Jumps							3x10	3x10
Cool Down								

Day 4

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warm Up								
Tennis Ball Traveling Drill	3x20y	3x20y	3x20y	4x20y	4x20y	4x20y	5x20y	5x20y
Football Throw								
Shuffle Drill								
Bag Shuffle w/ MB				x4	x4	x5	x5	x6
Bag Shuffle F/B				x4	x4	x5	x5	x6
Cone Drill								
Zig Zag 5 Cone				3yds x 3	3yds x 3			
Big Box 5 Cone 3yds				3yds x 3e	3yds x 3e	4yds x 4e	4yds x 4e	5yds x 3e
Reactive Drill								
3,5,7						x2	x2	x4
1,2,3						x2	x2	x4
Conditioning								