

## WEEK 1

Monday January 9<sup>th</sup>

Extensive Dynamic Warm Up-Run Mile for Time

Tuesday January 10<sup>th</sup>

Warm up in Weight Room-Pull up Evaluation-Push up Evaluation

Wednesday January 11<sup>th</sup>

Extensive Dynamic Warm up

Conditioning Week 1

**Ended Out Testing Mile for 3<sup>rd</sup> Time**

Thursday January 10<sup>th</sup>

Warm Up In Weight Room

Teach 1<sup>st</sup> 2-3 blocks of 1x20

Friday January 11<sup>th</sup>

Extensive Dynamic Warm up

Conditioning Week 1

**Ended Out Testing Mile for 3<sup>rd</sup> Time**

## WEEK 2

Monday January 16<sup>th</sup>

Extensive Dynamic Warm up

Teach Lateral Hip Shift

Teach Power Skips

Conditioning Week 1

Tuesday January 17<sup>th</sup>

Warm Up In Weight Room

Full Lift

Inverted Row Hang for Time to Finish

Wednesday January 18<sup>th</sup>

Extensive Dynamic Warm up

Review Lateral Hip Shift

Review Power Skips

Teach 90 Push

Conditioning Week 1

Go Over Optional Weekend Work

Thursday January 19<sup>th</sup>

Warm Up In Weight Room  
Full Lift  
5:00 Push Up Drill to Finish

Friday January 20<sup>th</sup>

Extensive Dynamic Warm up  
Review Lateral Hip Shift  
Teach Hip Base Shift  
Review Power Skips  
Review 90 Push  
Conditioning Week 1

## **WEEK 3**

Monday January 23<sup>rd</sup>

Extensive Dynamic Warm up  
Review Lateral Hip Shift  
Review Hip Base Shift  
Review Power Skips  
Teach Hop 90 Cut  
Conditioning Week 2

Tuesday January 24<sup>th</sup>

Warm Up In Weight Room  
Full Lift  
Pull Up Hang for Time to Finish

Wednesday January 25<sup>th</sup>

Extensive Dynamic Warm up  
1-2-3 Lateral Hip Shift  
1-2-3 Hip Base Shift  
Review Power Skips  
Review Hop 90 Cut  
Conditioning Week 2

Thursday January 26<sup>th</sup>

Warm Up In Weight Room  
Full Lift  
See Saw Push Ups

Friday January 27<sup>th</sup>

Extensive Dynamic Warm up  
1-2-3 Lateral Hip Shift  
1-2-3 Hip Base Shift  
Review Power Skips

Teach Springy Run  
Review Hop 90 Cut  
Conditioning Week 2

## **WEEK 4**

Monday January 30<sup>th</sup>

Extensive Dynamic Warm up  
1-2-3 Lateral Hip Shift  
1-2-3 Hip Base Shift  
Teach SL Shift  
Review Power Skips  
Review Springy Run  
Teach 2 Step 90 Cut  
Conditioning Week 3

Tuesday January 31<sup>st</sup>

Warm Up In Weight Room  
Full Lift  
Peter Pan Push Ups to “Gateway”

Wednesday February 1<sup>st</sup>

Extensive Dynamic Warm up  
1-2-3 Lateral Hip Shift  
1-2-3 Hip Base Shift  
1-2-3 SL Shift  
Review Power Skips  
Review Springy Run  
Teach 2 Step 90 Cut  
Conditioning Week 3

Thursday February 2<sup>nd</sup>

Warm Up In Weight Room  
Full Lift  
Partner Plank High 5

Friday February 3<sup>rd</sup>

Extensive Dynamic Warm up  
1-2-3 Lateral Hip Shift  
1-2-3 Hip Base Shift  
1-2-3 SL Shift  
Review Power Skips  
Review Springy Run  
Review 2 Step 90 Cut  
Conditioning Week 3

## WEEK 5

Monday February 6<sup>th</sup>

- Extensive Dynamic Warm up
- 1-2-3 Lateral Hip Shift
- 1-2-3 Hip Base Shift
- 1-2-3 SL Shift
- Review Power Skips
- Review Springy Run
- Review 2 Step 90 Cut
- Conditioning Week 4 (revisted)

Tuesday February 7<sup>th</sup>

- Warm Up In Weight Room
- Full Lift

Wednesday February 8<sup>th</sup>

- Extensive Dynamic Warm up
- 2x5 Lateral Hip Shift
- 1-2-3 Hip Base Shift
- 1-2-3 SL Shift
- Review Power Skips
- Review Springy Run
- Teach L2L Bounce
- Review 2 Step 90 Cut
- Conditioning Week 4 (revised)

**Cut warm up after “stretching” to see how they handle a change of plan. Did well.**

Thursday February 9<sup>th</sup>

- Warm Up In Weight Room
- Full Lift
- See Saw Push Ups-Must beat push up PR combined.

Friday February 10<sup>th</sup>

- Extensive Dynamic Warm up
- Lateral Hip Shift, Hip Base Shift, SL Shift x5
- Review Power Skips
- Review Springy Run
- Teach L2L Bounce
- Review 2 Step 90 Cut
- Conditioning Week 4 (revised)

## WEEK 6

Monday February 13<sup>th</sup>

- Extensive Dynamic Warm up
- Lateral Hip Shift, Hip Base Shift, SL Shift x5
- Review Power Skips
- Review Springy Run
- Review Leg To Leg
- Review 2 Step 90 Cut
- Hop Stick 270
- Conditioning Week 4 (revised)

Tuesday February 14<sup>th</sup>

- Warm Up In Weight Room
- Full Lift

Wednesday February 15<sup>th</sup>

- Extensive Dynamic Warm up
- Lateral Hip Shift, Hip Base Shift, SL Shift x5
- Review Power Skips
- Review Springy Run
- Review Leg To Leg
- Review 2 Step 90 Cut
- Hop Stick 270
- Conditioning Week 4 (revised)

Thursday February 16<sup>th</sup>

- Warm Up In Weight Room
- Full Lift
- Plate Hold for Time

Friday February 17<sup>th</sup>

- Extensive Dynamic Warm up
- Lateral Hip Shift, Hip Base Shift, SL Shift x5
- Review Power Skips
- Review Springy Run
- Review Leg To Leg
- Teach 45 Deg Bounce
- 3 Step Jog 90 Sprint
- Hop Stick 270
- Conditioning Week 4 (revised)

## WEEK 7

Monday February 20<sup>th</sup>

Extensive Dynamic Warm up  
Lateral Hip Shift, Hip Base Shift, SL Shift x5  
Review Power Skips  
Review Springy Run  
Review Leg To Leg  
Review 45 Deg Bounce  
Review 2 Step 90 Cut  
Hop Stick 270  
**Mile Retest 1**

Tuesday February 21<sup>st</sup>

Warm Up In Weight Room  
Full Lift

Wednesday February 22<sup>nd</sup>

Extensive Dynamic Warm up  
Lateral Hip Shift, Hip Base Shift, SL Shift x5  
Review Power Skips  
Review Springy Run  
Review Leg To Leg  
Review 45 Deg Bounce  
Review 2 Step 90 Cut  
Hop Stick 270  
**Mile Retest 2**

Thursday February 23<sup>rd</sup>

Warm Up In Weight Room  
Full Lift  
Plate Hold For Time

Friday February 24<sup>th</sup>

Extensive Dynamic Warm up  
Lateral Hip Shift, Hip Base Shift, SL Shift x5  
Review Power Skips  
Review Springy Run  
Review Leg To Leg  
Review 45 Deg Bounce  
3 Step Jog 90 Sprint  
Hop Stick 270  
**Mile Retest 3**