



Week 1: Day 1

Warm up overview:

Heel walks	2 sets of 10-15 yards
Heel Toe Walks	2 sets of 10-15 yards
High Knees	2 sets of 10-15 yards
Butt Kickers	2 sets of 10-15 yard
Shuffle	2 sets of 10-15 yards each side
Shuffle Change of Direction Drill	2 sets of 10-15 yards
Grapevines	2 sets of 10-15 yards
Modified Frankensteins	2 sets of 10-15 yards
Form Sprints	4 sets of 10-15 yards
Ankle Flips (Toe Punches)	2 sets of 10-15 yards

Week 1: Day 2

Complete Warm up series

Fall Into Sprints	4x10-15 yards
Snap Down with Pause	1 set of 10 repetitions
Snap Down w/pause-jump	1 set of 10 repetitions
Snap Down Reactive	1 set of 10 repetitions
Sprint Starts	5 sets of 5 yards each side