

Monday	
Linear Speed - Stance & Acceleration	
Lower Body Lift - Intro	
Light Conditioning	

Tuesday	
360° Speed - Agility/Quickness/Deceleration	
Upper Body Lift - Intro	
Medium Conditioning	

Wednesday	
Light Football Skills	
Active Recovery - Rollout & Flexibility	

Ready	Warmup #1		Sets	Dist	%	Rest
	Fwd/Bwd Skip	2	20y	50%	15s	
	Cradle to Chest->Lunge	1	10y	50%	15s	
	Quad Stretch->Lunge	1	10y	50%	15s	
	Side Shuffle w/ Arms	2	20y	50%	15s	
	Side Lunge w/ Pivot	1	10y	50%	15s	
	1-2-3 Touch	1	20y	50%	15s	

Ready	Warmup #2		Sets	Dist	%	Rest
	Stuntman Fall	2	20y	50%	15s	
	Inchworm	1	10y	50%	15s	
	Lunge w/ 3 Rotations	1	10y	50%	15s	
	Karioka	2	20y	50%	15s	
	X-Over Lunge w/ Pivot	1	10y	50%	15s	
	Angled Speed Skaters	1	20y	50%	15s	

Ready	Warmup - Choice		Sets	Time	%	Rest
	Bike/Walk/Jog	1	30m	50%	0	
	OR					
	Light Hoops	1	30m	50%	0	
	OR					
	Light 7on7	1	30m	50%	0	

Aim	Prep		Sets	Reps	%	Rest
	Butt Kicks - High/Low	2	20y	75%	30s	
	Power Skips	2	20y	75%	30s	
	Broad Jump	2	20y	90%	1m	
	Alter. Split Jumps-1	2	10	90%	1m	
	Seated Arm Action	2	10s	90%	30s	

Aim	Prep		Sets	Reps	%	Rest
	Ladder-Forward 2Feet	2	1	75%	30s	
	Ladder-Lateral 2Feet	2	1	75%	30s	
	MB Accelerations	2	12	90%	1m	
	MB Side Toss	2	6e	90%	1m	
	1-Leg Line Hops	2e	10s	90%	30s	

Aim	Technique		Sets	Time	%	Rest
	Football Skills	1	5m	50%	0	

Fire-1	Linear Speed		Sets	Dist	%	Rest
	Falling Start	2	10y	90%	1m	
	2 Point Stance Start	2	10y	90%	1m	
	3 Point Stance Start	4	10y	90%	1m	

Fire-1	360° Speed		Sets	Reps	%	Rest
	Hurdles-Foward 2 Feet	2	10	90%	1m	
	Hurdles-Lateral 2 Feet	2	10	90%	1m	
	4Cone Fundamentals-1	1e	10y	90%	1m	
	Linear Decelerations	2	20y	90%	90s	

Fire	Rollout		Sets	Hold	%	Rest
	Calf	1e	30s	NA	0	
	O/S Leg	1e	30s	NA	0	
	I/S Leg	1e	30s	NA	0	
	Quads	1e	30s	NA	0	
	Glutes	1e	30s	NA	0	
	Chest	1e	30s	NA	0	
	Lats	1e	30s	NA	0	
	Shoulder	1e	30s	NA	0	

Fire-2	Lift #1		Sets	Reps	Wt.	Rest
	Depth Drop	3	6	BW	1m	
	Hang Clean Pull	4	5	75%	2m	
	Back Squat	4	10	75%	90s	
	RDL	4	10	75%	90s	
	Plank	2	1m	BW	30s	
	Box Step Ups	2e	10e	BW	1m	
	Iso-Neck	2	1m	MR	1m	
	Jack Knives (Glute Iso)	2e	15	BW	1m	

Fire-2	Lift #2		Sets	Reps	Wt.	Rest
	Jump Rope	3	100	BW	30s	
	Push Press	4	5	75%	2m	
	Bench Press	4	10	75%	1m	
	Bentover Row	4	10	75%	1m	
	L-Overs	2	10e	BW	30s	
	Shoulder Press	3	10	75%	1m	
	Chinups/Angled Chins	3	10	BW	1m	
	Leg Circles	2	15e	BW	1m	

Clear	Flexibility		Sets	Hold	%	Rest
	Calf Wall Push	1e	30s	NA	0	
	Modified Hurdler Push	1e	30s	NA	0	
	Butterfly	1	30s	NA	0	
	Scissor Quad	1e	30s	NA	0	
	Iron Cross	1e	30s	NA	0	
	Wall Pec Deck	1e	30s	NA	0	
	Lean Away Row	1e	30s	NA	0	
	Elbow Behind Head	1e	30s	NA	0	

Fire-3	Conditioning		Sets	Dist	%	Rest
	Tempos	6	100y	75%	1m	

Fire-3	Conditioning		Sets	Dist	%	Rest
	300yd Shuttle-50y Split	2	6	75%	3m	

Clear	Cooldown #1		Sets	Hold	%	Rest
	Calf Pushup	1e	30s	NA	0	
	Side Lean	1e	30s	NA	0	
	Pretzel	1e	30s	NA	0	
	Side Lying Quad	1e	30s	NA	0	
	X-Over Hamstring	1e	30s	NA	0	

Clear	Cooldown #2		Sets	Hold	%	Rest
	Wall Chest Stretch	1e	30s	NA	0	
	Side Lean w/ Reach	1e	30s	NA	0	
	Figure 4 - Face Down	1e	30s	NA	0	
	Half Hug	1e	30s	NA	0	
	Kneeling Lunge	1e	30s	NA	0	



Thursday	
Linear Speed - Acceleration & Max Velocity	
Lower Body Lift - Intro	
Light Strength/Conditioning	

Friday	
360° Speed - Agility/Quickness/Deceleration	
Upper Body Lift - Intro	
Light Conditioning	

Saturday	
Light Football Skills	
Active Recovery - Rollout & Flexibility	

Ready	Warmup #3					
	Sets	Dist	%	Rest		
	Jumping Jack Skip	2	20y	50%	15s	
	Ultimate Lunge	1	10y	50%	15s	
	Toe Grab	1	10y	50%	15s	
	Side Skips	2	20y	50%	15s	
	Reaching Rev. Lunge	1	10y	50%	15s	
	Backpedal Striders	1	20y	50%	15s	

Ready	Warmup #4					
	Sets	Dist	%	Rest		
	Gizzi Shuffle	2	20y	50%	15s	
	Walk Over Fence	1	10y	50%	15s	
	Opp. Foot to Hand	1	10y	50%	15s	
	A-Skips	2	20y	50%	15s	
	Crescent Kicks	1	10y	50%	15s	
	Fwd Skip + Spins	1	20y	50%	15s	

Ready	Warmup - Choice					
	Sets	Time	%	Rest		
	Bike/Walk/Jog	1	30m	50%	0	
	OR					
	Light Hoops	1	30m	50%	0	
	OR					
	Light 7on7	1	30m	50%	0	

Aim	Prep					
	Sets	Reps	%	Rest		
	Primetimes	2	20y	75%	30s	
	Bounds	2	20y	75%	30s	
	MB Rev. Barrel Toss	2	6	90%	1m	
	MB Falling Chest Pass	2	10	90%	1m	
Hurdles Fast Leg-1	3e	10	90%	30s		

Aim	Prep					
	Sets	Reps	%	Rest		
	Tapioka	1e	5y	75%	30s	
	3 Hurdles w/ Pause	1e	4	75%	30s	
	Ladder-Zig Zags	2	1	75%	30s	
	Hurdle Lat. Triple Taps	2	10s	90%	1m	
MB Windmill Throw	2	6e	90%	1m		

Aim	Technique					
	Sets	Time	%	Rest		
	Football Skills	1	5m	50%	0	

Fire-1	Linear Speed					
	Reps	Dist	%	Rest		
	Broad Jump->Sprint	4	10y	90%	1m	
	2 Point Stance Start	4	20y	90%	1m	
	Buildup 50%>75%>90%	2	40y	>>>	2m	

Fire-1	360° Speed					
	Sets	Dist	%	Rest		
	4Cone Fundamentals-1	1e	10y	90%	1m	
	Shuffle->Xover->Sprint	1e	30y	90%	1m	
	Back-Pedal/Slide Snake	2	20y	90%	1m	
AngleRun Decelerations	2	20y	90%	1m		

Fire	Rollout					
	Sets	Hold	%	Rest		
	Calf	1e	30s	NA	0	
	O/S Leg	1e	30s	NA	0	
	I/S Leg	1e	30s	NA	0	
	Quads	1e	30s	NA	0	
	Glutes	1e	30s	NA	0	
	Chest	1e	30s	NA	0	
	Lats	1e	30s	NA	0	
	Shoulder	1e	30s	NA	0	

Fire-2	Lift #3					
	Sets	Reps	Wt.	Rest		
	Quick Box Jump/Run	3	10s	BW	1m	
	Front Squat	3	10	75%	90s	
	SLDL	3	10	75%	90s	
	MB Side Taps	2	15e	3kg	30s	
	Cobras	2	10	BW	30s	
	Split Squat	2e	10	BW	1m	
	Alter. Side Split Squat	2	10e	BW	1m	
4 Way Ankle Walk	2e	20y	BW	0		

Fire-2	Lift #4					
	Sets	Reps	Wt.	Rest		
	MB Drop	3	10	3kg	30s	
	DB I/Y/T	2	15	5#	1m	
	Incline Press	3	10	75%	1m	
	DB Row	3	10	75%	1m	
	Crunches	2	15	BW	30s	
	Dips	2	10	BW	1m	
	Bar Roll Aways	2	10	BW	1m	
	Side Bridge	2e	30s	BW	30s	

Clear	Flexibility					
	Sets	Hold	%	Rest		
	Calf Wall Push	1e	30s	NA	0	
	Modified Hurdler Push	1e	30s	NA	0	
	Butterfly	1	30s	NA	0	
	Scissor Quad	1e	30s	NA	0	
	Iron Cross	1e	30s	NA	0	
	Wall Pec Deck	1e	30s	NA	0	
	Lean Away Row	1e	30s	NA	0	
	Elbow Behind Head	1e	30s	NA	0	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
	Forward Lunge	2	25y	BW	30s
Reverse Lunge	2	25y	BW	30s	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
	Tempos	6	100y	75%	1m

Clear	Cooldown #1					
	Sets	Hold	%	Rest		
	Calf Pushup	1e	30s	NA	0	
	Side Lean	1e	30s	NA	0	
	Pretzel	1e	30s	NA	0	
	Side Lying Quad	1e	30s	NA	0	
X-Over Hamstring	1e	30s	NA	0		

Clear	Cooldown #2					
	Sets	Hold	%	Rest		
	Wall Chest Stretch	1e	30s	NA	0	
	Side Lean w/ Reach	1e	30s	NA	0	
	Figure 4 - Face Down	1e	30s	NA	0	
	Half Hug	1e	30s	NA	0	
Kneeling Lunge	1e	30s	NA	0		



footballreadyKey

Symbol	=	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
e	=	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)
MB	=	Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repetition(s) per set (Distance covered)
Rest	=	Rest between sets
Rollout	=	Rolling muscles out on a MB or foam roller
s	=	Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
Wt.	=	Weight percentage of 1rep max
y	=	Yards
Ready	=	General warmup - 50% effort
Aim	=	Specific warmup - 75-90% effort
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	=	Superset --> No rest between 1 & 2; Rest after 2 only
Exercise 2	=	

