

	Monday Starting Speed						Tuesday 360° Speed - Agility/Quickness/COD						Wedne	esda	y			
													Game Prep					
	BBK Skills (Fundementals/Light)						BBK Skills (Advanced/Intens	e)					Live Scrimmage - Compete!					
	Lift - Total Body						.Light/Medium Conditioning						Active Recovery - Rollout and	d Flexil	bility			
	Warmup #1	Sets	Dist	%	Rest		Warmup #2	Sets	Dist	%	Rest		Warmup-Pregame	Sets	Dist	%	Rest	
	Hamstring (Bent) AIS	1	30e	50%	0		Scissor Quad AIS	1	10e	50%	15s		Hamstring (Straight) AIS	1	30e	50%		
	MB OH Side2Side	1	10e	3kg	15s		MB Around the World	1	10e	3kg	15s		Hip (Int/Ext) AIS	1	20e	50%	15s	
	Fwd/Bwd Skip	2	80f	50%	15s		Stuntman Fall	2	80f	50%	15s		Side Lying Quad AIS	1	10e	NA	15s	
ğ	Cradle to Chest>Lunge	1	30f	50%	15s	g	Inchworm	1	30f	50%	15s	g	Fwd/Bwd Skip	2	80f	50%	15s	
Ready	Lunge w/ 3 Rotations	1	30f	50%	15s	Ready	Quad Stretch>Lunge	1	30f 50% 15s	Ready	Ultimate Lunge	1	30f	50%	15s			
	Side Shuffle w/ Arms	2	80f	50%	15s		Karioka	2	80f	50%	15s		Side Lunge	2	15f	50%	15s	
	Side Leg Swing	1	30f	50%	15s		Side Lunge	2	15f	50%	15s		Froggy Skip	1	30f	50%	15s	
	1-2-3 Touch	2	80f	75%	15s		Angled Speed Skaters	2	80f	75%	15s		Angled Slides	2	80f	75%	15s	
	Starting Speed	Sets	Reps	%	Rest		360° Speed	Sets	Reps	%	Rest		Game Prep	Sets	Reps	%	Rest	
	MB Windmill Throw	3	6e	3kg	1m		MB Side Toss	3	6e	3kg	1m		Split Run 4 Way (Drift)	2	8s	75%		
im	Scissor Jumps-2	2e	6	90%	1m	im	Hurdle - TripleTaps	1	40	75%	1m	u.	Reactive Sides	2	8s	75%	45s	
Aii	TennisBall Reactions	1	3m	90%	1m	Aii	Slide+Xover COD	1e	6e	90%	1m		Mirror Drill	2e	8s	90%	45s	
	Sprint Races	2	80f	90%	1m		Assist/Resist Compass	2	40s	90%	1m		Moving Start	1	15f	90%	45s	
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	Basketball Skills	Sets	ă		St		Basketball Skills	ဟ	ä		77		Scrimmage	(C)	ő		St I	
		လွ	Reps	%	Rest		Dasketball Skills	Sets	Reps	%	Rest		Scriiiiiage	Sets	Reps	%	Rest	
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Fire-1		ß	Re	%	Re	Fire-1	Dasketball Okliis	Set	Rei	%	Res	Fire	Octiminage	Set	Rel	%	Re	
Fire-1	Lift #1	Sets	Reps	Wt.	Rest	Fire-1	Conditioning		Reps	%	Rest	Fire	Rollout		Hold	%	Rest	
Fire-1	Lift #1 DB Lying Lat. Raise					Fire-1		2-3	Reps			Fire		Sets Set				
Fire-1		Sets	Reps	Wt.	Rest	Fire-1	Conditioning	2-3 2-3	Reps	%	Rest	Fire	Rollout	Sets	Hold	%	Rest	
.2	DB Lying Lat. Raise	Sets 2e	Keps 1m	;; M	30s	.2 Fire-1	Conditioning Suicide	2-3 2-3	1 10	% 75%	O Rest		Rollout O/S Leg	1e	РРОН 30s	% NA	Rest	
ire-2 Fire-1	DB Lying Lat. Raise Squat	\$3 2e 3	St. 2 2 3 2 3 3 4 5 5	# 5# 85%	30s 0		Conditioning Suicide MB Chest Pass	\$5 2-3 2-3 2-3	1 10	% 75% 3kg	Sest 0 0 0	ear-1 Fire	Rollout O/S Leg I/S Leg	1e 1e	의 30s 30s	% NA NA	Rest	
.2	DB Lying Lat. Raise Squat Approach Jump	2e 3 3	1m 5 8	# ₩ 5# 85% BW	30s 0 2m	.2	Conditioning Suicide MB Chest Pass Suicide	2-3 2-3 2-3 2-3	1 10 10	\$\infty 75% 3kg 75%	0 1m 0		Rollout O/S Leg I/S Leg Quads	1e 1e 1e	30s 30s 30s 30s	% NA NA	Rest	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press	2e 3 3 3 3	1m 5 8 12 20	5# 85% BW 75%	30s 0 2m 90s 1m	.2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops	2-3 2-3 2-3 2-3 2-3 2-3	1 10 1 10s 1	% 75% 3kg 75% 90%	0 1m 0	lear-1	Rollout O/S Leg I/S Leg Quads Glutes	1e 1e 1e 1e 1e	30s 30s 30s 30s	% NA NA NA NA	0 0 0	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall	2e 3 3 3 3	1m 5 8 12 20 1m	5# 85% BW 75% 3kg	30s 0 2m 90s 1m 30s	.2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide	2-3 2-3 2-3 2-3 2-3 2-3	1 10 1 10s 1	75% 3kg 75% 90% 75%	0 1m 0	lear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham	1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	% NA NA NA NA NA	0 0 0	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls Cooldown #1	2e 3 3 3 3 3 2 2	1m 5 8 12 20 1m	5# 85% BW 75% 3kg BW	30s 0 2m 90s 1m 30s	.2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide	2-3 2-3 2-3 2-3 2-3 2-3	1 10 1 10s 1	\$\frac{\sigma}{75\%}\$ 3kg 75\% 90\% 75\% 90\%	0 1m 0	lear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats	1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	% NA NA NA NA NA	0 0 0 0	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls	2e 3 3 3 3e 2 2 3	1m 5 8 12 20 1m 15+	5# 85% BW 75% 3kg BW BW	30s 0 2m 90s 1m 30s 1m	.2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide Sumo-□/□-Sumo Cooldown #2 Wall Chest Stretch	2-3 2-3 2-3 2-3 2-3 1e	1 10 10s 1 20s	\$\frac{3}{75\%}\$ 3kg 75\% 90\% 90\%	0 1m 0 1m 0	lear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring	1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s 30s 30s 30s	% NA NA NA NA NA NA NA	0 0 0 0	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls Cooldown #1	2e 3 3 3 3e 2 3	1m 5 8 12 20 1m 15+	5# 85% BW 75% 3kg BW BW	30s 0 2m 90s 1m 30s 1m	Fire-2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide Sumo-□/□-Sumo Cooldown #2	2-3 2-3 2-3 2-3 2-3 2-3 1e 1e	1 10 1 10s 1 20s 20s 30s 30s 30s	\$\\ 3kg\\ 75\\\ 90\\\\ 90\\\\\ NA\\ NA\\	0 1m 0 1m 0 2m	Clear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	% NA NA NA NA NA NA NA NA	Cest 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
Fire-2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	2e 3 3 3 3 3 2 2 3 3 1 1 1 1 1 1 1 1 1 1 1	1m 5 8 12 20 1m 15+ 80f 30s 30s	5# 85% BW 75% 3kg BW BW	30s 0 2m 90s 1m 30s 1m	Fire-2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide Sumo-□/□-Sumo Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2-3 2-3 2-3 2-3 2-3 2-3 1e 1e 1e	1 10 1 10s 1 20s 2 30s 30s 30s 30s	\$\frac{3}{75\%}\$ 3kg 75\% 90\% 90\%	0 1m 0 2m	Clear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	% NA NA NA NA NA NA NA	Cest 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
.2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls Cooldown #1 4 Way Ankle Walk Side Lean Pretzel Side Lying Quad	\$\$ 2e 3 3 3 3 3 3 2 2 3 3 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	1m 5 8 12 20 1m 15+ 80f 30s 30s 30s	5# 85% BW 75% 3kg BW BW BW	30s 0 2m 90s 1m 30s 1m 0	.2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide Sumo-□/□-Sumo Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly Figure 4 - Face Down	2-3 2-3 2-3 2-3 2-3 2-3 1e 1e 1e 1e 1e	1 10 1 10s 1 20s 20s 20s 20s 30s 30s 30s 30s 30s	\$\\ 3kg\\ 75\\\ 90\\\\ 90\\\\\ NA\\ NA\\	0 1m 0 2m 2m 0 0 0	lear-2 Clear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad Iron Cross	\$ 1e	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	% NA NA NA NA NA NA NA NA	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
Fire-2	DB Lying Lat. Raise Squat Approach Jump Incline Press DB Side Toss in Wall Plank Pullups/Angled Pulls Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	2e 3 3 3 3 3 3 3 3 1 3 1 1 1 1 1 1 1 1 1	98 2 2 1 1 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1 1 5 1	5# 85% BW 75% 3kg BW BW BW	30s 0 2m 90s 1m 30s 1m 2se 20 0 0 0 0 0 0	Fire-2	Conditioning Suicide MB Chest Pass Suicide 1-Leg Lat Line Hops Suicide Sumo-□/□-Sumo Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2-3 2-3 2-3 2-3 2-3 2-3 1e 1e 1e 1e 1e	1 10 1 10s 1 20s 2 30s 30s 30s 30s	\$\circ\$ 75% 3kg 75% 90% 75% 90% NA NA NA	0 1m 0 2m 0 0 0 0 0 0 0	Clear-1	Rollout O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	% NA NA NA NA NA NA NA NA NA	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	



Saturday



Friday

Thursday

i i	360° Speed - Agility/Quicknes	s/CO[D				Starting Speed & Transition S	Speed					Game Prep					
	BBK Skills (Advanced/Intense)					BBK Skills (Fundementals/Light	ght)					Live Scrimmage - Compete!					
	Heavy Condioning						Lift - Total Body						Active Recovery - Rollout and	d Flexil	oility			
	Warmup #3	Sets	Dist	%	Rest		Warmup #4	Sets	Dist	%	Rest		Warmup-Pregame	Sets	Dist	%	Rest	
	Calf (Bent/Straight) AIS	ග		50%	0		Knee Hug AIS	1	10e	50%			Hamstring (Straight) AIS	1	30e	50%		
		1		3kg	15s		MB Pendulum	1	20	3kg	15s			-	20e	50%	;	
	MB Swing Jumping Jack Skip	2	i	50%	15s	·-	Fwd Skip + Spins	2	80f	50%	15s		Hip (Int/Ext) AIS Side Lying Quad AIS	1	10e	50%	į	
þ	Ultimate Lunge	; ;	:	50%	15s	Ready	F/B Walk Over Fence	2	<u> </u>	50%	15s	þ	Fwd/Bwd Skip	2	80f	50%	;	
eady	ReachRevLunge w/Rot	1	30f	50%	15s	ea	Opp. Foot to Hand	1	30f	50%	į	Ready		1	30f	50%	į	
R	Side Skips	2		50%		R	X-Over Skip	2	30f	50%		R	Ultimate Lunge Side Lunge	2	15f	50%	;	
	Froggy Skip	1	ļ <u>.</u>	50%			Crescent Kicks	1	30f	50%	į		Froggy Skip	1		50%	į	
	Backpedal Striders	2	į	75%			Angled Slides	2		75%	·		Angled Slides		80f	;	:	
	Dackpedal Stilders		001	1370	100		Aligied Sildes		001	1370	103		Aligied Sildes		001	1370	103	
	Starts + Transitions	Sets	Reps	%	Rest		360° Speed	Sets	Reps	%	Rest		Game Prep	Sets	Reps	%	Rest	
	MB Slingshot	2	6e	75%	1m		Ladder 2In2Out F2B	4e	1	75%	30s		Hip Pivot 4 Way (Drift)	2	8s	75%	45s	
ш	Depth Drop to ReJump	3	6	BW	1m	<i>m</i>	180°/270°/360° ->Sprint Breakout Drill	1e	6e	75%	1m	ш	Reactive Sides	2	8s	75%	45s	
A	Sprint+Bwd COD	1e	6e	90%	1m	A	Breakout Drill	2	8e	90%	1m	Ai	Mirror Drill	2e	8s	90%	45s	
	M Drill (Race!)	2e	1	90%	1m		Assist/Resist Clock	2	40s	90%	1m		Moving Start	1	15f	90%	45s	
	Basketball Skills	Sets	Reps	%	Rest	Ī	Basketball Skills	Sets	Reps	%	Rest		Scrimmage	Sets	Reps	%	Rest	
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Fire-1	Conditioning	Sets	Reps	%	Rest	Fire-1	Lift #2	Sets	Reps	Wt	Rest	Fire	Rollout	Sets	PloH	%	Rest	
Fire-1	"Fast Breaks" - Sprint	Court	& Drift			Fire-1	MB Repeat Barrel Toss	2	6	3kg	1m	Fire	O/S Leg	1e Sets	30s	NA	O Rest	
Fire-1	"Fast Breaks" - Sprint Hurdle - Lateral Hops	Court 6	& Drift	90%	0	Fire-1	MB Repeat Barrel Toss Side Lunge	2	6 12e	3kg 20#	1m 1m		O/S Leg I/S Leg		30s 30s	NA NA	_	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations	Court	& Drift	90% 90%		2	MB Repeat Barrel Toss Side Lunge L-Overs	2 2 2	6 12e 25e	3kg	1m 1m		O/S Leg I/S Leg Quads	1e	30s	NA	0	
	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run	Court 6	& Drift 15s	90%	0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col	2 2 2 nsecuti	6 12e 25e vely	3kg 20# BW	1m 1m 1m	ear-1	O/S Leg I/S Leg	1e 1e	30s 30s	NA NA	0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations	Court 6 5	& Drift 15s 6e	90% 90%	0		MB Repeat Barrel Toss Side Lunge L-Overs	2 2 2 nsecuti	6 12e 25e vely	3kg 20#	1m 1m 1m		O/S Leg I/S Leg Quads	1e 1e 1e	30s 30s 30s	NA NA NA	0 0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run	Court 6 5 4	& Drift 15s 6e 15s 20	90% 90% 90%	0 0 0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col	2 2 nsecuti	6 12e 25e vely 3e	3kg 20# BW	1m 1m 1m <1m	ear-1	O/S Leg I/S Leg Quads Glutes	1e 1e 1e 1e	30s 30s 30s 30s	NA NA NA NA	0 0 0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists	Court 6 5 4 3 2	& Drift 15s 6e 15s 20 10	90% 90% 90% 90%	0 0 0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform con Row/RDL/HC/PP/Squat	2 2 nsecuti	6 12e 25e vely 3e 30s	3kg 20# BW <50%	1m 1m 1m <1m 30s	ear-1	O/S Leg I/S Leg Quads Glutes Ham	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s	NA NA NA NA NA	0 0 0 0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups	6 5 4 3 2 1	& Drift 15s 6e 15s 20 10	90% 90% 90% 90% 90%	0 0 0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col Row/RDL/HC/PP/Squat Side Bridge	2 2 2 nsecuti 5 2e 2	6 12e 25e vely 3e 30s	3kg 20# BW <50% BW	1m 1m 1m <1m 30s	ear-1	O/S Leg I/S Leg Quads Glutes Ham Lats	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	NA NA NA NA NA	0 0 0 0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups Air Squats	Court 6 5 4 3 2	& Drift 15s 6e 15s 20 10	90% 90% 90% 90% 90%	0 0 0 0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col Row/RDL/HC/PP/Squat Side Bridge Modified Empty Can	2 2 nsecuti 5	6 12e 25e vely 3e 30s 20	3kg 20# BW <50% BW BW	1m 1m 1m <1m 30s	ear-1	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder	1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA	0 0 0 0 0	
-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups Air Squats Cooldown #1	Court 6 5 4 3 2 1	& Drift 15s 6e 15s 20 10 1m	90% 90% 90% 90% 90%	0 0 0 0	Fire-2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col Row/RDL/HC/PP/Squat Side Bridge Modified Empty Can Cooldown #2 Wall Chest Stretch Side Lean w/ Reach	2 2 2 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	6 12e 25e vely 3e 30s 20	3kg 20# BW <50% BW BW	1m 1m 1m 30s 1m	Clear-1	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA	Rest 0 0 0 0 0 0 0	
ar Fire-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups Air Squats Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	Court 6 5 4 3 2 1	& Drift 15s 6e 15s 20 10 1m	90% 90% 90% 90% 90% 90%	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Fire-2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col Row/RDL/HC/PP/Squat Side Bridge Modified Empty Can Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2 2 2 nsecuti 5 2e 2	6 12e 25e vely 3e 30s 20	3kg 20# BW <50% BW BW	1m 1m 30s 1m	r-2 Clear-1	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad	1e 1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA NA	0 Rest 0 0 0 0 0	
r Fire-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups Air Squats Cooldown #1 4 Way Ankle Walk Side Lean	Court	& Drift 15s 6e 15s 20 10 1m POH 80f 30s	90% 90% 90% 90% 90% BW	0 0 0 0	Fire-2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform col Row/RDL/HC/PP/Squat Side Bridge Modified Empty Can Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2 2 2 5 2 2 2 2 2 2 1 1 1 1 1 1 1 1 1 1	6 12e 25e vely 3e 30s 20 20 30s 30s 30s	3kg 20# BW <50% BW BW NA NA	1m 1m 30s 1m 30s 0	lear-2 Clear-1	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push	1e	30s 30s 30s 30s 30s 30s 30s 30s	NA	0 0 0 0 0	
ar Fire-2	"Fast Breaks" - Sprint Hurdle - Lateral Hops MB Accelerations Funky Splt Run BBK Russian Twists Pushups Air Squats Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	Court 6 5 4 3 2 1 1e 1e	& Drift 15s 6e 15s 20 10 1m 80f 30s 30s	90% 90% 90% 90% 90% 80% BW NA NA	0 0 0 0 0	2	MB Repeat Barrel Toss Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge Modified Empty Can Cooldown #2 Wall Chest Stretch Side Lean w/ Reach	2 2 2 5 2 2 2 2 1 1 1 1 1 1 1 1 1 1 1 1	6 12e 25e vely 3e 30s 20 Por 30s 30s 30s	3kg 20# BW <50% BW BW NA NA	1m 1m 1m 30s 1m 0 0	r-2 Clear-1	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad	1e	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	NA	0 0 0 0 0 0 0	





		Definition
%	=	Percentage of perceived effort
		Pounds (lbs.)
		50% > 75% > 90%
		Start at%; add 5-10lbs each set
360° Speed	=	Running/Re-directing in all directions
50%	=	A light and focused effort
75%	=	A smooth and intensified effort
90%	=	Full speed with a calm face+C10
BW	=	Bodyweight
Cooldown	=	Light stretching or rolling out
Conditioning	=	Work Capacity Augmentation
Dist	=	Distance covered for set/rep
е	=	Each side / leg / arm
Flexibility	=	Stretching to promote recovery
Hold	=	Time you hold a stretch / rollout
kg	=	Kilograms (kg X 2.2 = lbs.)
Lift	=	Exercises for the weightroom
Linear Speed	=	Running Forward
m	=	Minute(s)
		Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repitition(s) per set (Distance covered)
Rest	=	Rest between sets
		Rolling muscles out on a MB or foam roller
		Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
		Weight percentage of 1rep max
у	=	Yards
Ready	=	General warmup - 50% effort
Aim		
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	_	Superset> No rest between 1 & 2; Rest after
Execrise 2	_	2 only
	_	